

# Thoughts GREAT and SMALL on.... "DETACHMENT"

*Perspective*

*Acceptance*

"They should tell you when you are born: Have a suitcase heart, be ready to travel."

~Gabrielle Zevin

"Things are as they are, we suffer because we imagined different."

~Dalai Lama

"THE MOUNTAINS YOU ARE CARRYING, YOU WERE ONLY SUPPOSED TO CLIMB."

~NAJWA ZEBIAN

*Peace*

"The root of suffering is attachment."

~Buddha

"Everything is temporary: emotions, thoughts, people and scenery. Do not become attached, just flow with it." ~Ann Landers



**Spotlight on....**



**Laws of Detachment**

- ◇ Allow others to be who they are.
- ◇ Allow yourself to be who *you* are.
- ◇ Don't force situations - solutions will emerge.
- ◇ Uncertainty is reality - embrace it.

~Deepak Chopra, Author, Speaker

Founder of the Chopra Center for Well-being

"Your heart must become a sea of love. Your mind must become a river of detachment." ~Sri Chinmoy

"Anxiety is like quicksand, the harder we struggle to escape, the deeper we sink." ~Stuart Downing

*"It was my letting go that gave me a better hold." ~Chris Matakes*

*Detachment transcends Anxiety*



If **detachment** is your goal or your challenge, **EAP** is here to support you! Give us a call at **1.800.542.6021** to make your **confidential** appointment with an **EAP** counselor.