

*flhighwithme presents*

# the ocean inside

a mini ebook on letting go

MS WRITE

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MS WRITE

# Affirmations for Letting Go

I CHOOSE TO LET GO OF THE THINGS THAT ARE DROWNING ME.

I AM FEARLESS.

I CHOOSE TO LET GO OF THE THINGS THAT ARE DRAINING ME.

I AM INTERNALLY PEACEFUL.

I CHOOSE TO FOCUS ON LOVE.

I CHOOSE TO FOCUS ON THE GOOD.

I AM CLEANSED OF LOW VIBRATIONAL THOUGHTS, FEELINGS, AND BELIEFS..

I CHOOSE TO WATER MYSELF WHEN I FEEL DRAINED.

I CHOOSE TO FORGIVE.

I KEEP THE WATERS PURE,

I CHOOSE TO EMBRACE MY EMOTIONS,

I CHOOSE TO EMBRACE THE MOTION OF LIFE.

I CHOOSE TO GO WITH THE UNIVERSAL FLOW.

I AM ABUNDANT.

I CHOOSE TO BE POWERFUL AND TRANSFORMATIONAL.

I HOLD PURITY IN HIGH ESTEEM.

I CHOOSE TO HEAL INSTEAD OF HURT.

I FEEL NOURISHED.

I CHOOSE TO EXPAND MY MIND, BODY, AND SPIRIT.

I AM WATER.

# Cry Now

**Water: the basis of all living organisms.**

Symbolically, water represents life, birth, transformation, fertility, cleansing, purification, healing, abundance, calmness, strength, cohesion, wisdom, motion, renewal, subconscious, reflection, emotions, clarity, and flow.

Water is a powerful element that provides, nourishes, and purifies. However, at times, water can cause destruction. A perfect example of this is withholding your tears; holding in your painful feelings can result in self-destruction. If you constantly feel mentally, physically, and spiritually weak, that means you are draining yourself of the good things that are within you. In this case, you must make the choice and take action to drain yourself (let go) of what's drowning you and water yourself with the things that fill you.

This is the power of crying now and laughing later.

The best thing you can do on

your journey of healing is to first acknowledge the pain you're in, what it's caused by, and how it has affected your life. Reflecting on the seed and roots of the problems you're struggling to let go of, will help you to take the first step in overcoming.

Remember, the only one making you drown is you. The only one draining you, is you. If you have been wronged by anyone, it's your choice to hold onto that wrongdoing. Do not give the situation more power than you need to, Do not allow it to drown you, drain you, or transform you into someone you don't want to be,. You're worthy of feeling fulfilled, happy, healed, and at peace. But you first need to make the choice to let go; become water and cleanse yourself, transform yourself, and begin your rebirth.

Life is yin and yang; there'll always be good and bad that we need to experience in order to tap into our true power.

So, remember to cry first so you can truly have a good laugh later.

# Laugh Later

# water magic



**LETTING GO BATH RECIPE:** In a warm bath, add lavender flowers or essential oil, rosemary leaves, one stick of cinnamon, some rose petals or essential oil, and some Himalayan or sea salt and mix together. Sit in the bath for minimum 15 minutes and while soaking, mentally, emotionally, and physically feel yourself letting go of the specific things weighing you down. When you feel you have released, drain the bathtub and step out. You should then relax and feel the after sensations in your body. Embrace the shift. Embrace the healing. Embrace the rebirth of you. Another thing to note is that each of these ingredients are symbolic to healing and letting go. The lavender is good for your crown chakra, the rosemary, rose petals and Himalayan salt are for your heart chakra, and the cinnamon is for your root chakra, Healing these chakras are spiritually essential to letting go and moving on in a healthy way.

**DETOX WATER FOR HEART CHAKRA:** Our heart chakra is the gateway to love and compassion. When filled and healthily activated, your heart chakra can attract and release beautiful harmonies of love. This is key when healing and letting go. Tapping into compassion will help you to overcome many situations in your life. **The recipe:** In a glass or bottle of water, add a few slices of cucumber, blackberries, and strawberries. As you're drinking the water, imagine that it's flowing into your mind, heart, and the bottom of your spine. Imagine that it's cleansing out the toxic grudges and feelings and filling you up with love, compassion, forgiveness, and strength.

**WATER MANIFESTING:** Grab two glasses and some clean water. On one glass, tape a paper to it saying, "Current State" and "Desired State" on the other glass. Fill the Current State glass with water. Hold the glass, close your eyes, and begin to think about your current state in life that you want changed. Relax and allow it to flow. You can do this for as long as you want but 5-minutes is average. When you're done, then you are going to pour the water from the Current State glass into the Desired State glass. Now, hold the Desired State glass, close your eyes, and begin to think about what you desire and how you want to transform from your current state. Do this again for about 5-minutes or until you feel the glass is holding the manifestation. Lastly, drink the entire glass of water and repeat "It is done" or your personal closing affirmation (amen, asé, it is so, etc.)

# 21-day declaration for letting go

FROM THIS DAY FORWARD, I AM CHOOSING TO

---

SO THAT I CAN FEEL

---

IN ORDER TO CREATE

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TO LIVE THE LIFE I TRULY DESIRE.

Example:

From this day forward, I am choosing to forgive myself and heal from the things that hurt me so that I can feel healed, at peace, and free of self-sabotaging behaviours in order to create true happiness, love, and internal wealth to live the life I truly desire.

On the journey of letting go, once you start digging at the roots of your problems, you'll encounter a few emotional turbulences. That's a good thing though because it's your spirit detoxing the toxic energies you were holding onto. This is why it's important to create your own personal list of go-to watering activities to fill you up when you feel like you're draining.

Watering yourself is a concept that means to fill your mind, body, and spirit with good thoughts, feelings, beliefs, and energies that heal and nourish you. Watering yourself is key to self-growth but it looks different for everyone.

**Here are a few self-watering activities:**

- Meditating
- Praying
- Creating
- Nature walking
- Vacationing
- Going on adventures
- Healthy eating
- Drinking water
- Laughing
- Having fun
- Spiritual solitude
- Vision planning
- Reading
- Hugging
- Rituals and routines



“The truth is, unless you let go,  
unless you forgive yourself, unless  
you forgive the situation, unless you  
realize that the situation is over,  
you cannot move forward.”

Steve Maraboli



*Thank you for reading*

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here's a crying meditation for you:



your reviews are appreciated:  
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*Stay magical*