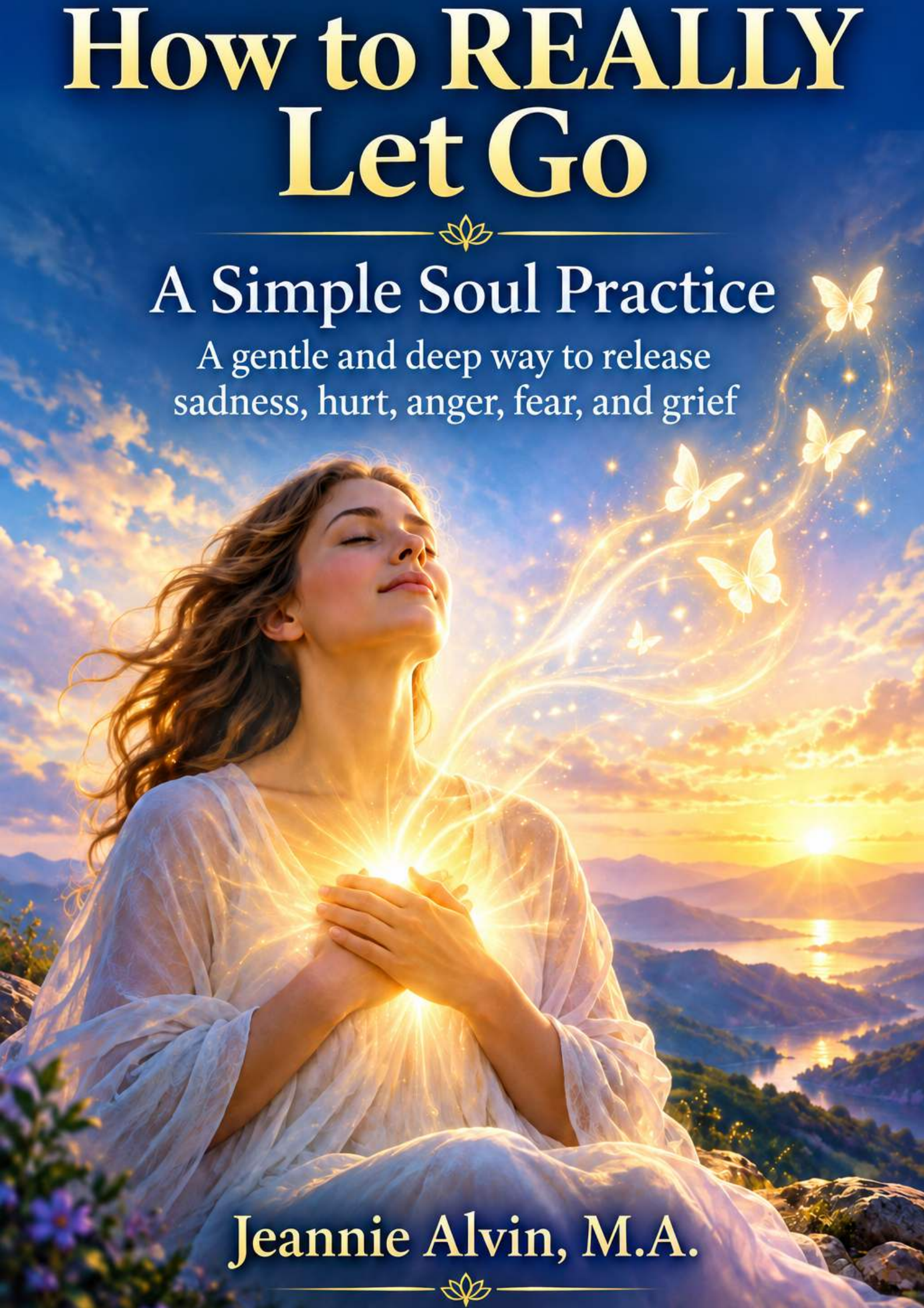
How to REALLY Let Go

A Simple Soul Practice

A gentle and deep way to release
sadness, hurt, anger, fear, and grief



Jeannie Alvin, M.A.

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A simple Soul practice — a gentle and deep way to release sadness, hurt, anger, fear, and grief

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I recently watched a fascinating interview with Josh Morgan on Natasha Williams's Spiritual Warrior Journey channel. The video is titled Electrician Has Awakening and Sees Exactly How Earth Is Splitting Into Two Realities.

