

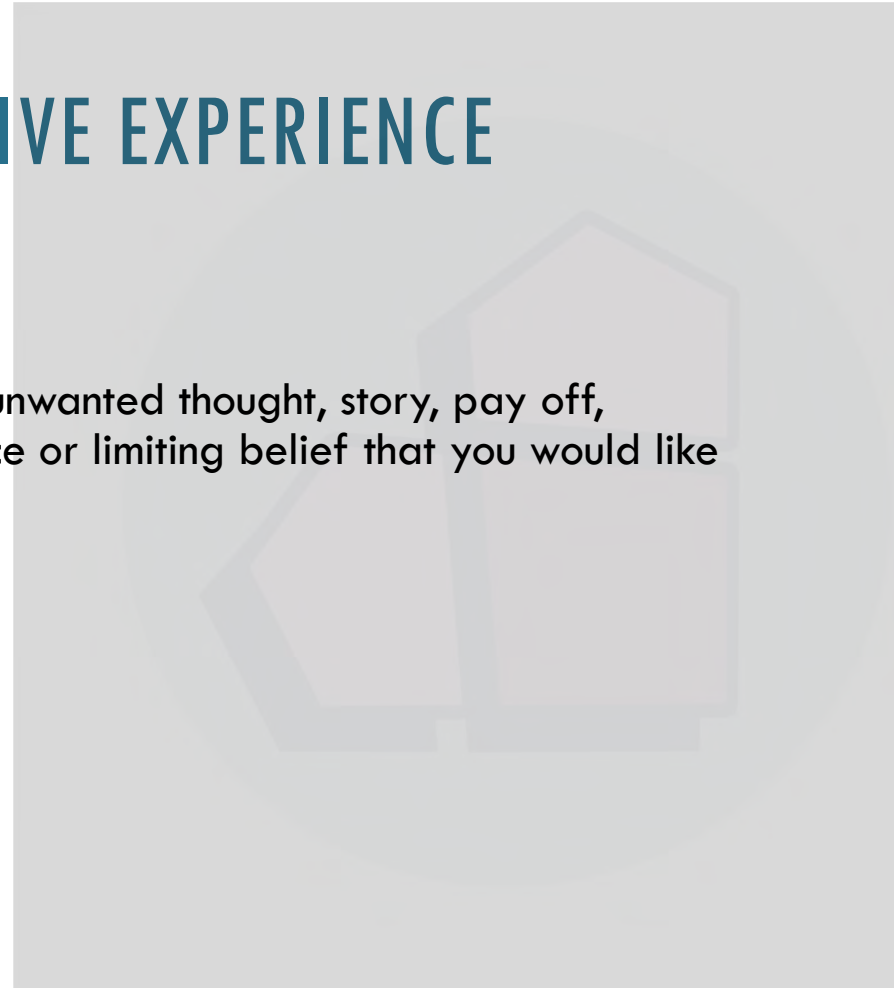
Let it go

5 STEPS OF LETTING GO, THE PATHWAY TO SURRENDER

Clean Emotional Slate

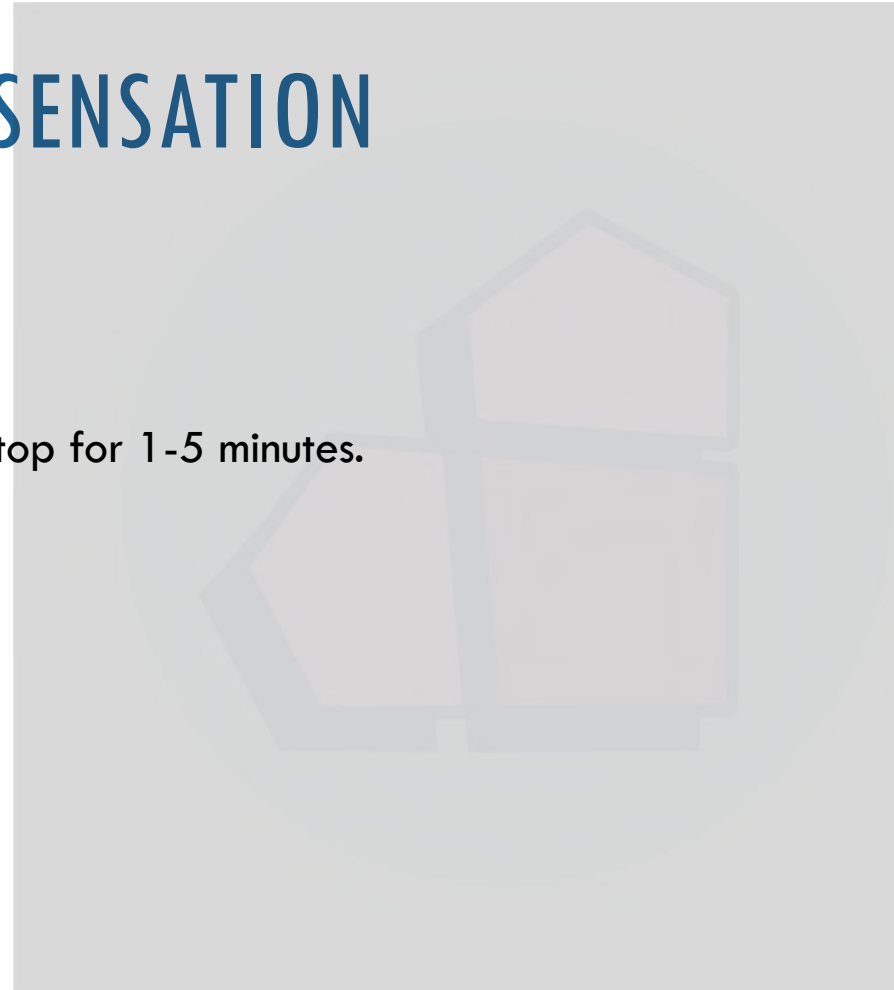
STEP 1 — IDENTIFY THE NEGATIVE EXPERIENCE

