

# Seven Techniques to Release Attachment

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## Technique Number One: Quotes or Slogans

The first technique is used by twelve-step programs, by parents, by teachers, etc... And it is simply to **have quotes or slogans at your disposal to call on when you need them.**

Some of my favorites are:

***People are more important than things.***

So when my attachment is to things... “People are more important than things. People are more important than things...”

***Do the people things first.***

You know when you have a whole bunch of things to do and you're a little bit overwhelmed? And you're starting to stress out. Stress. Suffering. Anguish because I have a desired outcome. If I can remember, “People are more important than things,” it helps me to make the choices that will ease my suffering, ease my stress. And keep me focused and on track in setting priorities that will ultimately resonate.

**Find the quotes and the slogans that work for you.** Quotes that will help your mind stay on track and help you make choices that relieve your stress and keep you from feeling anguish, stress or suffering.

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## Technique Number two: Mantra or Affirmations

The use of affirmation or mantra—something we repeat again and again and again. A mantra doesn't have to be in another language. It can simply be — and these are two I use all the time when I'm angry when I'm feeling irritated:

**“It's not about the \_\_\_\_\_.”**

**“My reactions are about me.”**

That little phrase, “It's not about *fill in the blank*,” reminds me that if I'm feeling angry, irritated, or if I'm suffering, the suffering is within me. It is not about the other person, or about the sponge for the dishes being used on the floor. Something is out of balance **within me.**

“My reactions are about me,” Is another phrase that can help us take responsibility for our own reactions and lead to the next step which is reflection.

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## Technique Number Three: Reflection

Reflection.

Reflecting on, ‘What is going on here? Whoa!’ We need to step back a minute and reflect:

What is going on?

Why am I so angry?

Why am I jealous?

Why am I feeling so shameful right now?

Why am I feeling that I’m a failure?

Why am I feeling like I’m less than?

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## Technique Number Four: Gratitude

**Gratitude** is the **balm that neutralizes suffering and pain. It moves us into a different way of being that lifts us up out of pain and suffering.**

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## Technique Number Five: Forgiveness

**We are so attached to our story, or to a wrong that was done us, that it defines us. It comes with us everywhere we go. It is literally an energy field that is attached to us.**

Many people **feel that if they forgive they are letting someone off the hook.** We feel that when we hold on to the blame, the resentment, the hurt, the trauma, that we are punishing the other person. In truth, **the only person it's hurting, is us.** In the the techniques that are available for you this month you will find something called, **The Ritual for Forgiveness.**

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## Technique Number Six: Breath For Opening and Release

**This breath helps us to move out of the emotion and feeling and to just anchor ourselves in the body**—to find the gripping and the tightness in the body and soften that.

When we move into it (the feeling) through the body, and **as we soften it in the body, there's something magic that happens and it softens that** (feeling of) **attachment**. It begins to neutralize it and ease it within our thoughts and our emotions.

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## Technique Number Seven: Ton-glen

Tonglen is a Buddhist technique that's actual definition means, exchanging self for others.

**Ton-glen, is a technique that helps to cultivate compassion.**

**Compassion for others. Compassion for ourselves.**

**Compassion is the most effective antidote for suffering.**