

Free to be Me!



Reawakening
to your
Soul's Purpose

Welcome
Activity



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Release

7 Steps in
Letting Go of the Old
to Make Space for
the New

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R is for ...

Recognise, Resistance and Recommit

Step 1: Setting your intention to begin the release process.

Watch the Video Release Step 1 which was recorded during a Create and Listen live.



When we declare to the universe that we wish to grow and expand, to let go of old ways of being, old stories, we often encounter a certain resistance.

Today we are asking for support from the Universe, to be with us on this journey. We commit ourselves to the task, we prepare the ground, we lay colour on the page, we might decide that we need more space so this is a great time to add in extra pages. I am choosing to write my prayer at this layer and the colours which called to me (yellow and blue) remind me that this is a conscious act of self-care (I do) and I ask for healing in my throat. There is plenty of water on my page helping me to move into flow and the colours, when dry, become soft and gentle as I acknowledge this is a process which requires me to be gentle and compassionate to myself.

This is how my page looked at the end of this first step...



E is for ...

Explore

Step 2: Explore with language

Use the prompts to “free write”.

Julia Cameron in her book *The Artist's Way* calls this stream of consciousness writing.

Anything goes – there are no rules!

Try not to overthink your writing at this stage, and don't worry about spelling or grammar.

No judgment, no self-criticism – just keep going as long as you need to.

This is where we can start to understand the old stories, the old ways of being and doing things that no longer serve us. You will see that I turned my book and just kept writing.

When you have finished writing, leave your book to rest

- What is it that is holding me back from where I want to be?
- What is getting in the way?
- What is blocking me?
- What do I want to let go of?
- Where do I need to forgive myself and others?



L is for ...

Lessons, Love and Let Go

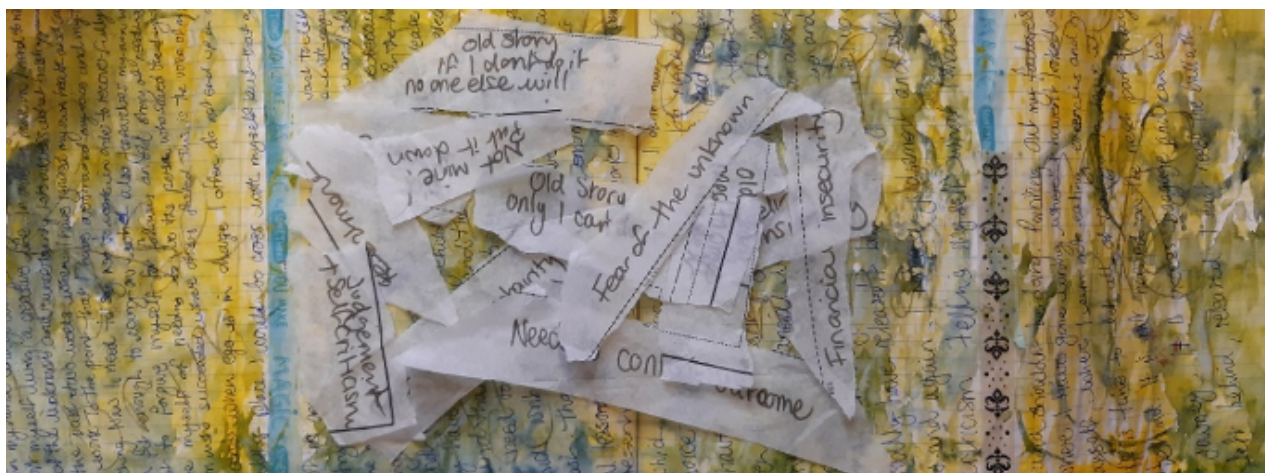
Step 3: Gratitude for the lessons

Look closely now and read your writing from Step 2.

Which phrases or words stand out for you?

Write these on a separate piece of paper as you start to understand the thoughts and actions that you are wanting to release.

(Some of them might feel like old friends as they surface again, that's ok! The work of releasing and forgiving is an ongoing process. It would be lovely if we could say "oh I don't do that anymore", but in my experience, we just get to recognise it sooner, before it takes hold.)



Hold a personal ceremony as you lovingly thank these behaviours and thoughts for the lessons they have taught you.

You could light a candle or incense, and lay flowers or herbs on your page. Do what feels right for you.

Visualise your phrases as you stick them to your page

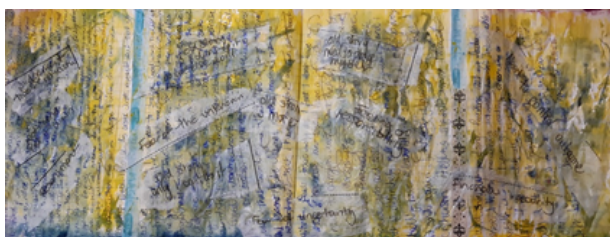
(you may choose to (safely) burn the paper you wrote on)

maybe as balloons that you can untie and let go

maybe leaves or flower petals that you can scatter on water

maybe they are stones that you can gently move to one side

Thank the Universe for enabling you to recognise and release these thought and behaviours which no longer serve you.



E is for ...

Emotions, Ego and Explain

Step 4 You've got this!

Your inner critic usually shows up about now, trying to catch the balloons you released, gathering the leaves from the water, putting the stones back in place. (Close your eyes and imagine this – it can be an amusing picture) Your inner critic, who in my view is the spokesperson for your Ego, tries to remind you of everything you are releasing.