- Get out your feeling wheel!
- Identify the negative experience associated with unwanted thought, story, pay off, defense mechanism, emotional weapon, experience or limiting belief that you would like to be free of / transcend / eliminate.



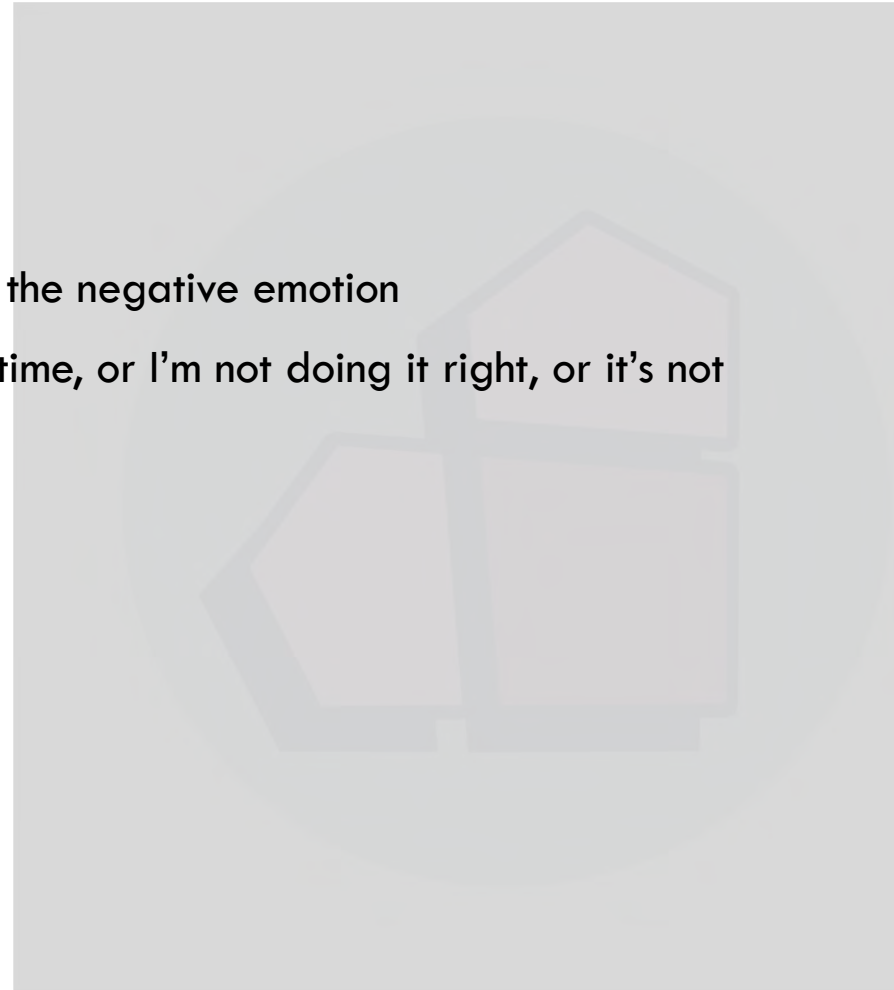
STEP 2 — STOP & FIND THE SENSATION

- Stop what you are doing and sit, stand, or lie still
- Locate the sensation in your body
- It seems impractical, but rarely can a person not stop for 1-5 minutes.



