

Releasement Exercise

We all carry a lifetime's worth of "stuff."

Every one of us! Some of our stuff is seemingly small, such as "Geez, I wish I had never said that." Some of it is huge, like the upheaval of divorce, the trauma of abuse, the grief of losing a loved one. Over a lifetime, it all accumulates and disempowers us long after the original events are over.

This releasement exercise helps you clear yourself of these difficult impacts. Healthy releasement restores your emotional and physical well-being. You grow psychologically and spiritually by fully learning and completing the specific lessons of your life's journey.

Are you living in survival mode?

In our culture (and in many others) we are raised to live in survival mode. We get through our difficult scenarios as best we can. Then we just move forward. We keep going. We rarely look back and look at what those scenarios have taught us – both the good and the bad. We carry it all, instead of releasing.

Life lessons ... the wanted and the unwanted.

All of our life events are opportunities for life lessons. Mostly, we only like to learn the good or "wanted" parts of our life lessons! For example, "I can survive," or "I am strong" or "I can love and be loved." But we can also learn from the bad, or "unwanted" parts.

Release the small stuff ...

Perhaps, like me, you remember a conversation you once had, when you misspoke or said something you wish you had never said. Although it was long ago, you still regret it. You spin on it, and it just sits there. Maybe one day you are brave enough to go to the person and apologize. The person looks at you like you're crazy, because they don't even remotely remember it. Time to let it go, release it!

... and release the big, extreme stuff.

Maybe you faced a very difficult situation in your life. (I know I have had many of them!) An example would be if your path were intersected by a drunk driver, causing you harm. I find that it's very easy -- and very normal -- for any of us to feel victimized in these situations,

and to stay in that disempowering story. Or, maybe we recover, but we just move forward almost as if it never even happened. But what about looking through the other person's point of view? Like all scenarios, we can use this as a teaching scenario. We don't know why the driver was drunk that day. What difficulties were they going through? What were they battling? Stepping into their shoes doesn't take away from what YOU experienced, but it can help you learn from that person's life as well as your own. And then you let it go, release it.

How does releasement help?

When you carry all of these situations, and you don't take what they are trying to teach you, then similar situations will keep arising until you learn the lesson. From a medical intuitive standpoint, I have seen that these scenarios build up and create layers of stress within your body. That stress creates constriction. You hold yourself tight. Your cells literally do not have as much space to move and vibrate as they need. You carry lifelong scenarios with you – instead of learning from them and releasing them – and add layer upon layer of stress. This makes you unhappy and, over time, creates or contributes to physical illness.

Releasing gives your body the space to breathe. You take in the lessons. You understand why you went through these difficulties. You really, truly get what the lessons are teaching you. This helps you to further understand your own life path and journey ... what you are here to learn as a soul.

Go layer by layer.

I recognize it's not necessarily easy to release past difficulties! But I share this exercise with you as one who does it myself, as a regular, ongoing practice. It is not a quick fix, or "fluffy" woo-woo exercise. It is a profound commitment to your own well-being in this life, and to your soul's greater journey. And it is a true partnership with Spirit. You'll need to be patient! Some situations may be just one layer (like "I wish I never said that") and others may have many, many layers to work through.

Be gentle and kind with yourself.

This is so important! Each thing that you release will stir some emotion. Some things may feel more sensitive than others. *Have support ready* if you know you are going down a path that you know will be difficult; be sure you have someone you can speak with.

Releasement Exercise Instructions

*Be gentle and kind with yourself throughout the exercise.
Speak to yourself the way you would speak to a dear friend.*

1. Use care in scheduling your time for releasement. Pick a time and place where you will have privacy. Don't try to squeeze it in between other things.
2. To begin, ask Spirit to assist you in whatever way feels right to you. Spirit can include God, Buddha, Source, your loved ones in Spirit, your Guides ... anyone in Spirit that makes you feel comfortable, safe and supported.
3. State what you are seeking to release.
4. Spend some time doing a "360-degree reflection" on lessons you have gained from what you are releasing. What did it teach you? The good and the bad – or rather, the wanted and the unwanted?
5. Out loud or in your mind, talk to what you are releasing. Thank it for the lessons you have learned, the understandings you have gained.
6. Symbolically “throw away” something that represents what you are releasing.
 - Do this outside of your house! It is unwanted energy.
 - You can burn, throw into the ocean, throw away, etc. It can be paper, a book, a stick that you blow into, etc. If you wrote down your reflections in step 4 above, you *must* get rid of them. Do not keep them for any reason.
 - Spend a little time (as feels right) with this send-off.
7. Thank those in Spirit who have assisted you. Whether you could feel them or not, they were there.
8. Bring your awareness back to your surroundings and your day. Do something relaxing and enjoyable before jumping back into the rest of your day. And, for the next few days, surround yourself with things you find uplifting. The point is to try to solidify what you have learned, but in a gentle and kind way. Releasement can be difficult and jarring, so it is very, very important to taking care of yourself as you would your dearest loved one.

With timing that is right for you, repeat the exercise to work through multiple layers.