



Letting Go – A Source for Great Energy

What It Is (and the benefits)

The idea of letting go sounds straightforward – clearly stated, it is the simple act of releasing. Dictionary definitions range from the literal “stop holding on” to the psychological “being willing to allow life to carry you to a new place, to even a deeper and truer rendition of self” to “stop thinking about or feeling angry about the past”.

All of this sounds well and good until we’re faced with actually putting it into action ourselves. We are not taught this concept in school, and yet, knowing how to let go is something we all should know how to do. The fact is that we may be holding onto a lot of baggage that is truly weighing us down and keeping us from our genius, our own success.



Benefits of Letting Go

More energy, increased happiness, better focus, improved health, greater creativity and innovation, less stress (and this list goes on!).

What are the tell-tale signs that you are holding onto something that may not be serving you (and others)?

- Negative emotions like fear, anger, worry, resentment, sadness, frustration
- Tightness or pain in your body, even illness. Yes, illness is “dis-ease”
- “Monkey mind” or a fixation on something you keep churning on that distracts your attention

Ways That You Can Let Go

Following are a few suggestions that are powerful, fast, and effective:

1 Make a decision

Yes, it is as simple as that. Gay Hendricks, author of *The Big Leap*, talks about the act of first recognizing an “upper limiting belief”. Think of that belief as if it is a ball you are holding in your hand, with your arm stretched out, palm down. The simple act involves opening your hand and allowing the ball to drop. That’s it. The power here is to recognize that you are holding onto something, in order for you to be able to let it go. Bam.



2 Write it down

Journaling your thoughts and emotions enable you to separate yourself from them, allowing space to see what is happening and free you up to move on. The benefits range from reducing stress and improving immune function to boosting your mood. Google this one for yourself.

3 Breathe

Breathe in, and on the exhale think, “release”. Do this a few times. Our breath can cleanse us, biologically bringing fresh blood flow to our brain to help us think more clearly and calmly. Breathing deeply also helps our lungs and our blood cells, all of which need oxygen to survive. Most importantly, taking a moment to pause and consciously let go can do the trick – fast.

4 Burn it

Yes, you read that right. In many global healing traditions, fire acts as a symbolic way to release what no longer serves you. And no, it is not about burning someone, it’s about writing the thought down on a piece of paper and (safely!) setting that paper on fire. You can also use water, like the ocean, a river or stream. Here you can take a stone or a stick and blow your intention of what you wish to release into that object, toss it in and watch it float away. Simple, powerful, and effective.



Sometimes letting things go is an act of far greater power than defending or hanging on.



— Eckhart Tolle
