

Graceful Release

The Gift in Letting Go

I rejoiced to see these snowdrops in my garden last week - the first sign of Spring. Like many of you, I've been inspired to clear out my loft and garage and I'm reviewing what I want to keep in my life and what needs to go.

How We Make It Hard

Sometimes letting go is very difficult. We may worry we'll hurt someone or that they'll feel let down if we no longer want to continue a job, collaboration or relationship. This means that we attach anxiety and guilt to the situation which keeps it stuck. The same happens if it's physical stuff we're letting go of. We feel irritated every time we still see the old lawnmower or bike that we've advertised for sale in the local paper. Our annoyance repeatedly tells the universe that they're unwanted, so guess what? No one wants them!



Why We Do It

It's human nature to focus on the reasons why we want to let go of something or someone because it motivates us to do something about it. But once the decision is made, continuing to focus on that feeling will block the flow.

How To Turn It Around

To turn it around we need to find the gift in the situation. The gift for us and the gift for the person on the receiving end. The strongest power on earth is gratitude, so invoke that around the thing or the situation you need to release. Thank your lawnmower for its years of service, thank the relationship for the joy and/or learning it has brought you. Then imagine yourself wrapping it up like a beautiful gift ready for the next person to appreciate. Picture yourself handing it over as the opportunity or object that someone else has been wishing for. See their delight in receiving it. Everybody wins!

Helpful Essences For Letting Go

Essences to support this process are:

- Snowdrop
- Red Bottlebrush
- Blue Lotus
- Morning Glory

I love helping people with soul issues. If you'd like to discuss a consultation or any other kind of soul support, just call 01273 77 33 24 on Mondays, Tuesdays or Thursdays.

Click for more on Consultations: <http://www.spiritoftransformation.com/Consultations.htm>