



## **Faith is to Let Go, by Allan Watts**

"Faith is a state of openness or trust. To have faith is like when you trust yourself to the water. You don't grab hold of the water when you swim, because if you do you will become stiff and tight in the water, and sink. You have to relax, and the attitude of faith is the very opposite of clinging, and holding on. In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the universe becomes a person who has no faith at all. Instead they are holding tight. But the attitude of faith is to let go, and become open to truth, whatever it might turn out to be."  
-- Allan Watts

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