



## 7 Techniques to Release Attachment

Please reflect on how you already use, or could use, each of the techniques below.

### 1 Quotes or Slogans

*Some of my favorites are:*

*People are more important than things.*

*Do the people things first.*

### 2 Mantra or Affirmations

"It's not about the \_\_\_\_\_."

"My reactions are about me."

### 3 Reflection

Step back and reflect: What is going on? Why am I so angry? Why am I jealous? Why am I feeling shameful right now? Why am I feeling that I'm a failure? Why do I feel I'm less than?

### 4 Gratitude

Gratitude is the balm that neutralizes, and moves us out of pain and suffering.

### 5 Forgiveness

We are so attached to our story, or to a wrong that was done us, that it literally becomes an energy field that is attached to us. Many people feel that if they forgive they are letting someone off the hook. By holding on to blame, resentment, hurt, and trauma, we are punishing the other person. In truth, the only person those feelings are hurting, is us.

### 6 Breath For Opening and Release

This breath trains us to find gripping and the tightness in the body, soften those sensations in the body, which then also softens the attachment in the mind.

### 7 Ton-glen

Tonglen is a Buddhist Technique that means: Exchanging Self for Others. It is a technique that helps to cultivate compassion for others and ourselves.

Compassion is the most effective antidote for suffering.