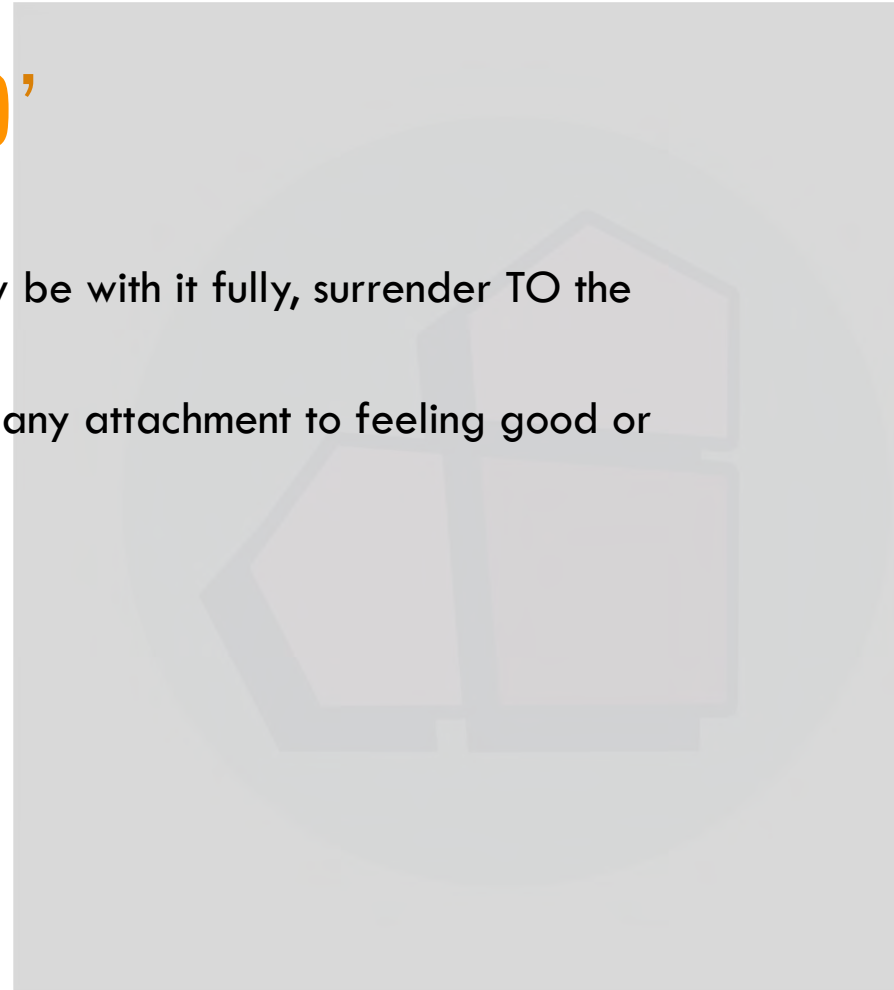
STEP 3 — BE FULLY PRESENT

- BE fully present, engaged and aware of and with the negative emotion
- Let go of the voices that say... “this is a waste of time, or I’m not doing it right, or it’s not working”.



STEP 4 — NO TRYING TO 'DO'

- Do not TRY to do anything with the emotion, simply be with it fully, surrender TO the emotion, experience and sensations in the body
- BUT, during the practice it is important to suspend any attachment to feeling good or getting rid of the emotion.



