



Your Daily Practice

Episode 15

Let Go of Your Ego, Practice Non-Attachment, and Succeed
with Dr. Joseph Ciarrochi

Often our ego attaches to certain outcomes, emotions, or beliefs, and then it gets in the way of our own growth and life satisfaction. When we practice non-attachment, our relationships deepen, our life is more satisfying, and we recognize how interconnected we all are. How can we begin to practice letting go in our daily lives? In today's daily practice, we will take you step by step with a non-attachment practice designed to enhance your life.

Step-by-Step Non-Attachment Practice:

Step 1. Pick an area of life where attachment is contributing to dissatisfaction (e.g., body, work, relationships).

Step 2. Notice what it feels like in your body when you are attached and gripping tightly

Step 3. Notice what it feels like in your body when you have let go.

Step 4. Narrow your timeframe (e.g., 1 hour) of focus and just be present with the sensation.

Step 5. Finally, widen your perspective and observe the moment as if you are an outsider.