



## Satsang Month 11: Cultivating Detachment

### Journaling Prompts . . .

What does Attachment feel like to me?

To what am I most attached?

What behaviors does this cause?

What results does this yield? (What is my experience? Do I get the result I seek?  
Does the opposite happen?)

What does this tell me about what cultivating detachment may hold for me?

Do I have any expectations about detachment?

What does Aversion feel like to me?

To what am I most averse?

What behaviors does this cause?

What results does this yield? What is my experience?

What does this tell me about what cultivating detachment may hold for me?

Can I trust that, if I bring my full presence, focus and commitment to my work,  
the results will be beyond anything that I may imagine?