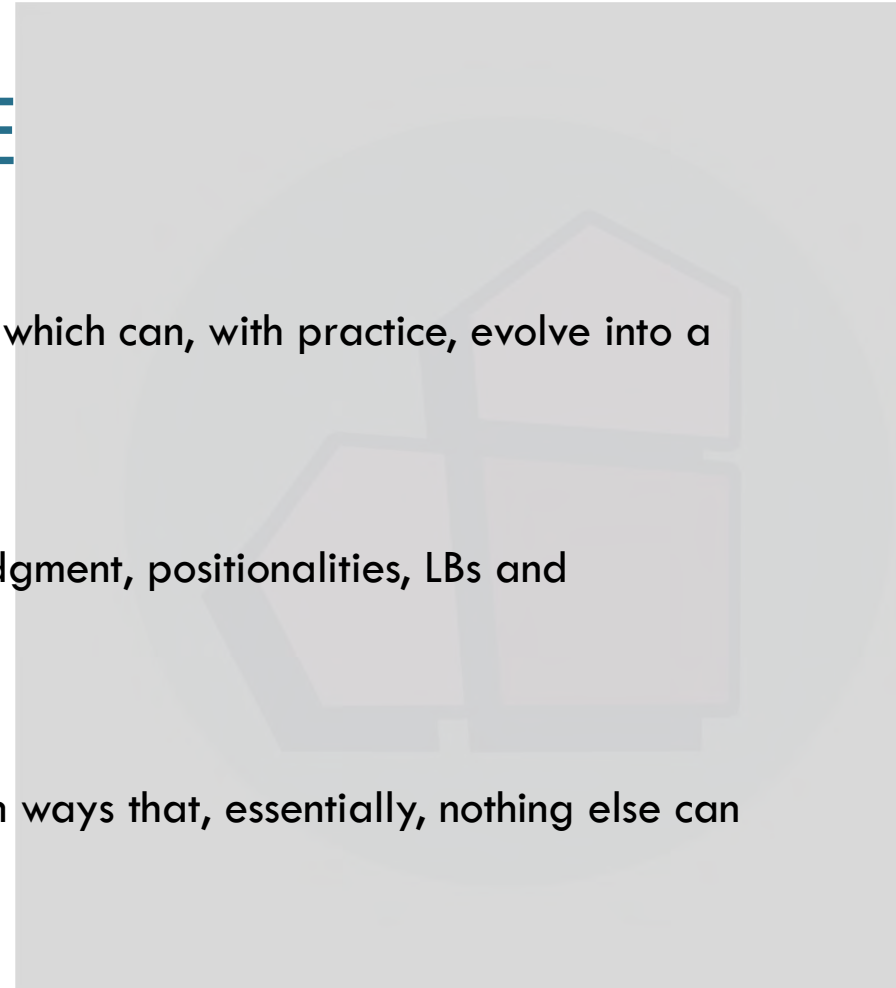
STEP 5 — ACTUALLY LET GO

- NOW breathe and let go without 'trying' to get rid of it
- Breathe and repeat, I am letting go
- Or, I am surrendering surrendering ...