During the conversation, Josh offered some beautifully simple counsel:

"We can't be positive all the time, but we can release the negative."

That stayed with me. Yet it also raised an important question:

How do we actually let go? And what do we do when the feeling does not let go of us?

Releasing It to Your Soul

Our world has been programmed with a great deal of fear. Much of the fear we carry has been learned or absorbed from other people, the news, and the collective consciousness. It may not truly belong to us.

Now, as humanity enters a new phase in our movement toward Heaven on Earth, we have access to a new and remarkably simple tool: we can release these fears and other negative emotions directly to our Soul. And our soul will return it to us divinity and wisdom!

Place your hand, or two fingers, gently over the center of your chest. Press lightly and say:

“Dear soul, I release this fear to you, and I claim that I am at peace.”

You can use this practice whenever something negative arises during your day. Release the negative quality to your Soul and then claim the positive quality you wish to embody.

For example:

“Dear soul, I release this judgment to you, and I claim compassion and understanding.”

You might notice something about your usual reactions and say:

“Dear soul, I release my tendency to become upset so easily, and I claim the ability to pause and think before I respond.”

You can release fear and claim peace.

You can release judgment and claim compassion.

You can release impatience and claim patience.

You can release self-doubt and claim confidence.

This simple practice can clear a great deal— I do it often. Most of my former fears are gone. I suggest this as a daily practice.

I teach this newer soul practice in my book Our Sacred Origins... We ARE the Children of God.

When Something Deeper Remains

Sometimes, however, something painful has happened and we still feel deeply hurt, angry, sad, or filled with grief.

We may sincerely release the emotion to our soul, yet it seems to hang on. We continue thinking about what happened, and the feeling keeps returning.

This does not mean that we have failed to release it. It may mean that a deeper emotional experience is still being held within the body and is asking for our attention.

When this happens, we do not need to force the feeling away. Instead, we can turn toward it with curiosity.

Notice What Is Happening Inside Your Body

One reader described his experience with the 'noticing' process (game) in the Change Games book this way:

"Profoundly gentle, healing, and transformative. I found more joy, more release, and more peace than in the previous 54 years of meditation and therapy. A gift to the world. Try them! They work! "

Begin by noticing what is happening inside your body.

Where do you feel the emotion most strongly?

Is it in your chest, your stomach, your throat, your head, your arms, or your legs?

What are you noticing, and where?

You do not have to name it perfectly or understand it. Simply notice it.

I call anything we can notice within the body a sensation. Pain, tightness, heaviness, heat, trembling, pressure, sadness, anger, and grief may all be experienced as collections of smaller sensations.

Let your attention travel gently through your body—from your head to your toes, through your arms, and into your hands. Curiously notice whatever is there without judging it or trying to change it. Then return to the place where the sensations feel strongest.

Your mind will probably try to take you back into the story:

Why did this happen?

Why did that person do this?

What will happen next?

Gently tell your mind:

“Not now. We can return to the story later.”

Then bring your attention back to your body.

Keep noticing—gently, patiently, and curiously. And continue to say “Not now” to your mind.

You are not analyzing the sensations. You are not fighting them or trying to make them disappear. You are simply giving them your full attention.

As you continue, the sensations may move, change, soften, or disappear. Sometimes they release all at once. Sometimes they leave gradually, one layer at a time.

When the sensations have received enough attention, they can release—and the emotional charge can release with them.

That is true letting go.

It is not pushing an emotion away, pretending to be positive, or telling ourselves that we should not feel it.

We let go by allowing ourselves to feel what is here without becoming lost in the story.

We notice. We scan our body. Up and down, back and forth.

We remain present. We don't follow the mind, we say "Not now" to it.

And we allow the body to release what it is ready to release.

This process is described in my book Change Games, and in my book Awaken to Life! Better Than You Ever Dreamed! on Amazon.

Two Woman's Experiences

Helen Weary described her experience with this process:

"I am fascinated with how utterly mind-stopping just watching my bodily sensations is. It is mesmerizing and liberating."

Helen used the process with the sorrow and trauma she had carried since her mother died when she was five years old. As she remained present with the grief and its physical sensations, they gradually changed and released. Afterward, she said that nothing was left and that she felt great relief.

Her experience beautifully illustrates what can happen when we stop returning to the story and give the sensations in the body the attention they need. Like small children seeking attention, when the sensations receive the gentle attention they need, they leave! Sometimes they leave quickly; at other times, their roots are deeper and the process takes longer.

