



In our info sheet "[Vital Tips for a healthy life](#)" ([if you want a copy of this email us](#)) we discuss, Forgiveness and Letting go as important for health, we write,

This is the most difficult one to practice regularly. There are many techniques. One can do this via prayer, acceptance or simply becoming aware of the breath and then slowly allowing the difficult feelings, anger and acrimony to be released. Holding onto mental and emotional pain eventually leads to physical pain. To practice Letting Go regularly will transform every aspect of our lives. We use Emotional Freedom Technique, Jin shin Jyutsu and Cutting Ties to aid this process. For info on these techniques call us.

We are often asked, WHAT DO WE MEAN BY 'LETTING GO'?

I am going to use the condensed version of the [Sedona Method](#) Course to explain this. Do not be fooled by the simplicity of this process. It is a powerful, effective and portable process that you can use anytime, anywhere.

"Let us explain.

Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought.

Now, hold it in front of you and really grip it tightly Pretend this is one of your limiting feelings and your hand represents your gut or your consciousness. Now open your hand and roll the object around in your hand. Notice that you are the one holding onto it and it is not attached to your hand. This is true with your feelings, too. Your feelings are as attached to you as this object is attached to your hand.

We hold onto our feelings and forget that we are holding onto them. It's even in our language. We don't usually say, "I feel angry or I feel sad." We say, "I am angry or I am sad."

Without realizing it, we are saying that we ARE the feeling. We often feel that the feeling is holding onto us. This is not true. We are always in control! but we don't know it.

Now, let the object go.

What happened? You let go of the object and it dropped to the floor.

Was that hard? Of course not!

That's what we mean when we say "let go." You can do the same thing with any feeling.

Sticking with the same analogy, if you walked around with your hand open it would be very difficult to hold onto the pen. When you allow or welcome a feeling you are opening your consciousness and this allows the feeling to drop away all by itself. Like the clouds passing in the sky.

Keep this analogy in mind as we go through the process together.

The following description is designed to help you use this process on your own. This process will really shine as you use it in life when you need it the most. In fact, you will find that in order to get the maximum benefit from this course, it is very helpful to practice this process in life whenever possible.

The more you use it, the more you will get out of it.

Step One:

Focus on your issue and then allow yourself to feel whatever you are feeling in this moment. This may seem simplistic, but it needs to be. Most of us live in our thoughts about the past and the future rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our business or our life) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off or empty inside, these are feelings that can be let go of just as easily as the more recognizable ones. Just do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

Step Two:

*Ask yourself the following question: "**Could I let this feeling go?**"*

This question is merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go, even if you say "no."

As best you can, answer the question with a minimum of thought, staying away from second-guessing yourself or getting into a debate with yourself about the merits of this action or its consequences. All the questions used in this process are deliberately simple. They are not important in and of themselves, but are designed to point you to the experience of letting go. Go on to step three no matter how you answer this first question.

Step Three:

*Now ask yourself this simple question: "**Would I?**"*

In other words "Am I willing to?" Again stay away from debate. Also remember that you are always doing this process for yourself, for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, long-standing or right.

If the answer is "no," or if you are not sure, ask yourself, "Would I rather have this feeling or would I rather be free?" As long as you choose the feeling over being free (which is okay), the feeling controls you and your ability to be, do and have what you want.

Step Four:

*Ask yourself this simple question: "**When?**"*

This is an invitation to just do it now. You may find yourself easily letting go of the feeling, permanently, now. Or you may choose to hold the feeling for the next three years, two months and a day. It is your choice to hold this feeling for as long as you desire. If you decide to let it go now, you can!

Step Five:

Repeat the preceding four steps as often as needed until you feel free of the feeling. You will probably find yourself letting go a little on each step of the process. The results at first may be quite subtle, but very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

Important Reminder:

Please remember that these questions are purposely simple. As you work with these questions repeatedly you will find that even if there is some initial resistance to the repetition of these questions, their simplicity will grow on you . . . making it easy to incorporate releasing into your life. These questions are just the first step in the process of letting go. We will develop this process further, together, as the course unfolds. Also, you will not fully appreciate how easy and powerful releasing can be until you have given yourself some time to use it in your life.