

LETTING GO: The Power of Surrender and Release

CONCEPTS TO CONSIDER

When things feel out of control, turn inward to seek your spiritual side and tap into God/spiritual guides to help you through. These are great prayers and exercises to have handy. A great book to read on letting go is “How to Stop Worrying and Start Living” by Dale Carnegie.

Releasing Exercise

Use this when you feel things welling up inside to the point they are about to boil over. What do you need to do? Step away and breathe? Furiously write things down in your journal? Scream at the top of your lungs? Punch a pillow? Consider what feels best for you in this moment and give yourself permission to do it.

Dumping Exercise

Getting things down on paper can make all the difference. There is science that says when we take things swirling in our head and physically write them down so we can see them. In doing this we regain clarity, power, and an understanding of what to do next. When you are feeling overwhelmed, get out a sheet of paper and without overthinking write down:

- What's on your heart
- What's on your mind
- What's on your to do list
- Cross off what isn't yours to carry
- Prioritize the list
- Assign delete, delegate, defer, and do labels to each
- Assign dates and take action!

Evening Routine

Reflect on the following:

- Today I got to...(take care of our house and sacred space, take a conscious breath, etc.) This language acknowledges what we did in appreciation (vs. had to). End with “Today was a good day.”
- I forgive myself for...
- One thing I appreciate about myself from today is... One thing I appreciate about you today is...
- 3 statements of gratitude
- Set a nighttime intentional or read a devotion

CONCEPTS TO CONSIDER

Identifying, Processing, and Releasing

[Deepak Chopra's 7-step exercise for releasing emotions](#)

1.) IDENTIFY AND LOCATE THE EMOTION PHYSICALLY

- a. Sit in a comfortable position, close eyes, and focus on breathing for a few minutes
- b. Recall a circumstance in the recent past that upset you
- c. For the next 30+ second, recount the incident in detail as the observer. You are not involved, merely witnessing which allows you to experience without being overwhelmed by emotions.
- d. Identify what you are feeling. Give it a name. Focus on that word.

2.) WITNESS THE EXPERIENCE

- a. Let your attention move from the word to your body. Where do you feel this physically? What sensations arise? (pressure in the chest, tightness/nausea in the stomach)

3.) EXPRESS THE EMOTION

- a. Put your hand where you have the sensation and speak out loud, "It hurts here."
 - i. That pain is your body saying that something is unbalanced and acknowledging it will lead to wholeness
- b. Take time to write out the account in a journal in a first person, second person, and third person account.

4.) TAKE RESPONSIBILITY

- a. Acknowledge that any painful feelings you're experiencing are your feelings. Nothing is happening right now, this is just a memory, and you have a choice in how you interpret and respond going forward.
- b. You no longer have to blame someone else for causing pain, which means you also don't have to depend on anyone else to take the pain away.
- c. Hold onto that understanding for a few moments.

5.) RELEASE THE EMOTION

- a. Put your attention on the part of your body experiencing pain. With every breath, feel yourself releasing that tension and pain from your body.
 - i. Some people prefer sound and movement like singing or dancing.
- b. If you have written things down, tear it up and/or burn it if that will help with the release.

6.) SHARE THE OUTCOME

- a. This activates a new pattern. Imagine you could speak to the person involved, what would you say to them now?
- b. Remember, they were not the cause of your pain, the real cause was your response. (hopefully you can share without blame, manipulation, or seeking approval)
 - i. If you feel they intended to hurt you, you may say "I will no longer fall into your traps."
 - ii. Whatever you say is right for you.

7.) CELEBRATE THE PROCESS

- a. Now you can celebrate the painful experience that had taken place as an experience that helped you move to a higher level of consciousness. What was previously a disconnected, destructive, and disabled part of your psyche is now integrated and contributing its power toward spiritual transformation!

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A Prayer For Letting Go Of Control And Embracing Flow

Thank you Universe, for helping me see beyond my limitations. Thank you for expanding my perceptions so that I can attract genuine love.

A Prayer For Surrendering And Seeing Your Obstacle With Love Vs. Fear

Thank you Universe, for helping me see this obstacle as an opportunity. I will step back and let you lead the way.

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.