

The Art of Letting Go

Each of our lives has its own unique rhythm. There is an ebb and flow, and a time for stillness that continues to repeat itself throughout our lifetime. The art of letting go is about honoring this rhythm. About knowing when to hold in stillness, and when to move forward, even if the way isn't clear. Letting go is really about opening up to receiving. It is living in this moment, honoring who you are. It is a process of trust.

When seen from the soul's perspective, there is beauty and grace in the life story we play out. There is absolute perfection in each step of the way in what comes forward for us to handle.

Our soul works in cooperation with Spirit to bring exactly what we need in perfect timing. And since our soul holds the blueprint for our destiny in this lifetime, it brings forward the people and situations that are necessary for our evolution.

When our soul has learned enough from a person or situation, it is ready to move on. It has absolute Trust in the way the journey unfolds.

The other parts of us, however, are not always on board with letting go and moving on. When we first receive that inner stirring or outer message that things are changing, we often go into a place of fear and resistance. Questions arise such as "what will happen to me?, How will I survive? How can I live without him/her?" Or resistance takes the form of denial, of dishonesty with self or others, of hanging on to something even when the joy is gone or it depletes our energy.

So, we resist the flow of life out of our fears, and the belief that "I am safe only when I am in control, or when things stay the same as they are." And the result is living in the shadows, not fully alive, yearning for something more.

Letting go can mean physically leaving a person or situation, or just shifting your perception. It can mean changing a lifestyle or to give up the need to be right. It can mean just surrendering to what is.

Letting go does not mean to ignore responsibilities or to become disconnected or apathetic. It means releasing any thought, action, emotion or belief that keeps you from being fully present in this moment, loving yourself unconditionally. It means opening up to the Divine presence that resides within, and trusting that there is a plan for you.

If you are ready to practice the art of letting go, you may choose to do the following process on a regular basis:

Look at your life from different levels. What are you holding on to, and where can you let go? Do this in the privacy of your own mind. Take your time, and be honest with yourself.

Physical: *Resentment, resistance to change, hanging on to the past can show up in physical aches and pains or ailments. What are you holding on to? What are you leaving incomplete? Are there foods or other substances that do not support your physical health? Is your body a metaphor for past resentments and hurts? What “shoulds” are on your to do list?*

Emotional: *Are there emotions or reactions that you’re holding on to that no longer serve you? Are there relationships or situations that are not fulfilling but you resist changing? What are the people and patterns that are draining your energy? Do you keep yourself from acting on inspirations out of a fear of failure or what other people might think?*

Mental: *Are your thoughts of yourself loving and supportive? Do your beliefs allow you to expand and be open to abundance? Do you hold on to beliefs that keep you small? Are you spending time on your priorities in life? What patterns regarding money, relationships, and your place in the world are holding you back?*

Spiritual: *Are you resisting any connection to something greater than you? Does your ego hold on to its “rightness” out of a fear of surrender? Do you have a limited definition of God? Are you able to see yourself as part of the Divine?*

We each need to find our own ways of letting go of what no longer serves us. Here are some simple suggestions:

- *Do a brief meditation/prayer throughout the day. Take a few deep breaths...Let go of any thoughts of the past or of the future. Just be fully present in this moment.*
- *When you have identified something that you’re resisting, simply ask yourself, “What would it be like if I let this go?”*
- *Spend quiet time each day listening to the inner guidance you are receiving.*
- *Find a message you can continue to repeat to yourself such as, “I am safe to trust and let go.”*
- *Look at your life through the eyes of your Soul to see where you are holding on.*
- *Have your prayers include “Give me the courage and clarity to let go of what no longer serves me.”*

- ***Know that everything is happening for a reason and that you are completely protected.***

This is one of my favorite quotes that I find helpful:

Faith...

When you come to the end of all the light that you know and are about to step off into the darkness of the unknown, faith is knowing one of two things will happen...there will be something solid for you to stand on, or you will be taught how to fly.

Author unknown.

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