

# on letting go

letting go of ...  
letting go into ...

Letting go can feel so liberating and expansive. It can also feel challenging, even painful at times. When you feel any resistance to 'letting go of' something, I encourage you to play with it by shifting your focus to what you're 'letting go into'. This can shift your energy into a positive and forward moving space.

For example, a little while back I signed up for a 5 month course. It was one of a kind course, a unique and special opportunity that I was looking forward to being a part of. Then, whilst in a deeply ecstatic experience I had a lot of insight and intuition about my direction over this next year, which flowed into spontaneous ceremony over the following days, to serve this new direction. I got home and realised that I may need to let the course go, in honouring and giving energy to where life is asking me to move into. But I didn't want to let go of the course. Even after sitting with the decision for a few days I was feeling torn and in a painful place, and simply not clear on what to do.

I tried on with full bodied feeling how it would feel to give up my place on the course; *to let go of*. I felt somewhat regretful. I felt the fear of missing out. I felt guilt for the potential repercussions for the course team. I felt a missing of the experience and connections through the course.

Then I tried on with full bodied feeling how it would feel to do the other things aligned with my new vision if I didn't do the course; *to let go into*. I literally squealed for joy. I felt energised and excited. I felt my body relax, and a full feeling of rightness, of listening to and following my intuition, my body feeling, and the natural flow of life.

The other feelings of missing out on the course didn't magically disappeared. Sometimes we need to allow challenging and pleasurable feelings to live inside of us at the same time. Feelings aren't always clean cut and immediately consolidated. So I allowed space inside for both qualities of feelings, the loss and the joy. And at the same time trusting what my body and intuition were saying to me. After this space for the feelings, over the following days I felt consolidation of feelings, and totally on track with life.

Equally if you're feeling stuck with trying to 'let go into', you can play with little things you can 'let go of', that can support your moving into. Often we have big things we're wanting to let go into. Like letting go into love, trust, surrender, connection, authority, direction etc. When an easy 'letting go into' isn't seeming to flow you can bring some play by taking little steps with what you can let go of. For example if you're attempting a letting go into connection first you can let go of the tension in your body, or let go of restriction of breath, and let go of distractions around you, to start to feel more connection within.

So, if you're feeling any resistance in your letting go then experiment, play, try different things. Let go of, let go into, and all the while notice how your body feels; tune into the information gleaned from your body, energy and awareness. Here's to being in the flow of our letting go.

With love, Lilamani