

# Practice Letting Go with Meister Eckhart

Join LJ Milone for a Zoom class on the spirituality of surrendering to God amidst a chaotic world.



We need a transformation. Fear and anxiety plague us. War and genocide are occurring across the globe. Our country seems to be teetering on the edge of major conflict - fascism is on the rise. Our egos disconnect us from God and others, and this disconnection can fester and spread as hatred, fear, scapegoating, violence

How do we live differently? How do we follow Jesus so that we become like him, realize divine oneness, and help God heal the world?

For Meister Eckhart, the way to transform self, society, and help to create a loving world is to take up the practice and journey of letting go, which he calls "detachment."

In this class, we will dive deep into the sermons and treatises of Meister Eckhart to learn how to practice letting go, otherwise known as detachment and releasement.

Even more importantly, in this class, we will experience the practice of letting go so we can start to live with joy and freedom in our daily lives.

5 Sundays: September 14, 21, 28, Oct 5, 12

3pm – 4:30pm

All sessions will be recorded. Slides and recordings will be shared with all participants.

Fee: \$100 by Venmo or check

To register, e-mail LJ Milone @ [nihtgottes000@yahoo.com](mailto:nihtgottes000@yahoo.com)