

The Letting Go Process

IMPORTANT POINTS TO REMEMBER:

Every triggered samskara (trapped emotion) is an *amazing* opportunity for growth. It's a gift.

Everytime you let go of an energy that is holding you in a self-defeating pattern, you become lighter, and more available for the light of the Divine to shine through you.

When we want to expand in any area of our lives, our samskaras come up as a natural part of that expansion process... Because letting them go is **the way** that we expand.

We can't know what it's going to feel like when we ascend to the next level of light, because we don't have a reference point for what that will feel like yet... All we can do is let go, in trust, and allow the higher dimensions to rush in as we create a vacuum for them to do so.

Holding onto samskaras keeps us in a prison cell of sorts... Your ego will tell you it's keeping you safe, but it's actually keeping you stuck, and binding you to the false idea of separation . Letting them go as you are ready, releases you from your self-imposed jail cell, and gives you back your wings.

When you are triggered, read this to help you wake up:

- This feeling feels *uncomfortable*, so it is indicating to me that I'm out of alignment with Love - I'm indulging in the false belief that I am separate, that fear is actually real, and that it's possible for me to be hurt or damaged
- I am innocent. I created this from a misunderstanding
- I don't need to know where it came from originally, I just need to be **willing** to let the illusion go
- What would I prefer? Alignment with Love, and my higher-self, and higher truth? Or continuing to play out this feeling? What's more **valuable** to me? What do I choose? Will I seize this opportunity for growth?

Part One – Uprooting the issue:

1. Wake up! I'm not feeling good! I've slipped out of alignment
2. I sit and become aware of the thought / feeling loop running within me
3. I feel the main point of feeling in my body, and listen to the thoughts that emanate from here - what are they saying? I keep listening.
4. I ask myself honestly, how is this 'problem' solving another 'problem'? What's the payoff? Why did I choose it? How is it serving me?

Part Two – Detach:

1. Now I'm more aware, I detach... Who am I really?
2. I am not my thoughts or feelings. I know my true self is at home right now, I am still safe and at home, I'm just witnessing my thoughts and feelings. I zoom out and find my poise as a witness
3. As I observe the thoughts and feelings, I ask, 'What's more valuable to me? The old way, or the higher way'?
4. Am I willing to let the thought / feeling loop go, and trust it will be replaced with something much better, although I might not know what that is yet? If resistance arises to letting go, am I willing to let go of the feeling of this resistance too?

Part Three – Let go:

1. Once you have decided you are **fully willing** to let go, relax all around the area of the feeling, both physically and energetically, so there's nothing holding the energy in place
2. Breathe, relax, let go... You'll feel the energy moving up your body, keep letting go if it gets stuck at another place in your body by relaxing and surrendering
3. As the energy is moving up, intend that you forgive yourself for holding these thoughts, and indulging this misunderstanding, and intend that you forgive anyone else involved too. All is forgiven
4. Ask yourself what you would be like if you **couldn't access** those thoughts and feelings... If they were deleted from your memory?
5. Intend that you are giving those old thoughts and feelings and perceptions over to a higher power, and ask that Love flow in and replace them all
6. What thoughts would Love think instead? How would Love perceive this? How would love respond in similar situations in the future?
7. Even if it doesn't feel completely complete when you're done, don't worry, it IS working