

Letting go

It is important that we regularly clear things out of our life that are no longer relevant for our current experience. Anything that remains in our awareness that we do not actually need, is taking up one of our most valuable resources – our attention. That's because, whatever we focus on, directs our thoughts, and it is the energy of our thoughts that enables the creation of our experience.

If something has been a part of you for a long time, giving it away can feel like you are removing a piece of yourself. It may feel like you would be losing part of your identity when it's gone, so letting things go can actually be quite a difficult process, even when it's totally clear that those things no longer serve us. This is due to the fact that everything around us is actually a reflection of our inner selves – all objects, surroundings, and even people are created out of our own energy and by choosing to detach from them we are effectively de-manifesting our own creations. However, the process removing unneeded things is an essential part of creating an experience we truly prefer.

When determining whether or not something serves you, it helps to realise that there exists a situation / person / object that fits you perfectly, it aligns with you and supports you completely. So don't settle for something you know can be better – keep going through the cycle of manifesting and letting go until your creations become fully aligned with who you are choosing to be.

Letting go of something does not mean it stops existing, it just means that is no longer in our immediate awareness. This clears a space for a more relevant version of that idea to manifest.

One powerful method is to ask: "Do I want to spend another moment of my life looking at this?" You may also use the following steps to assist you with the process of letting go of old creations:

1) Validate it.

Whatever you experience, recognise that it was created by you to serve a valuable purpose. Learn to appreciate everything that occurs in your life, because there are no accidents, and if you look closely enough, you would see perfection in all things.

2) Ground it.

Extract as much as you can from that experience. Write a review. Take some photos. Make a video. Do whatever feels most appropriate in order to get as much benefit from it as possible. If it was an emotional experience, grounding it would use up its energy, neutralising it. Allowing you to move on.

3) Remove it.

If it is a physical object, give it away. If it is an environment, move yourself out of there. If it is an experience you'd rather forget, remove any related reminders, and realise that events of the past are a separate reality and only appear to affect the present as a convenience of continuity. Break that continuity with the understanding that those experiences happened to an older version of you, and have no direct effect on what you're choosing to experience now.

4) Forget it.

The mind is designed to forget things that are no longer relevant, creating space for new thoughts. Once all the benefit of a particular experience has been extracted, stop thinking about it!

If there is something in your life that does not bring you joy, it is communicating to you: "Change me or change yourself." Being able to freely let go of things that don't serve us, enables us to effortlessly manifest things that do, including situations that allow us to experience abundance, freedom, and love.