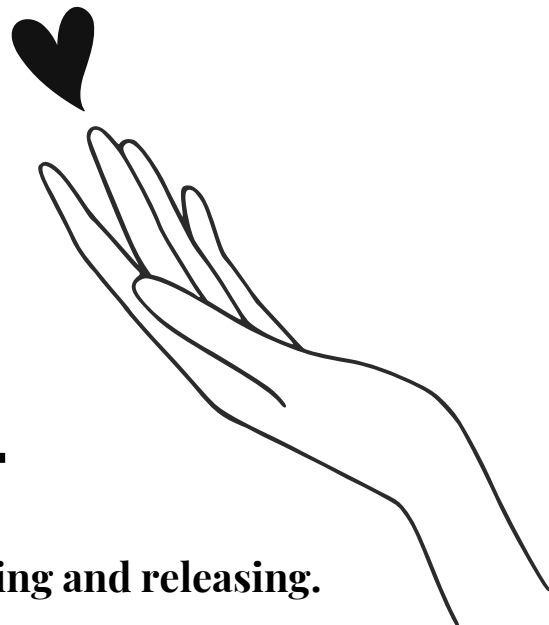


Letting Go



Letting go is all about noticing, accepting, forgiving and releasing.

Our past struggles can weigh heavily on our shoulders. When we refuse to let go of the past, it holds us back and prevents us from living in this moment, the only moment that truly matters.

Letting go is easier said than done, but holding onto things that no longer serve you can create negativity in your thoughts and actions, and can even manifest into more than just thoughts.

Letting go of anything that is weighing you down allows you to be more present, too often we spend time with the things that consume our thoughts when the only true moment that matters is this moment right here and now.

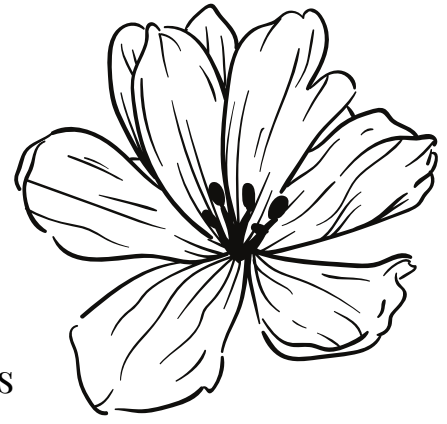
Practice

Take a moment and notice anything that has been prominent in your mind this week. As yourself **has it effected your decisions? How present have you been with yourself and those around you?**

Be honest and compassionate with yourself, **has it effected how you see others and how you see yourself?**



On a piece of paper write down and expyour answers.



Accept that something can consume your thoughts and influence your actions, it is normal for things to uproot us and make us feel like we aren't okay.

Make a conscious decision to not let these things control you, feel your way through what's bothering you. **Be with and allow yourself to feel your thoughts and emotions.**

Process your emotions and allow forgiveness. Forgive those who have influenced the way you have been feeling; remember that if someone has hurt you, they did it because they are dealing with their own issues and this actually has nothing to do with you.

Forgive yourself, it's okay not to be okay, you are enough just the way you are.

Releasing List

There may be people, behaviours or something else that you wish to say goodbye to and release. Write these in a list and for each ask yourself:

What have I learned from this experience?

What benefit will I gain from releasing this?

What or who do I have to forgive in order to release?

It can be beneficial to then write a letter using these questions to who or what you are releasing. Acknowledge its part in your life, whether this has been positive or negative, find acceptance, say goodbye and let go.