



LETTING GO

The Energy of Release

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INTRODUCTION

Everything in the Universe is made up of energy.

You, me, what we wear, eat, sit on, ride in, what we see, and mostly, what we don't see.

In fact, there is so much more free energy, not yet assigned, than you can even imagine!

That's right, not yet assigned meaning that energy stays in a neutral state until it assigned a task like becoming matter or called upon to perform a task such as creating thoughts or energizing your heart.



EVERYTHING

As we and all other things in the Universe are energy, there are certain rules or laws that energy follows in order to create order in the Universe as well.

Some of these laws you may already know.

Scientists have been studying energy for centuries and have been successful in identifying some of the ways that energy will respond in a predictable pattern. However, like any other research on a subject so vast, these Scientists are nowhere near complete in their understanding of energy and continue to delve deeply into its mysteries.

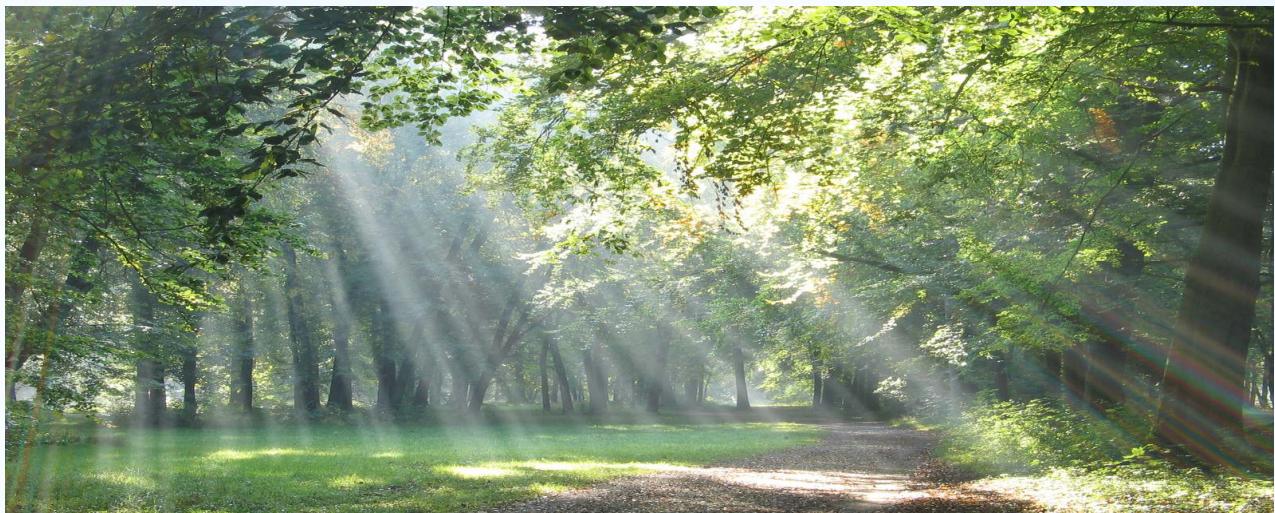
Some of the laws that have been identified that you may be aware of are:

- The Laws of Gravity,
- The Laws of Attraction,
- The Laws of Manifestation
- The Laws of Cause and Effect and
- The Laws of Giving and Receiving

As I said, these laws provide a structure that allows us to not only understand energy and the way it works but to utilize these laws to our advantage in creating the lives that we want to live and share.

I bring these laws up because there is also a **Law of Letting Go** and it has its own energetic frequency that creates something very, very important when trying to make changes and create new life.

It creates both a path for that new life to come through and also creates an open space for that new life to land.



You see, just creating a path for that new life is not enough. You must also have created a safe place for that new life to land.

Otherwise, you are in a holding pattern like an airplane that is waiting for permission to land from the tower only to eventually run out of fuel and either turn back to where it came from, find a spot to land nearby but that misses the mark of its destination or worse, to crash and never be heard from again.

This is truly a tragedy...a dream ready to come to fruition and its life is snuffed out before it has a chance to live big, really, really big!

Both the energy and the practice of Letting Go therefore is essential to creating and experiencing the new things that you want to come into your life.

What is also important to know about these Universal Laws is that they hold true under **every** circumstance.

What this means is that they will hold true with your instructions or without your instructions and the instructions of someone or something else.

Wouldn't it be good to be in the pilot's seat of your own life and determine when, how and what will be delivered to you?

My guess is you said "Of course"!

My question to you then is **why haven't you yet brought into your life what it is you want to be experiencing?**

The answer to that question is that somewhere, either consciously or unconsciously, you have developed a block or resistance to that new life making its way to you.

