

My Attachments

Read the instructions below.

When done, click the **Back button** to return to DeMello's blog

	Attachment
<i>I can't be happy unless/until</i>	
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1. You can type on this document. In the column to the right of "*I can't be happy unless/until*" type your answer. These represent five of your attachments
2. Now scan the table. Consider that this is why you are suffering at present. These attachments are why you are unhappy.
3. For a moment, let all your attachments go, completely, and tell yourself: "I have everything I need to be happy right now without anything changing."
4. Then consider the blessings in your life.