



Steering Life with Detached Attachment

"Detached attachment is the art of holding onto your dreams tightly while letting go of the need for a specific outcome."

Employing a persistent nature, I dedicate myself wholeheartedly to achieving my goals. This journey often entails enduring sleepless nights and facing many setbacks and upon successfully reaching my goal, I experience a profound sense of satisfaction. Although my daughter witnesses my persistence and the challenges I overcome, my attitude, however, remains subdued upon achieving success. While she perceives it as a moment of triumph, I maintain composure and swiftly transition to the next endeavor. Intrigued by my reserved reaction, she could not stop herself from inquiring about my apparent lack of excitement post-success. Surprised by her observation, I explained to her that my ability to remain composed yet fully committed during the process is a result of practicing what I refer to as "Detached Attachment."

Upon hearing the seemingly contradictory concept, my daughter was understandably perplexed. I took it upon myself to clarify the significance of Detached Attachment

to her, a conversation I am eager to share in this article.

Detached Attachment, despite its apparent contradiction, serves as a guiding principle in navigating life's complexities. It underscores the importance of being dedicated and committed to our responsibilities while maintaining emotional balance and detachment from outcomes. Whether in my professional endeavors as a teacher-entrepreneur or in my personal roles as a wife, mother, daughter, and friend, I approach each task with unwavering focus and persistence. Despite encountering failures along the way, I adapt my strategies and persevere without wavering from my duties. While some may perceive this dedication as obsession, I view it as a steadfast commitment to fulfilling the duties entrusted to me by the Supreme Power.

Upon completing a task, I promptly take a step back, consciously detaching myself from any sense of success or accomplishment. Prolonged attachment to success can foster overconfidence and a sense of superiority, which are traits best avoided.

Detached attachment is a mindset where we must refrain from claiming sole ownership of any accomplishments. Instead of saying "I did it," we must emphasize collective achievement by saying "We did it," recognizing the contributions of others and acknowledging that success is often a collaborative effort rather than solely individual. This principle extends to relationships as well. Years of practicing detachment have made it easier for me to move forward without lingering in grief. This detachment not only benefits me but also allows my children to grow freely without the burden of guilt or attachment.

The practice of Detached Attachment requires a significant amount of conscious effort. While I may not consider myself an expert in this practice, I am committed to being a practitioner. I exhibit persistence, obsession, and commitment in completing my work or fulfilling my duties because I am deeply attached to them. However, I maintain detachment from the outcomes or relationships, which is an essential aspect of this practice.

"Detachment is not that you should own nothing, but that nothing should own you."

By

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