Those blocks and pockets of resistance are made up of an energy that is dense and thick and in some cases may not only keep your flight in a holding pattern but they may even block you from seeing that this new life is even a possibility for you.



*I know that this is true, because it happened to me.
What I want for you is something different.*

I want you to take advantage of what I've experienced and learned and get way ahead of the game of life and start to pilot your flight to new worlds you've never even dreamt of...worlds that are filled with all of the things that make your heart sing.

I want this for you because you deserve to be living this way....happy, healthy and whole!

So where do you go from here?

The first thing is for you to identify to the best of your ability what is keeping you in that holding pattern.

If you start to be aware of it raising its head like when you're in a rubber band pattern (reaching/withdrawing), you can start to understand its message to you...you are fearful!

One thing that I can share with you is it is always connected to fear. You may be shaking your head no at me this very moment, but fear is very, very sneaky.

It disguises itself in many different forms and wears many different masquerades. Even your indecision is based on fear!

What is the fear based on?

It can be many different things based on your childhood and past experiences but the commonality of it all is that you're unsure that you are enough or good enough or worthy enough or deserving enough or even loveable enough.

So rather than take the chance, you try to protect yourself from being discovered or hurt or taken advantage of.

Then, rather than expand your energy to reach out and meet this new life you want, you contract your energy instead and stay small and separate from all that's just waiting for you to

create the path and create the safe, warm and cozy place for it to land where it will be nurtured and loved.

Your dream becomes the flight that ran out of fuel and crashes never to be heard from again.

Letting Go of that energy of fear that has created your block or your resistance **is a prerequisite for anything new in your life.**

There is simply no place for anything new to land in the vibration of the energy that you are feeding by staying small and contracted.

The Law of Attraction in Action

The Law of Attraction explains it to us like this:

- Energy will and can only seek out other energy just like itself.
- Energy continues to grow and get bigger and more powerful as long as you continue to feed it the same food (thoughts, beliefs, feelings, emotional responses)

In other words, energy can only attract other energy like itself and as it does it grows, taking on a life of its own, creating only the things that can be created from that vibrational frequency.

You will continue to live the same life, do the same things, have the same things and feel the same about yourself until you

break that pattern of energy and reach for a higher vibrational energy that can finally attract other things into your life.

How it's done

Letting Go is a product of you exercising your free will to do so.

It requires a willingness to let go of old beliefs that keep you in these patterns of self-destruction and also letting go of the parts of you that you think are unacceptable.

It's those beliefs that do the most harm and cause the most stagnation in life.

All of that unworthiness that you believe is a part of you spells out 'not good enough' in your energy field and again, you withdraw instead of reaching your hands and heart out to receive.

Start Letting Go Now

Commit right now to identify those ugly little rascals whenever they pop their heads up in your life. You'll know who they are by the way that you feel.

- Ask for what it is you want. Write it down! Bless it with a huge dose of gratitude for what is promised you in the universal laws and for the opportunity to make this happen!

- Write an intention to see yourself and your life differently and read through it a couple of times a day, especially when rising and going to bed. Take some time every day to dream and imagine what it will be like when it arrives.
- Practice making changes...no matter how small or seemingly insignificant. Change some habits...take a different route to work, change the way you do something even as small as brushing your hair. The energy of change will attract more energy just like itself.
- Make a list of all of the parts of you that you do find acceptable or even like so that when you feel low or yourself filled with doubt about deserving, you can read through it and say, "Wow, I'm really pretty wonderful! Even, "I'm not so bad" is OK too. If this is hard for you to do, get brave and ask your friends and family what their favorite parts of you are as well".
- De-clutter everywhere; your desk, your rooms, your closets, your cabinets, your car. Do this especially in the areas of your life that you want to see the greatest changes in. (Remember, like energy will seek out more like energy!) Get accustomed to the energy and thought waves for making room for something new and keep it going until it arrives!

You may also find it helpful to visualize your something new as you are going through this de-cluttering process as well...de-clutter with purpose!

Life is meant to be fun and it can be when you are in the Giving and Receiving/Letting Go to Let In flow of the universe.

There is so much new life that's waiting for you...just waiting for you to open the door and let it in. Why not start right here and right now?

Answer this question

"What do you want new your new life right now"? Answer that, start the process of Letting Go and let nothing stand in your way to receiving it!

Let Go and Let In the life you've always wanted to live!

Huge Hugs and HeartShifts to You,
Marcy, The HeartShift Coach

