**Holding On**

**But Lot’s wife looked back from behind him**

**and she became a pillar of salt.**

***(Genesis 19:26)***

**The action of the mind on the body is, in some of its aspects, similar to that of water on the earth. Living old thoughts over and over keeps the inlet of the new thoughts closed. Then begins crystallization -- which materia medica has named arteriosclerosis. *(Charles Fillmore, in The Twelve Powers of Man, p. 144)***

**My wife and I decided to adopt a son. After a full year from approval, we still had no son and the county worker told us we would be dropped from the list. The alternative was to change the paramaters of our requirements. We released any attachments to adopting a boy, who looked like us and had perfect health. Finally, we really gave up thinking we would actually adopt. About a week later, our social worker called to tell us we were being considered for one particular boy who would need to be placed quickly. We agreed to the idea. A few days later we brought home 2 ½ year old, Marco. When we are attached to circumstances, possessions, situations, and desires, there is a certain energy that automatically blocks the inflow of new experiences. We limit ourselves. We cannot outline – that is we cannot be attached to limited outcomes. We must allow space for the good to flow from any direction and take infinite varieties of forms. *(Don Welsh, in Nonattachment)***

**Ancient wisdom states that a full vessel has no room for more. This is also true of my consciousness. When I hold on to troubles and hurts, I am a full vessel. This crowding of my heart makes it difficult for more abundance to flow into my life. *(Unity Daily Word, August 25, 2015)***

**As important as “hanging on” is knowing when to “let go.” *(Sherri Dewitt)***

**As the mover finishes unloading the possessions of the elderly lady into the assisted living facility, he asks her: “I think that’s everything. Is there anything else that we can do for you?” Elderly lady responds: “Yes, put everything back on the truck!” *(Tom Batiuk & Chuck Ayers, in Crankshaft comic strip)***

**A hundred tons of barnacles collect on the bottom of a steamship every year. *(David Louis, in Fascinating Facts, p. 185)***

**A little old lady many years ago was still complaining about the suffering and damage caused by the Civil War, even though the war had been over forty years. “We’re still paying for that terrible war,” she told a visitor one day. “What made you think of that today? her companion asked. “Because,” the lady replied angrily, “when those damn Yankees came through here they broke the hinges off our cellar door, and today the hogs got into the cellar and ate up all my butter.” *(Bits & Pieces)***

**Great Salt Lake in Utah: It is the second saltiest body of water in the world. It is so salty because it has no outlet. Four rivers flow into the lake, but nothing flows out. The only way water gets out is to evaporate, leaving behind salt, sand and other minerals. The lake is from two to nine times as salty as the ocean. Some parts of the lake are saltier than others. *(Betty Debnam, in Rocky Mountain News)***

**You will no more think of holding inharmonious thoughts than you would think of eating or drinking something which was certain to make you very ill. Most bodily ailments are caused by the patient’s allowing destructive emotions to hold a place in his mind. *(Emmet Fox, in The Sermon on the Mount)***

**First man: “I hate Mondays.” Second man: “Today is Tuesday.” First man: “I know.” Second man: “Then why are you still complaining about Monday?” First man: “I can’t get over how much I hated it.” *(Jerry Bittle, in Geech comic strip)***

**The natives of Borneo use a foolproof technique for catching monkeys. They build a bamboo cage with spaces between the bars wider than a monkey’s arm. After construction, a banana is placed in the cage and the natives wait patiently in the brush. Before long, a monkey appears, obviously attracted by the bait. As soon as it reaches in and picks up the banana, the natives rush up to the trap and catch the monkey, knowing all along that he will not let go of the banana. The trap is made so that the monkey’s fist cannot be drawn back through the bars while he is holding the banana. All he needs to do is drop the banana to escape. But, he’d rather hang on to the banana. *(David Addington, in Abundant Living magazine)***

***Two Zen* monks were traveling together down a muddy road in a heavy rain. Going around a bend, they met a lovely girl in a silk kimono and sash, unable to cross the intersection. “Come on, girl,” said one. Lifting her in his arms, he carried her over the road. The other monk did not speak until that night when they reached a temple. Then he could not restrain himself. “We monks don’t go near females, especially young, lovely ones. Why did you do that?” “I left the girl back there in the road,” said the first monk. “Are you still carrying her?” *(Paul Reps, in Zen Flesh, Zen Bones)***

**Sometimes people think it’s holding on that makes one strong. Sometimes it’s letting go. *(Sylvia Robinson, in The Christian Science Monitor)***

**Why am I so often uncertain what to hold on to and what to let go of? *(Ashleigh Brilliant, in Pot-Shots)***

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