

thought for today

letting go

Guilt, shame, anger, frustration, grief. These can sure take their toll. Any time you react, you are centered in all too human self. When you can let go of the reaction, you come closer to your truer self.

Have you experienced that wonderful relief that comes from letting something go that has destroyed your peace of mind?

I listened to a talk by Dr. Ihaleakla Hew Len, a PhD psychologist, and Hawaiian Kahuna, even though he doesn't claim the latter title.

I experimented with the tool he recommended for letting go. In any situation your past reactions and judgements are creating reactions now. So, stop old reactions by saying, "I'm sorry. I forgive you." This clears the psyche of old tapes. Then add, "Thank you. I love you."

To whom are we talking when we do this? I think we are talking to our collective self. Soul and this emotional, judgmental, fearful human part of us. I'm sorry for reacting this way. I forgive you for doing this again. And by the way thank you for living this life. I love you for trying so hard to be more than just a reacting, fearful human.

We have all heard it--just let go and let God.

How hard is that? Pretty hard.

It takes a pure belief that you are Soul, and that there IS a plan--a divine plan--just for you.

With this simple technique we can begin to stop the reactions. Do it with a jar that won't open, a rug that rolls up and almost trips you, a surly telemarketer, your sister who knows your buttons, Dr. Hew Len even does it with the innocent chair in which he sits because the chair has held other bottoms and still retains their energy.

Now, you don't actually say these things to your sister.

It would be nice to tell her you love her, but this technique has nothing to do with her. You are taking 100% responsibility for your reactions. No blaming her.

This is only about you. She isn't changing. You have to stop reacting. "I'm sorry." is you telling yourself you are sorry for reacting.

Why is this so important?

Until you can stop the human reactions. Soul has to stand by and wait for an opening to give you guidance. When you become a clear vessel, the creative force inside you is unleashed in your life. You become spirit lead and spirit-ful, spiritual.

In that space, empty of reactions and empty of guilt for those reactions, is where miracles happen in your life.

Blessings,

Kathy