



Releasing Our Cows

There are many things we are unable to leave behind, which trap us. In the beginning, we may think that they are vital to our happiness, but they may actually be obstacles to our true happiness, causing us to suffer. Freedom is the base of our happiness. We cannot be happy if we are trapped. Solidity and freedom are the authentic grounds of our happiness. That is why we have to practice to restore our freedom and create space around us. You must find the courage to let your cow go. Joy and happiness are born from releasing our cows. (*Excerpt from The Path of Emancipation by Thich Nhat Hanh*)

1. List the things you think are necessary to your well-being and happiness.
2. Look deeply at whether each item is bringing you happiness or actually causing you to suffer.
3. Consider which cow(s) you want to practice releasing.
4. Write down concrete ways in your day life you can practice releasing your cow(s).