

Letting Go is Process and a Choice.

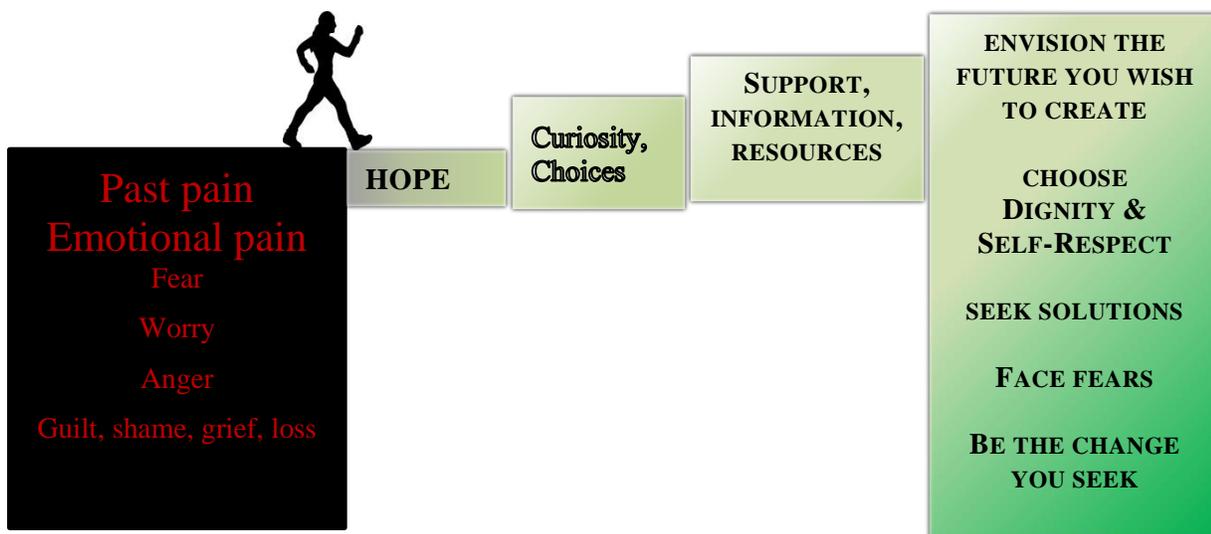
Letting go of the past can *feel*

like stepping..

off
a
cliff!