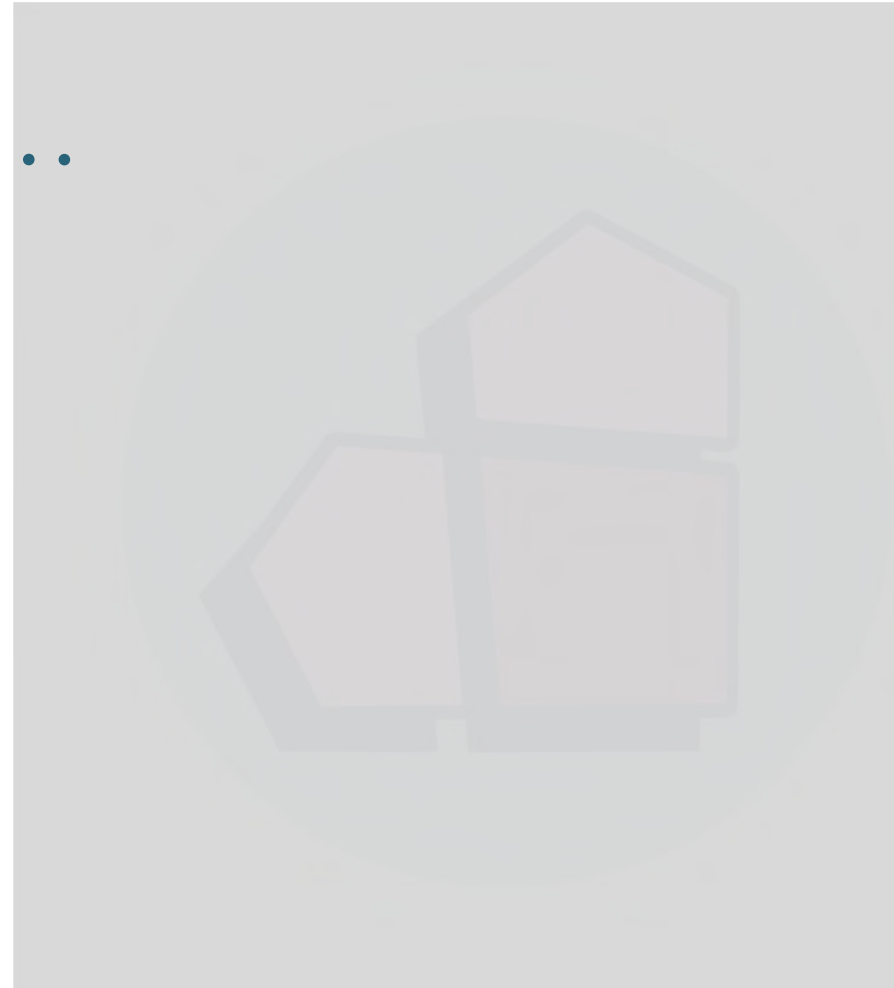
THE BASIC LETTING TECHNIQUE

- Meant to be a daily practice (spiritual in nature)- which can, with practice, evolve into a way of life
- This practice is an evolution
- It's a progression and uncoupling of negativity, judgment, positionalities, LBs and emotional weapons
- It grows and expands with time
- It has the capacity to heal and empty sandbags in ways that, essentially, nothing else can



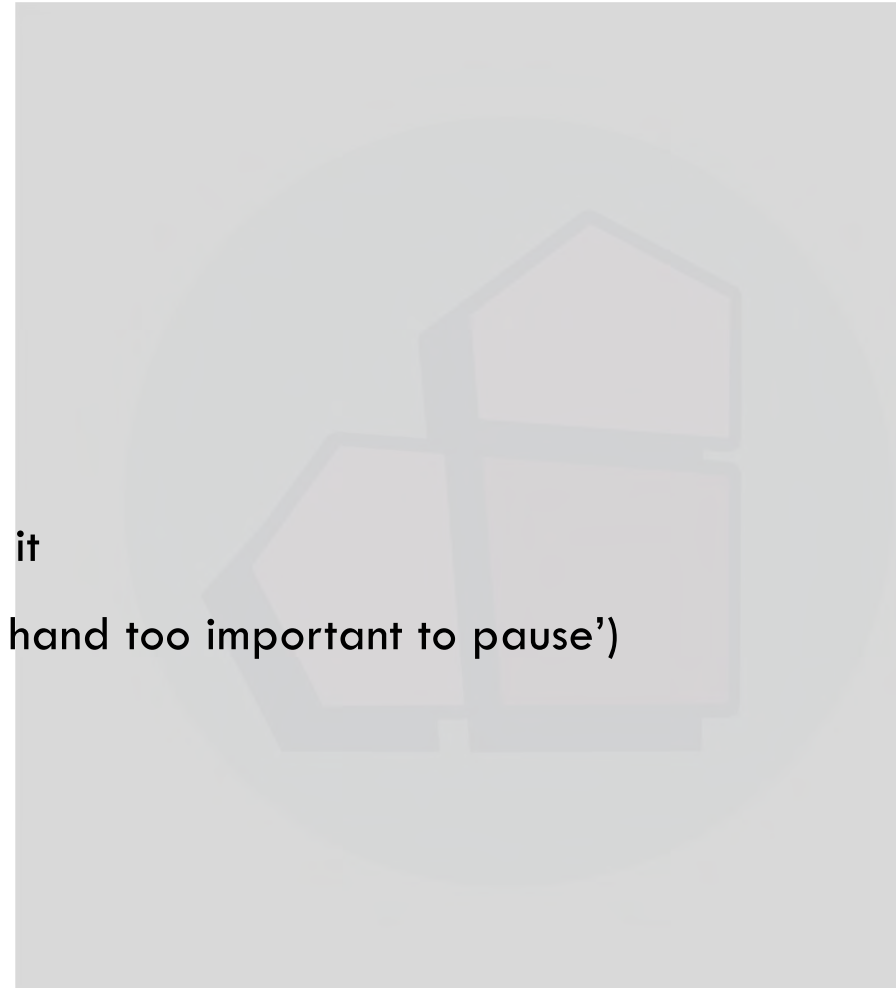
WITHOUT SURRENDER... YOU...

- Escape
- Numb out
- Express wildly
- Communicate with an agenda
- Grasp for control
- Engage EW to get what you want



BARRIERS TO SURRENDER

- Stories
- Justifications
- Negative pay offs
- "It's not working fast enough", so it's not worth it
- The STORY of, 'life is too busy', or the 'task at hand too important to pause')



THE BENEFITS OF SURRENDER

TRUE AND LASTING TRANSFORMATION...

- ELIMINATE negative emotions, not just manage them!
- Live INCREASINGLY calmly
- Accept and honor yourself and your partner and family
- Become for empowered, energetic, full of life, joyful
- Experience increasing aliveness

12 STEPS AND THE SERENITY PRAYER

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.



FB GROUP!

Ah ha moments?

Lessons learned?

One change you are committing to!

Bring questions to class or ask in FB group!

