

## Week 5 Practice

What have you been searching for and pursuing in the hope it will make you feel finally good enough? For Jim Carrey, it is one more Golden Globe statue. What is it for you? A romantic partner? A job or a promotion? A house or a car? An accolade? An apology? Justice?

Identify the thing you believe will finally give you a sense of peace. Write it down, and write about it. List all the ways you've pursued this imaginary solution. Recall the times you seemed closest to reaching it and those times your failure to get it were most devastating. Let yourself complete this assignment slowly, over the course of the week.

As you become more aware of the ways you've searched for this solution, notice the small and subtle ways you think about it and pursue it in your day-to-day life. Decide how you want to let go of this search. In other words, decide what you are going to do to your piece of paper. Put it in a bottle and throw it into the ocean. Burn it. Shred it. Mail it to a friend. Set it gently in a river and watch the current carry it away.

This isn't mere symbolism. The soul and the body are wedded. With your body, let your soul say goodbye to the futile search. Because you already have what you are ultimately searching for. You are enough. You are worthy. No solutions required.