



# 'LETTING GO ISN'T EASY, BUT NECESSARY'

by Julie Busuttil

I remember a quote I saw some time ago about 'letting go' – 'letting go isn't easy, but necessary'.

I whole-heartedly agree with the 'it is necessary' part, but I don't believe letting go can't be easy, or dare I say simple. Think about something that you are belabouring right now.

A feeling of betrayal, guilt. Perhaps feelings of not being good enough, or thoughts like 'I can never get a head', 'why does this always happen to me', 'how did I end up here again'.

Once we identify with a thought or feeling i.e. act on that thought or feeling, we are just re-acting and re-emphasising that thought or feeling and will inevitably create more of it.

Where your focus goes, your energy flows. I like to use the analogy of a driving car. If you are looking forward at the road ahead of and staying within your lane, your car will follow where your eyes are looking because your eyes are focused ahead.

However, if you turn your attention to looking out the window, your car will inevitably follow where your focus has moved to.

It is no different with our thoughts and feelings. The majority of the times when we have a thought and/or feel a feeling, we act on them in some way. Impulses, reactions, planning towards something.

Letting go is a weird paradox. To let go, we need to give up on needing to know the how or the when. We become unfixed in thinking we need to know the in's and out's in order to let go.

Though if you are consciously creating (looking deeper into what you are creating and assigning the power to what you love, not what you fear or lack) letting go is first about setting the focus of where you want to end up, your true end result, and then let go of needing to know how you will get there.

When we perceive something as 'happening to us', we want to hold on to that resentment, that pain, that fear, all the lower level derivatives that subconsciously we are focusing on. Why is that? Put simply, we don't like tension. We don't like the fact that something isn't a certain way or another person doesn't feel the same way we do, and that creates tension in our mind which we are quick to resolve by getting angry, frustrated, sad, despondent or we disassociated, go inward and become small.

We are all avoiding feeling the tension that comes with the reoccurring thoughts and feelings that we don't let go of.

Our subconscious mind wants to resolve this tension, either by getting 'even', 'staying angry', 'staying sad' etc. It's ok that these things come up, but it's when we act on them we move further toward what we don't want, rather than what we do want.

So, because we are subconsciously fixated and focused on feeling those feelings and remembering what led to the point that 'made us' feel like that, we will inevitably create more of it.

It takes will to shift our focus and change our thoughts and feelings when we are amid pain and fear. It takes will to shift to what we would really love and the end we would love instead.

What does it mean to let go anyway?

In my experience letting go is not about avoiding seeing or feeling the truth of someone or something. It is about acknowledging what comes up for you i.e. your thoughts and feelings and checking in with yourself to see what the truth of the matter is.

Letting go, isn't about fixing yourself, someone or a situation either.

You can waste a lot of time, energy and money trying to 'fix', when really what is needed is letting go of needing to know how you will achieve what you would love and simply put your mind and energy into what you would love to create.

We think if we 'heal' a memory, an experience, or if we cleanse ourselves or cut cords that we will be free of that crutch for evermore.

Even if you are aware of what caused you pain or to be fearful, that's great and is the first step, but you don't then have to spend all of your energy in trying to get away from that pain or trying to fix the situation that occurred, more often than not, a long time ago.

There actually is no point in 'trying' to 'fix' yourself. Rather, embrace and acknowledge those things that seem painful. Really lean into it and be curious as to what really lies behind the emotion.

You may seek to understand yourself on a deeper level so that you can uncover what continually holds you back, and in the process remember who you truly are.

This can be done by simply telling yourself that you intend to know the truth of a situation and observe what information comes up for you, what follows. Do not discount what you receive, especially if it creates tension for you or seems weird and unusual. Our imagination and intuition speak to us often in symbols or analogies, and we simply need to unpack what the symbol or analogy is that comes to mind, and there is your truth.

An example. When I started writing children's books a few years ago my focus was on completing a children's book series. I had never written a thing of creativity in my life, so obviously all sorts of thoughts and feelings came up for me.

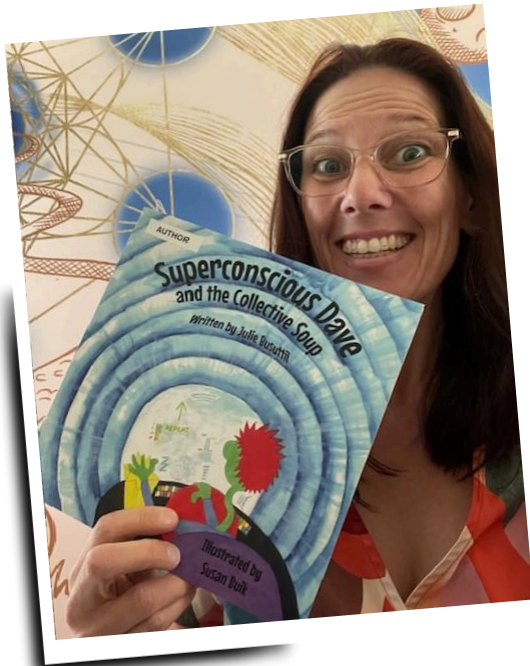
Like, what made me think I could pull off writing one children's book, let alone a series of them, and then to get them published?

I acknowledged these thoughts and the desire to give up on the spot, but I didn't act on them. I let them go. I didn't ignore them. I let go of needing to know how it will all work out and just remained focus on the end result.

I had to even let go of how my stories would end until I arrived at the end of the story.

My focus on the result was greater than my needing to resolve my tension of giving up because I didn't truly believe I could do it. But that's ok. Even there were many times I had to 'let go' and not act on my thoughts and feelings in that first year I started writing in 2020. I kept letting go of needing to know how it was all going to eventuate and instead checked in with myself along the way and asked what the obvious next step at that time was.

I put my focus on the true end result – a published children's book series. I leant into the vision of me holding my books in my hand (even though I didn't know at that time how they would turn out, let alone what character I would create), but I held it anyway.



I created Superconscious Dave children's book character in 2020 and have written and published three in the series since. And now I am onto my next book character, Emmerson.

Letting go of needing to know exactly how something will turn out, is necessary if you want to create amazing things in your life, and it can be simple.

It takes will and of course practice to keep acknowledging the truth of where you are along the way and if it is not in line with your end result, acknowledge it but don't act on it and let it go.

Choose not to identify with those thoughts and feelings that pull you away from what you would love and redirect your time and energy back into your end result. Ask yourself what the obvious next step is to getting there.

There is an amazing course that I completed during COVID in 2020 which changed my life forever. It gave me the tools and strategies I needed to stay focused on my end goals and to continually redirect my energy and focus onto them during times of fear, sadness, frustration and when it feels like I am never going to get what I am going for. I highly recommend it. Its called Create Your Destiny by William Whitecloud – search it on the web or follow this [link](#) to find out more.



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# Emmerson in the Clouds



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