

DETACHMENT. To detach is a requisite for enlightenment. On another level, it is a sure way to a peaceful existence. **W**ere we detached from our belongings and relationships, we would cope with disappointment, controversy and loss and recognise that - in a spiritual sense - they hold no value. **W**e would be responsible with our assets and our relationships, but we would not submit to those spine-chilling terror attacks that often set in when our comforts are threatened. Instead we would stay calm and react sensibly and wisely, even in the face of apparent insult, adversity and injustice. **J**ust imagine people were able to detach from the issues that cause wars. Once we act rationally and responsibly with compassion, understanding and detachment - rather than fanaticism, hatred and revenge - we will be blessed with peace.

Here is an issue that's worth practising detachment with: I watch a Netflix show Comedians in Cars getting Coffee. In one episode Jerry Seinfeld says, "I have absolutely no interest in being right. I used to have feelings. Those feelings got in my way. I got rid of those feelings." This is great advice; adhering to that notion will bring peace to the world ... and save friendships & marriages.

C1: Ep. 20 with Ali Wentworth and that stupendous 1970 Merc 280SE Cabriolet

Detachment from world affairs is important for anyone feeling the pressures of life to the point where they cause them anxiety. People may say, "I cannot watch the news, I always get anxious." But there is very little we can do about what's on the news; hence it is not for you or me to worry about any of the shocking content of the news to the point where it affects our own serenity and wellbeing.

However, detachment does not mean we should not care. Indeed, we acknowledge the suffering of the unfortunates caught up in wars, violence, famine and civil strife. But - while we do what we can with supporting NGOs, aid agencies and individuals who have the capacity to get engaged and involved - we ourselves must detach from these ongoings to ensure our mental health is maintained.

see also REALITY 1