

The Power of Letting Go

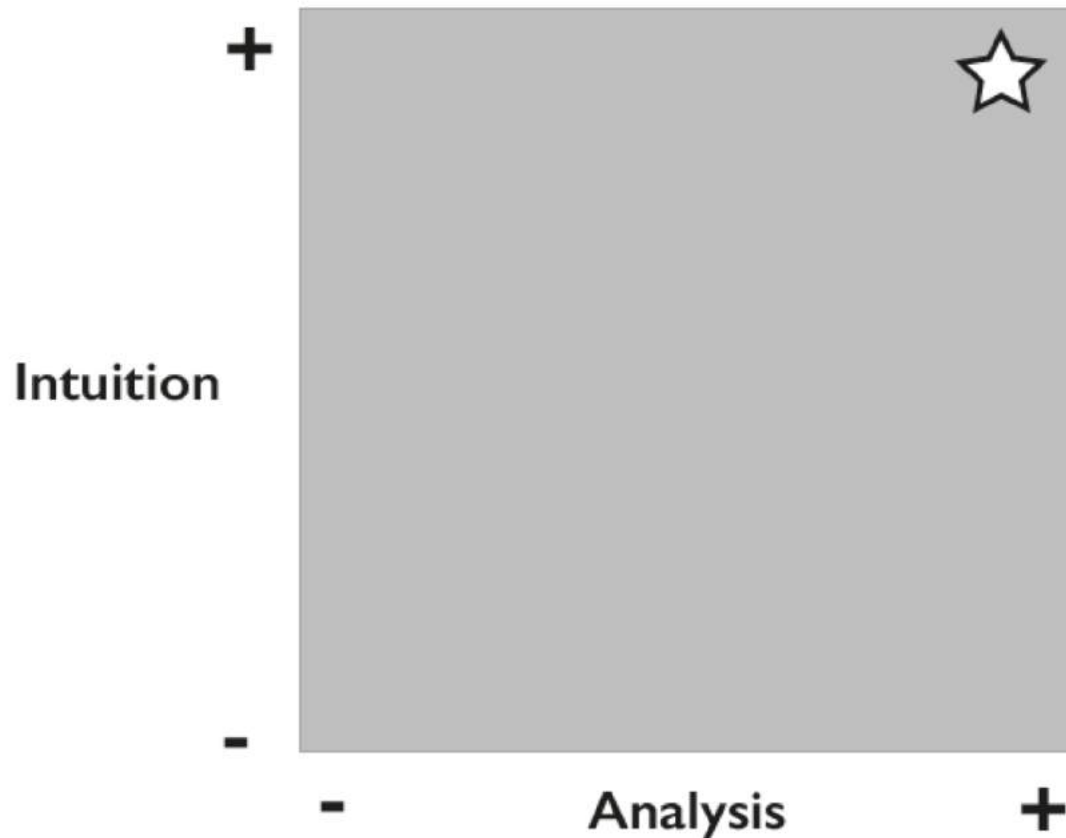
The Rotary Club of Mayfair, March 18, 2019

John Purkiss

John Purkiss

- Economics, Cambridge
- Banking and management consultancy
- MBA, INSEAD
- Clinical depression (mid-twenties)
- Meditation
- Executive search (with occasional equity investments)
- Books: *How to be Headhunted*, *Brand You*, *The Power of Letting Go*

If we want to fulfil our potential, we need both analysis and intuition



Analysis = *loosening or breaking up* a problem in order to solve it.

- Formal education makes us better at analysis

Intuition = *immediate insight without reasoning*

- (Silent) meditation helps. E.g. mindfulness / Zen / Transcendental Meditation

The Power of Letting Go: First Three Steps

- 1. Be present**, using one of two methods: (a) Every time your attention wanders, bring it back to now. (b) Surrender (i.e. let go completely). You will fall into the now.
- 2. Observe the thoughts**
 - If you can observe something (e.g. a thought), it isn't you
 - Observe the thoughts as they come and go, without resisting or judging them
- 3. Observe the pain / negative emotions in your body**
 - The pain is the source of negative thoughts which shape your life
 - I'll show you a technique to help you let go of the pain

We usually suppress negative emotions
or try to escape by taking lots of action



Try this technique to remove pain and change your life

- Sit in a comfortable chair somewhere quiet. Close your eyes.
- Place your attention in the centre of your chest, at the same level as your heart.
- Turn inwards and feel the pain, whether it relates to a specific memory or just a general emotion.
- Keep feeling the pain without resisting or judging it.
- Repeat this exercise as often as you wish.

References



Maharishi Mahesh Yogi (1918 - 2018) introduced *Transcendental Meditation* to the West. His students included the Beatles and other celebrities. His organisation continues to teach TM: www.tm.org



Paramahansa Nithyananda was born in Tiruvannamalai, India in 1978. He and his organisation run a wide range of programmes on *completion, manifesting desires* and *enlightened consciousness*: www.nithyananda.org



Let's keep in touch:

Website: www.johnpurkiss.com

Email address: john@purkiss.co

New book: [*The Power of Letting Go*](#)