

***Release Worries***  
***Rabbi Zev-Hayyim Feyer***

Our thought for today is  
*RELEASE WORRIES*

Releasing means confronting our own heart of darkness  
 and turning things over to a Higher Love and Wisdom.

*RELEASE WORRIES*

When we release to this Divine Activity, we let go and we  
 consent to the perfect healing and working out of thoughts  
 and feelings with which we feel we cannot cope alone.

*RELEASE WORRIES*

Releasing with wisdom and love does not  
 mean dumping in a fearful, chaotic manner.

*RELEASE WORRIES*

Neither does it mean walking away from our individual roles in solving a situation.

*RELEASE WORRIES*

Releasing with wisdom does not mean thrashing around in our self-imposed  
 impotence; we do not complicate our feelings with the anxiety of being alone.

*RELEASE WORRIES*

When we release, we unleash. We unleash power, and difficulty surrenders.

*RELEASE WORRIES*

And now, let us enter the silence, taking this thought with us and resting in it

*RELEASE WORRIES*