

'detachment doesn't mean you don't let the experience penetrate you. On the contrary, you let it penetrate you fully. That's how you are able to leave it. Take any emotion - love for a woman, or grief for a loved one, or what I'm going through, fear and pain from a deadly illness. If you hold back on the emotions - if you don't allow yourself to go all the way through them - you can never get to being detached, you're too busy being afraid. You're afraid of the pain, you're afraid of the grief. You're afraid of the vulnerability that loving entails. But by throwing yourself into these emotions, by allowing yourself to dive in, all the way, over your head even, you experience them fully and completely. You know what pain is. You know what love is. You know what grief is. And only then can you say, 'All right. I have experienced that emotion. I recognize that emotion. Now I need to detach from that emotion for a moment.'

'he talked about his most fearful moments, when he felt his chest locked in heaving surges or when he wasn't sure where his next breath would come from. These were horrifying times, he said, and his first emotions were horror, fear, anxiety. But once he recognized the feel of those emotions, their texture, their moisture, the shiver down his back, the quick flash of heat that crosses your brain - then he was able to say 'okay. This is fear. Step away from it. Step away.'

'Turn on the faucet. Wash yourself with the emotion. It won't hurt you. It will only help. If you let the fear inside, if you pull it on like a familiar shirt, then you can say to yourself, 'All right, it's just fear, I don't have to let it control me. I see it for what it is'. Same for loneliness: you let go, let the tears flow, feel it completely - but eventually be able to say - 'All right, that was my moment with loneliness. I'm not afraid of feeling lonely, but now I'm going to put that loneliness aside and know that there are other emotions in the world, and I'm going to experience them as well.'

'Detach'. From 'Tuesdays with Morrie' by Mitch Albom

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2. COMMON HUMANITY
3. MINDFULNESS

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One common thread that all of us have is the difficulty that we have with our relationships: mother/daughter, husband/wife, coworkers, etc... The pain and anguish and emptiness within ourselves can scar our hearts. Our hopes and dreams for these relationships seem at times to be running away from us. How we react to these moments is the invitation that God gives us...

An event from RIO 2016 Olympic Games clearly showed us a broken moment of a relationship; it happened in the Women's 5000 meters race. This race appeared to be unfolding like any other long distance race. There was a core pack of runners that made their way around the track. Then at the last lap, some of the women started to make their moves and began to break free from the pack. In the midst of the jostling and repositioning, a most unfortunate event occurred: a New Zealand runner tripped and fell, and right behind her, the American runner found herself falling over her.

The cameras quickly zoomed in on these two runners and their pain and anguish was seen by viewers in the stadium and all over the world. In the next moment the American runner jumped up and watched the pack of runners move further and further away and closer and closer to the finish line. She looked at the New Zealand runner who had not gotten up yet and saw that she was hurt and in pain. A look of confusion was seen on the American runner's face.

One could only imagine the thoughts and feelings that ran through her mind:

- . Hope - if she starts to run she might be able to catch up with the pack of runners and still come in the top three places
- . Anger and Betrayal - if the New Zealand runner hadn't tripped, then she would not have fallen
- . Powerless - she trained for four years. She sacrificed so much over those years to have the best race in her life. She did nothing wrong to deserve this catastrophe.
- . Empathy - the New Zealand runner did not ask to be tripped and she is hurt. She should be helped.

Then the world watched as Abby, the American runner goes over to Nicky, the New Zealand runner and helped her up to her feet. The world heard Abby say to Nicky, "Come on. We have to finish this."

This Women's 5000 km race is just like the race of life for each of us. We plan, we hope, we dream, we execute and things go wrong. We experience broken moments. We feel pain, betrayal, anger, and hopelessness. A child is sick. School grades are poor. A job is lost. A relationship breaks down.

At these moment, God is saying to us, "Get up... You get to finish this race". He wants us to find/take His purpose for our lives: pursue love, gentleness, understanding, compassion...