

Letting Go



It's springtime and we start to see reminders everywhere to do spring cleaning. This usually refers to opening the windows and cleaning the house from top to bottom, inside and out, to create new fresh energy around us. Full disclosure, it's never motivated me to WANT to clean more, but it's a nice idea, right?... (wink)

So, what about emotional spring cleaning? You know, clearing out old hurts, pains, anger, guilt and resentments that are holding us back from being fully present in our life? We don't need to wait on a season to do that right?

However, when we even 'think' about doing the work to clear emotions, we run to the cleaning products and get busy on the house, anything to distract us from

feeling what we don't want to feel. We might be left with a sparkly clean house, yet we are still held back in life and hesitant to move forward.

Letting go is essential to our wellbeing. When we stay attached to painful emotions from the past we continue to suffer. What we focus on expands. Focus on the past hurts and your pain will only expand. Take steps to focus on what you want going forward and those good feeling thoughts will expand.

Easier said than done right? So true, the letting go is not easy, but if you are open and willing to **setting an intention** to begin the process you have jumped the first hurdle.

Here is an exercise that can support you in the process. It can be used with this month's meditation to enhance the experience:

1. Get a piece of paper (8-1/2 x 11) turn it landscape position and draw a line down the middle to make 2 columns.
2. Label the 1st column THEN and the 2nd column NOW
3. Identify something or someone (can be you) from your past that still upsets you when you think about it. Write down a summary of who and/or what it was in the THEN column.
4. Set a timer for five minutes. Now close your eyes and bring what you wrote to mind. Nothing to do but observe your thoughts as you focus on the issue. Let yourself feel any emotion that comes up, don't suppress it, just be with it. There is no right or wrong here.
5. When the timer goes off, write down underneath the issue in the THEN column every emotion that you were feeling (i.e. hurt, anger, guilt, sadness)
6. Now move to the NOW column and write a list of all the (positive) lessons you learned about yourself as a result of this issue and or person having been in your past. Focus only on the positive. As an example: "I learned that I can now trust myself to make my own decisions" as opposed to "I learned not to trust anyone". Get creative, write down everything you learned and what good may have come from it. Dig deep, there is ALWAYS something there.
7. Now look at the list of emotions that you wrote in the THEN column. Then in the NOW column write down the emotions that are the opposite, the ones you want to have. You can write as many positive emotions as you want in your list.

8. Now on the back of the paper complete this sentence by picking 3 of the positive emotions you would like to have and fill in the blanks:

“I AM _____, _____, and _____”

Now that you have your I AM statement use this as your personal mantra/quote to repeat to yourself over and over when you are feeling any upset with this past issue.

The mind/brain must have new thoughts to replace the old thoughts so that it becomes your new way of thinking and feeling.

Healing is a process, not an event. You can do this exercise as many times as you want. Remember, the power of **setting an intention** to do the work is the first and most powerful step.

Seriously, what have you got to lose by doing this?

That’s right, all the old stuff, let it go. You got this...

*“You can’t reach what’s in front of you
until you let go of what’s behind you”.*