

# Choosing to Let Go

**You are a spiritual being having a human experience. There is divinely granted Perfection within you which could never be diseased or contaminated. This is your essence. Feelings buried alive never die. We are only as sick as our secrets. What you fear will appear. What you resist will persist. You are not your feelings. Feelings are as subtle as a bubble which breaks when penetrated by your finger and yet powerful enough to drive a human to acts of madness and despair. Content and Context: the former being what happens to you in life and the latter how you perceive what happens to you in life.**

**We often equate being physically healthy with our ability to eat a good diet and exercise regularly. Indeed these are important, but the most important influence on our ability to be disease-free and heal optimally in the midst of disease is to have a Mental and Emotional fitness. This fitness of the mind is to have the ability to surrender or not create feelings in the first place which do not contribute to your overall wellbeing. Fortunately it is really easy to achieve that with some regular practice of tuning into our feelings about something that disturbs us. The only true solution is to change our relationship to these feelings by either surrendering, letting it be, or even welcoming these feelings. An individual who has an active illness should do this process ten times a day. Its really not so laborious once you get the hang of it. After the first few days it might only take 10 seconds to change your relationship to the feeling.**

**As you continue with this practice regularly you will experience a peace of mind and the electrical brain will shift into healing or reparative phases in order to heal the various ailments. Sometimes the "gaze of another" helps you to connect in a different way and get in touch with feelings that you may not find otherwise.**

# Release Technique

Make yourself comfortable and focus inwardly. Your eyes may be open or closed.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment.** This doesn't have to be a strong feeling. In fact, you can even check on how you feel about this exercise and what you want to get from it. Just welcome the feeling and allow it to be as fully or as best you can.

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off, or empty inside, those are feelings that can be let go of just as easily as the more recognizable ones. Simply do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

**Step 2:** Ask yourself one of the following three questions:

- **Could I let this feeling go?**
- **Could I allow this feeling to be here?**
- **Could I welcome this feeling?**

These questions are merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go even if you say "no." As best you can, answer the question that you choose with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences.

All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go, to the experience of stopping holding on. Go on to Step 3 no matter how you answered the first question.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, long-standing, or right.

If the answer is “no,” or if you are not sure, ask yourself: **“Would I rather have this feeling, or would I rather be free?”**

Even if the answer is still “no,” go on to Step 4.

**Step 4: Ask yourself this simpler question: When?**

This is an invitation to just let it go NOW. You may find yourself easily letting go. Remember that letting go is a decision you can make any time you choose.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.