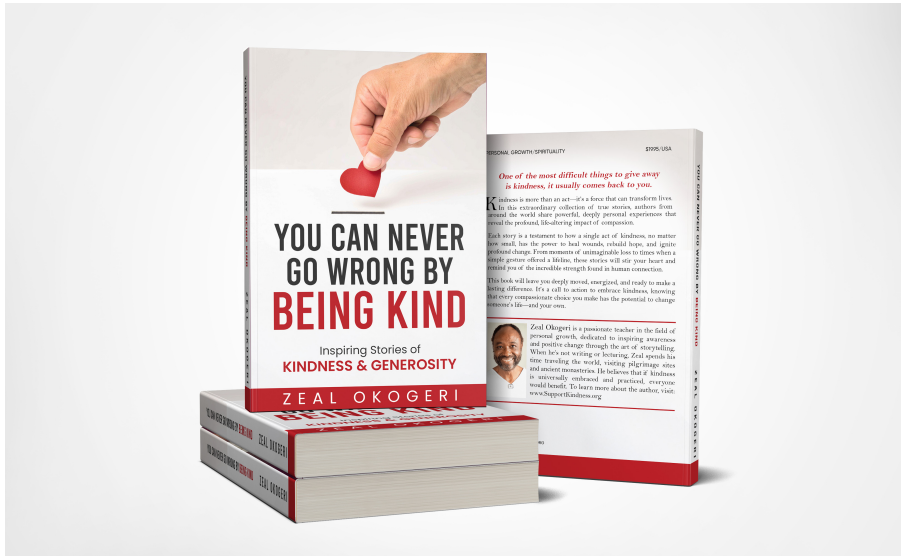


LEARNING TO LET GO



This book is available at
DrZeal.Org and amazon.com

This story is an excerpt from *You Can Never Go Wrong By Being Kind* by Zeal Okogeri, originally published on February 10, 2020. It is reprinted with permission from Dr. Zeal Okogeri and Support Kindness, Inc. This material is protected by copyright.

There's a beautiful story about a wealthy couple who lived in a grand mansion. In their living room, they kept a large birdcage that housed eight birds. Each time the couple went to clean the cage, the birds would try to escape. One day, one of the birds succeeded. It flew toward the high ceiling and landed on a chandelier.

The couple stood in puzzlement, as there was no way to reach the bird. As they wondered what to do, they noticed an exchange of communication between the free bird and the birds still in the cage. The couple reasoned that the free bird might be encouraging the others to escape as well.

But soon, the conversation among the birds shifted. The free bird kept flying back and forth from the chandelier to the cage, as if it were being drawn back. The couple then realized that the caged birds were likely urging their companion to return. With this realization, the couple quietly opened the cage door and left the room. When they

returned an hour later, they found that the free bird had voluntarily rejoined its friends in the cage. The couple tiptoed in, closed the door, and watched silently.

This story mirrors a common pattern in life. When we make progress—whether overcoming addiction, leaving a toxic relationship, or quitting an unfulfilling job—the hardest part often isn't the journey forward, but the pull of what we leave behind. Instead of moving forward with our newfound freedom, we can get stuck in our attachments, allowing them to pull us back into situations that no longer serve us.

One of the greatest acts of kindness we can offer ourselves—and others—is the ability to let go.

The willingness to release, including letting people go when they no longer want to be with you, is not an act of rejection, but of love. It's an act of honoring yourself and the other person, allowing both to grow in ways that wouldn't be possible if you stayed clinging to what's familiar, even when it's unhealthy.

By Zeal Okogeri

This story is an excerpt from *You Can Never Go Wrong By Being Kind* by Zeal Okogeri, originally published on February 10, 2020. It is reprinted with permission from Dr. Zeal Okogeri and Support Kindness, Inc. This material is protected by copyright.