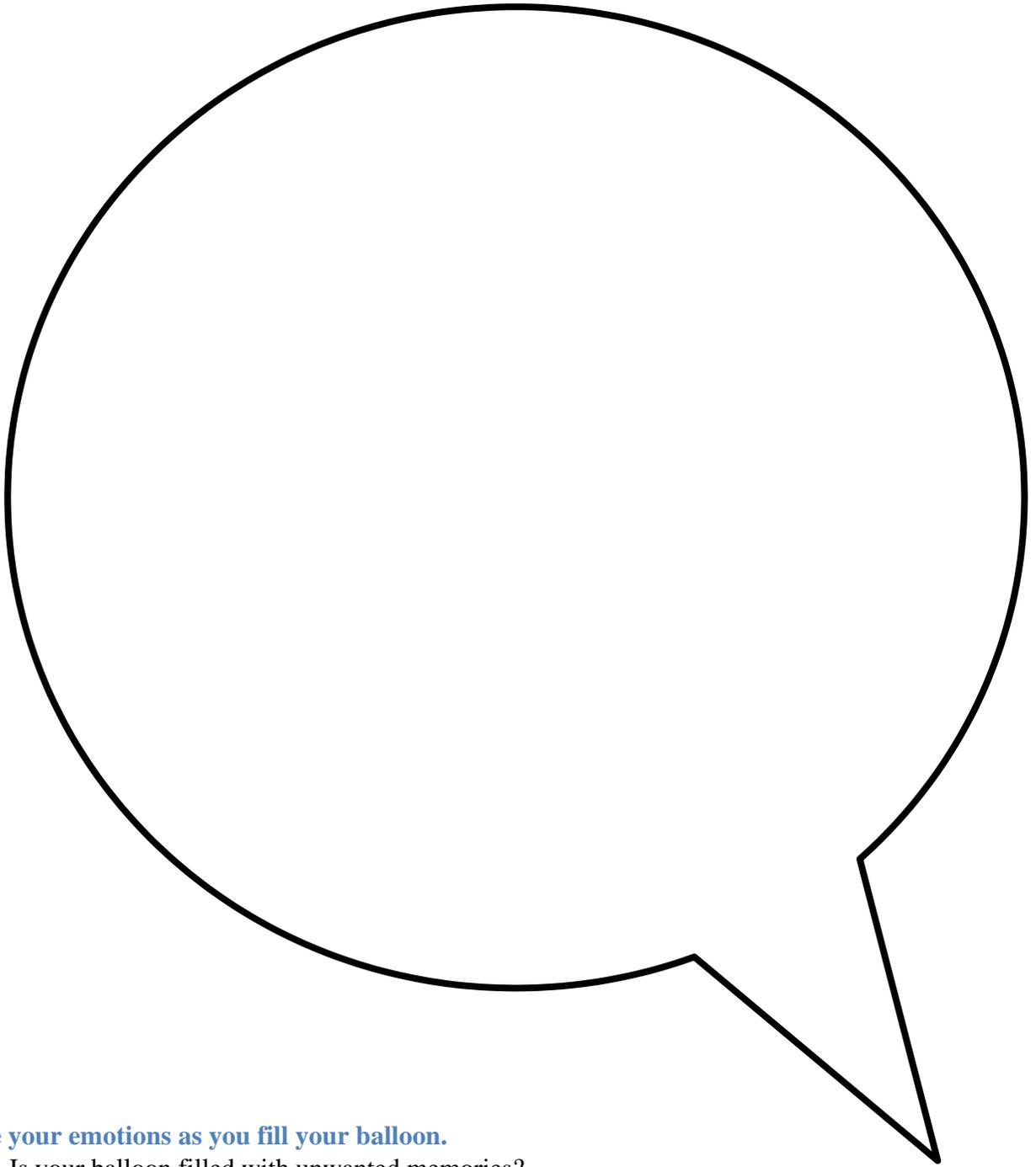


To let go of the past, you must first create a future you are excited about entering



Ready to release the past?

Part 2. Your turn. Write everything you wish to release in your own balloon.



Notice your emotions as you fill your balloon.

- Is your balloon filled with unwanted memories?
- Unwanted emotions? Negative thoughts?
- What shade would you like your balloon to be? Color it now.



Envision your balloon in your mind as you practice with the meditation on the next page.

Letting Go Meditation

Take a deep breath.

As you inhale deeply, notice the air and the cooling sensation around your nostrils.

Slowly release your breath.

As you exhale, notice the warmed air leaving your nostrils. Feel the temperature change.

Repeat this focused nostril air

breathing exercise until your body feels relaxed and calm.

Now bring the image of your balloon filled with your thoughts, emotions and memories back into your mind.

Your balloon contains all that you wish to release.

How are you holding your balloon?

A light flexible ribbon or string?

Something thicker, a rope perhaps?

A heavy solid anchor?

Notice your grip as you hold your balloon.

Is your grip loose or firm?

Your grip is your only connection to those unwanted thoughts, emotions and memories.

Your connection is a choice.

When you are ready, slowly release your balloon.

Feel your grip release and relax.

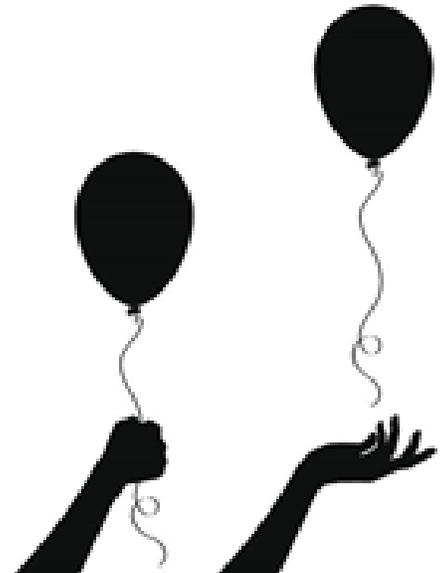
Watch your balloon drift up and away.

Higher.....

Higher.

Out of reach

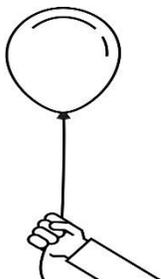
and out of sight.



How did you feel when you let go?

Now that you have released your balloon, you no longer focus energy on what was released.

What will you choose to focus your energy on now?



If you resist letting go, be curious. Embrace the opportunity to learn.

What are you afraid of? What do you need?

What purpose is served by maintaining your connection?

What would help you let go?

When you are ready, give yourself permission to release your balloon.

You may let go whenever you choose.