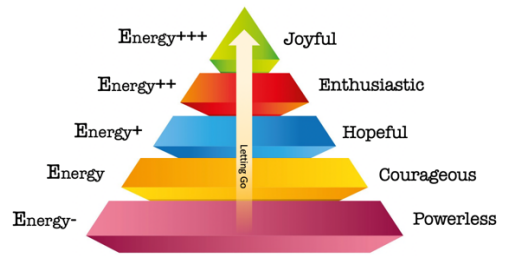


The Art of Letting Go

How do I let go?

01 - Awareness	02 - Acceptance
This is the stage of noticing the presence of the feeling. Here it is important to understand that the feeling doesn't come from someone or something. You feel anger not because someone makes you angry but because anger is within you.	Part of you may want the feeling to disappear. This is resistance. Let go of wanting the feeling to go. Let go of blame.
03 - Allowing	04 - Alleviation or Release
Observation is what is needed here. Give the feeling all the space it needs. Let go of wanting anything to happen a particular way. Let go of wanting to feel better. Relax.	When you release a sense of lightness will occur within your body. Stress may dissolve and you will feel lighter about the person or situation. You don't need to <i>do</i> anything.



The more you let go the more joyful your life becomes. Suppressing emotion takes energy and when you release those emotions that energy is given back to you. You become happier, lighter and more content with life. You begin to see things more clearly and your ability to cope with people and circumstances improve dramatically.

Your WILL to be with your feelings is KEY

Trapped Emotions
Emotions are trapped in your body and the letting go process involves the release of those emotions. Letting go also involves the dropping of thoughts that no longer serve you. This must be done together with the feeling of emotions.

Feelings that can be let go of
Anger, sadness, guilt, shame, embarrassment, apathy, fear, anxiety, boredom, confusion, craving, disgust, awkwardness, contempt, shyness, annoyance, frustration, irritation, envy, desire, confusion, uncertainty.

DEEP RELAXATION

2. Drop any inner resistance you have. Accept your feelings as they are.

1. Become aware of your feelings and know you are 100% responsible for them.

3. Sit quietly and allow the feeling to be present within you.

4. Release happens automatically without effort. Detach yourself from any results.

Once a feeling arises...

1 Find where the feeling is present Where in the body is the feeling? Head? Shoulders? Chest? Stomach? Back? Find the sensation.	2 Feel its intensity Is the feeling intense and overwhelming or is more subtle? If you are uncertain give it a number between 1 and 10.	3 What's the texture? What kind of sensations do you have? Tightness, tension, clenching, hotness, coldness, throbbing, numbness, blindness, pulsing, overwhelm.
4 Don't set a time limit It is important to just allow everything to be as it is. There is no set time limit. Your feelings run out when they are ready.	5 Ignore /drop thoughts Thoughts often come and it is easy to get caught up in them. Just watch them come and go but don't add energy to them. Don't identify with them	6 Blame results in suppression You may be tempted to keep blaming someone or something. Make a firm attention to let go of this. Blame makes it impossible to let go.
7 Just feel This is a feeling process. Feel without expectations and feel everything, even the things you do not want to feel!	8 Your sense of being Get in touch with your sense of being. Ask yourself the question, how do I know I exist? This is the easiest place to let go from.	9 Don't give up If things don't happen the way you expect, let go of the expectations. Have great tenacity and will.
10 Let go of the want Wanting to let go is resistance. Let go of the want. This will appear in your body as tension	11 Let go of resistance Resistance comes in many forms. Allow yourself to fully experience all feelings and also the resistance to them.	12 Relax Tension suppresses emotion. You will often experience this when feeling and it may intensify. Just relax.