(Oh, and for good measure will remind you of pretty much any past failures)

Gently but firmly explain to your voice of fear that you are safe and that these changes are for the good

Allow the emotional release that is taking place

This is how I express this on my page.



- Playing with stencils and stamps soothes my emotions
- I strengthen my boundary around my safe place, ready for expansion
- I shed my skin, noticing I am more vulnerable in my shedding phase
- I remember how the trees shed their leaves to allow for rest before the new cycle of growth.

A is for ...

Ask, Acceptance and Affirmation

Step 5 Bless your page

Consciously ask again for the Universe to support you as you move through this step.

Accept all emotions, all you are feeling as you are releasing.

Feel all the feels.

Bless and anoint your page

Ideas: use water colour to increase flow

Add a few drops of essential oil to your page

Choose colours which connect you with your intention



Put on music which encourages you.

I listened to Yaima "Gajumaru" while I painted.

Say aloud an affirmation as you claim the release, for example:

- I release
- I let go
- I am free

S is for ...

Surrender, Stillness and Space

Step 6 Rest and listen

Feel into the space you have created.

Sit here for a while and sink into the stillness

Are you comfortable here, or are you called back to the security of old ways?

Surrender to Spirit and do not rush to fill the space.

Listen to what is needed here.

You might like to meditate, journal or read a poem.

Lean into what message the space has for you.

I will share that I found this the most challenging step.

I sooo wanted to fill that space.

With a word, a quote, journaling, colour, a symbol, ANYTHING to avoid the stillness.

The message for me was clear.

Become comfortable in the space.

BE not DO.

I found my mandala stencil while tidying my studio. This feels a fitting reminder of the treasure I discovered when creating space.



E is for ...

Emotion, Energy and Embrace

Step 7 Celebrate!

Take a moment to consider how far you have come with this process.
Well done you.



You have cleared the way for new emotions, new energy, new horizons
Embrace that feeling, like the universe giving you a big warm hug.

Find an image, or images which express your feelings at the end of this stage of your
transformational journey.

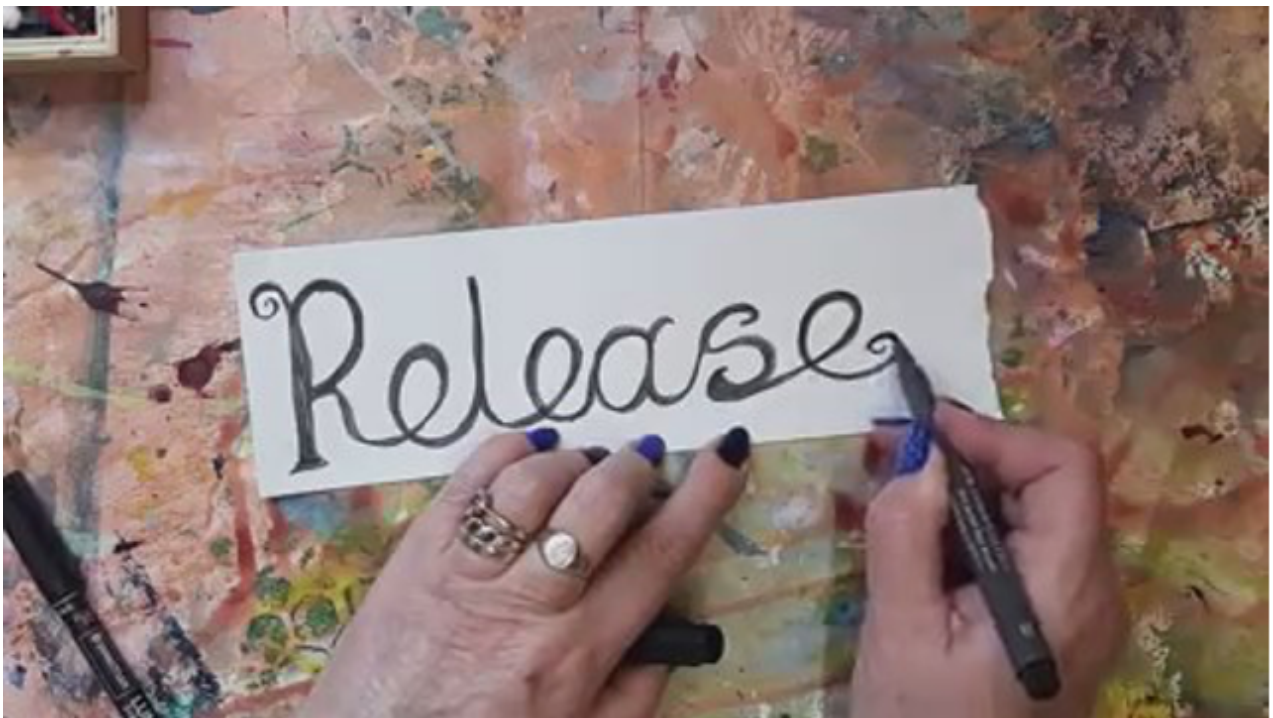
Add the images to your page in whatever way feels right for you.

If you decided to go for the extra pages option it is easy to have opening flaps
You could collage over your page or add another page.



And one final little bonus video gift ...

<https://www.youtube.com/watch?v=zwqg4O2VPTk>



See you in
the garden

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