

Letting go - and let your business grow.

Happiness is a state of being when we have equanimity and calmness, where we feel more grounded and balanced, and hence happier. We also feel more confident, more motivated, more open and more emotionally stable. Research has found that when a person is in this state of well being, productivity increases because there is less negativity around and the individual becomes more able to share and handle challenges. When a person is more productive it benefits the organization. The question is How do we reach this state of equanimity? Is it possible to have such a state?

Let us put it into a work context – you have an idea that you would like to sell to the team and you face the challenge of them buying your idea. They are not embracing your idea as well as you had hoped and you are upset and angry and disappointed. Your state of mind is no longer equanimous. So how would you resolve the problem?

You might like to begin by spending some quiet time to think through the problem to clarify your feelings and recognize how you feel and why you are feeling this way. This stage will require some very honest and objective look at the problem and at yourself. The problem exists because you are hurt that YOUR idea is being criticized and judged. You expect your team to show appreciation or if not they should at least see your point of view. When they do not, you feel that they have let you down and not being supportive of YOU.

If you could see that this idea of yours is just an idea, and not necessarily YOUR idea then you will not feel that they are criticizing you and your idea. The hurt and disappointment will be much less and acute. It is very normal for us to be attached to our idea or our feelings. We are often not aware that it is an attachment, so the reflection will greatly help. It will allow you to look at the issue at hand and reach an awareness that the problem is due to your attachment to the idea and even possibly your ego? We feel WE are being challenged and criticized, that others are finding fault with ME and MY idea. There is a strong sense of ME, MY, and I.

The idea is just an idea, nothing more nothing less. If you think it through, you will find that this idea is not really yours after all. The idea, though proposed by you, did not really originate from you alone. It is a result of a culmination of experiences that you had acquired through your exposure to the environment, to other people around you (who might have given you the seed to the idea?) and to the circumstances around you – so all these factors had helped in the formulation of this idea. Without all the experiences and opportunities, you probably would not have been able to come up with this idea. So in truth, do you really think that the idea is yours alone only? Can you rightly claim that the idea was totally your creation?

When you look at it this way, you will realize that your attachment is based on your ego. In actuality, you were only a carrier through which the idea had been given birth. You were not THE person who really created that idea from nothing. As it is not yours alone, would it be so difficult to dis-attach yourself from it and leave it on the table for everyone to digest and dissect?

By realizing your ego and your sense of attachment, it is just another step to learn to let go. When you are able to let go, you will achieve a greater sense of equanimity and peace too. People around you will sense it. The energy and the sense of peace will have a positive effect on those who come into contact with you and the positivity will flow on to your work and business. That will help your business to grow.

A word of caution - it takes time to achieve this state of equanimity – it is not a magic bullet but it works.