

The Law of Detachment (from Deepak Chopra)

This law says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up the intention to create your desire. You give up your attachment to the result. This is a very powerful thing to do. The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which you desire. Anything you want can be acquired through detachment, because detachment is based on the unquestioning belief in the power of your true Self. Attachment comes from poverty consciousness, because attachment is always to symbols. Detachment is synonymous with wealth consciousness, because with detachment there is freedom to create. True wealth consciousness is the ability to have anything you want, anytime you want, and with least effort. To be grounded in this experience you have to be grounded in the wisdom of uncertainty. In this uncertainty you will find the freedom to create anything you want.

The Law of Detachment: In detachment lies the wisdom of uncertainty . . . in the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning. And in our willingness to step into the unknown, the field of all possibilities, we surrender ourselves to the creative mind that orchestrates the dance of the universe.

I will put the Law of Detachment into effect by making a commitment to take the following steps:

1. Today I will commit myself to detachment. I will allow myself and those around me the freedom to be as they are. I will not rigidly impose my idea of how things should be. I will not force solutions on problems, thereby creating new problems. I will participate in everything with detached involvement.
2. Today I will factor in uncertainty as an essential ingredient of my experience. In my willingness to accept uncertainty, solutions will spontaneously emerge out of the problem, out of the confusion, order and chaos. The more uncertain things seem to be, the more secure I will feel, because uncertainty is my path to freedom. Through the wisdom of uncertainty, I will find my security.



I will step into the field of all possibilities and anticipate the excitement that can occur when I remain open to an infinity of choices. When I step into the field of all possibilities, I will experience all the fun, adventure, magic and mystery of life.

Excerpt from *A New Earth* by Eckhart Tolle (p. 224 – 226)

This, too, will pass. What is it about these simple words that makes them so powerful? Looking at it superficially, it would seem while those words may provide some comfort in a bad situation, they would also diminish the enjoyment of the good things in life. “Don't be too happy, because it won't last.” This seems to be what they are saying when applied in a situation that is perceived as good.

The full import of these words becomes clear when we consider them in the context of two other stories that we encountered earlier. The story of the Zen Master whose only response was always “Is that so?” shows the good that comes through inner nonresistance to events, that is to say, being at one with what happens. The story of the man whose comment was invariably a laconic “Maybe” illustrates the wisdom of nonjudgment, and the story of the ring points to the fact of impermanence which, when recognized, leads to nonattachment. Nonresistance, nonjudgment, and nonattachment are the three aspects of true freedom and enlightened living.

Those words inscribed on the ring are not telling you that you should not enjoy the good in your life, nor are they merely meant to provide some comfort in times of suffering. They have a deeper purpose: to make you aware of the fleetingness of every situation, which is due to the transience of all forms – good or bad. When you become aware of the transience of all forms, your attachment to them lessens, and you disidentify from them to some extent. Being detached does not mean that you cannot enjoy the good that the world has to offer. In fact, you enjoy it more. Once you see and accept the transience of all things and the inevitability of change, you can enjoy the pleasures of the world while they last without fear of loss or anxiety about the future. When you are detached, you gain a higher vantage point from which to view the events in your life instead of being trapped inside them. You become like an astronaut who sees the planet Earth surrounded by the vastness of space and realizes a paradoxical truth: The earth is precious and at the same time insignificant. The recognition that *This, too will pass* brings detachment and with detachment another dimension comes into your inner space. Through detachment, as well as nonjudgment and inner nonresistance, you gain access to that dimension.

When you are no longer totally identified with forms, consciousness – who you are becomes freed from its imprisonment in form. This freedom is the arising of inner space. It comes as a stillness, a subtle peace deep within you, even in the face of something seemingly bad. *This, too, will pass*. Suddenly, there is space around the event. There is also space around the emotional highs and lows, even around pain. And above all, there is space between your thoughts. And from that space emanates a peace that is not “of this world,” because this world is form, and the peace is space. This is the peace of God.

Now you can enjoy and honor the things of this world without giving them an importance and significance they don't have. You can participate in the dance of creation and be active without attachment to outcome and without placing unreasonable demands upon the world: Fulfill me, make me happy, make me feel safe, tell me who I am. The world cannot give you those things, and when you no longer have such expectations, all self-created suffering comes to an end. All such suffering is due to an overvaluation of form and an unawareness of the dimension of inner space. When that dimension is present in your life, you can enjoy things, experiences, and the pleasures of the sense without losing yourself in them, without inner attachment to them, that is to say, without becoming addicted to the world.

The words *This, too, will pass* are pointers toward reality. In pointing to the impermanence of all forms, by implication, they are also pointing to the eternal. Only the eternal in you can recognize the impermanent as impermanent. When the dimension of space is lost or rather not known, the things of the world assume an absolute importance, a seriousness and heaviness that in truth they do not have. When the world is not viewed from the perspective of the formless, it becomes a threatening place, and ultimately a place of despair. The Old Testament prophet must have felt this when he wrote, “All things are full of weariness. A man cannot utter it.”¹