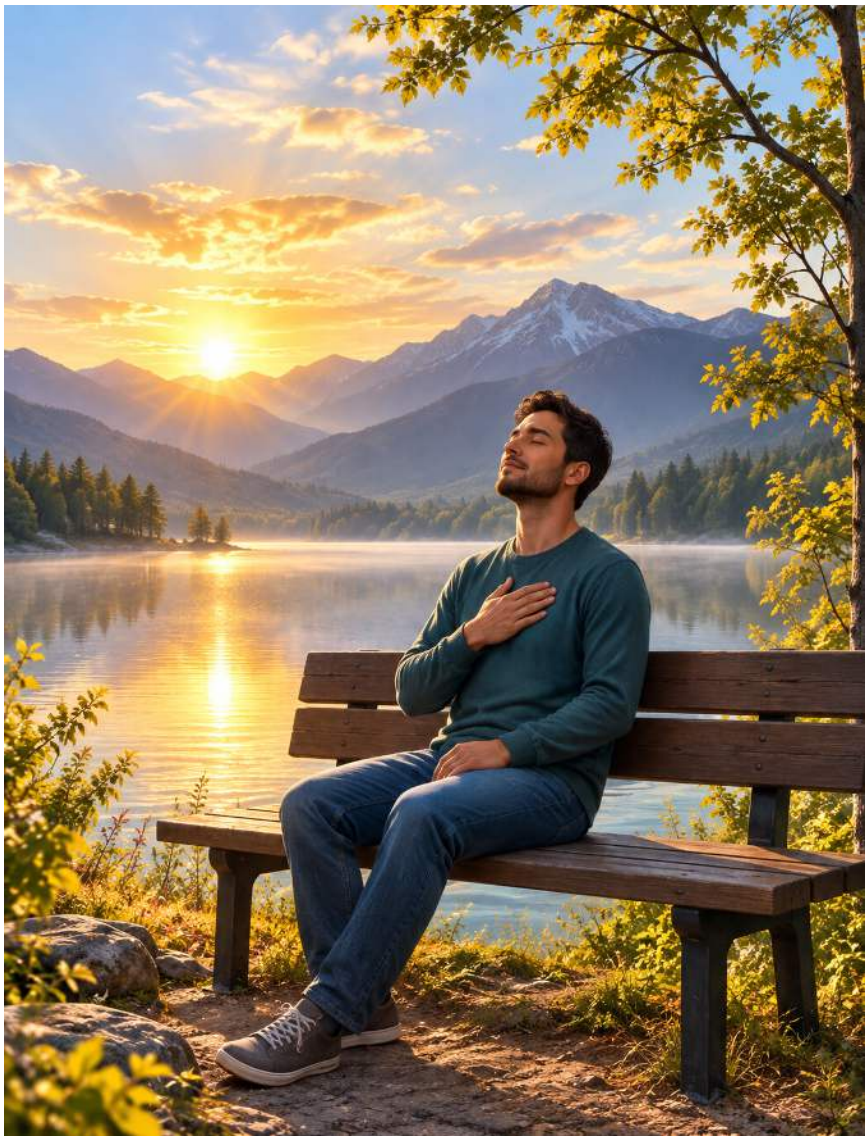
One woman learned this in a workshop I gave, and spent an hour during her afternoon hike each day simply attending to the sensations connected with a challenge in her life. She continued for about seven weeks.

Then one day, her heart suddenly opened—and she received a call that very day from the casting director of the television series Lost, offering her the job she had been hoping for! She had carried many issues that needed to be noticed, and then they released.

Sometimes letting go is as simple as giving something to our soul and claiming a new way of being. At other times, it means lovingly remaining present with what our body is carrying until it is ready to release.

Through both paths — releasing to your soul, and noticing within — we gain greater freedom and wisdom and embody more of our innate divinity.

Letting go is not difficult. We simply were not taught how to do it.



Continue Your Journey

Thank you for walking this path with me.

May this simple practice help you release what you have outgrown, return to peace, and discover more of the wisdom and divinity within you.

If you would like to explore more, I warmly invite you to visit Pioneers to Heaven on Earth, where you will find free books, spiritual practices, videos, and resources for your continuing journey.

www.pioneerstoheavenonearth.com



With love and blessings on your sacred path,

Jeannie Alvin, M.A.