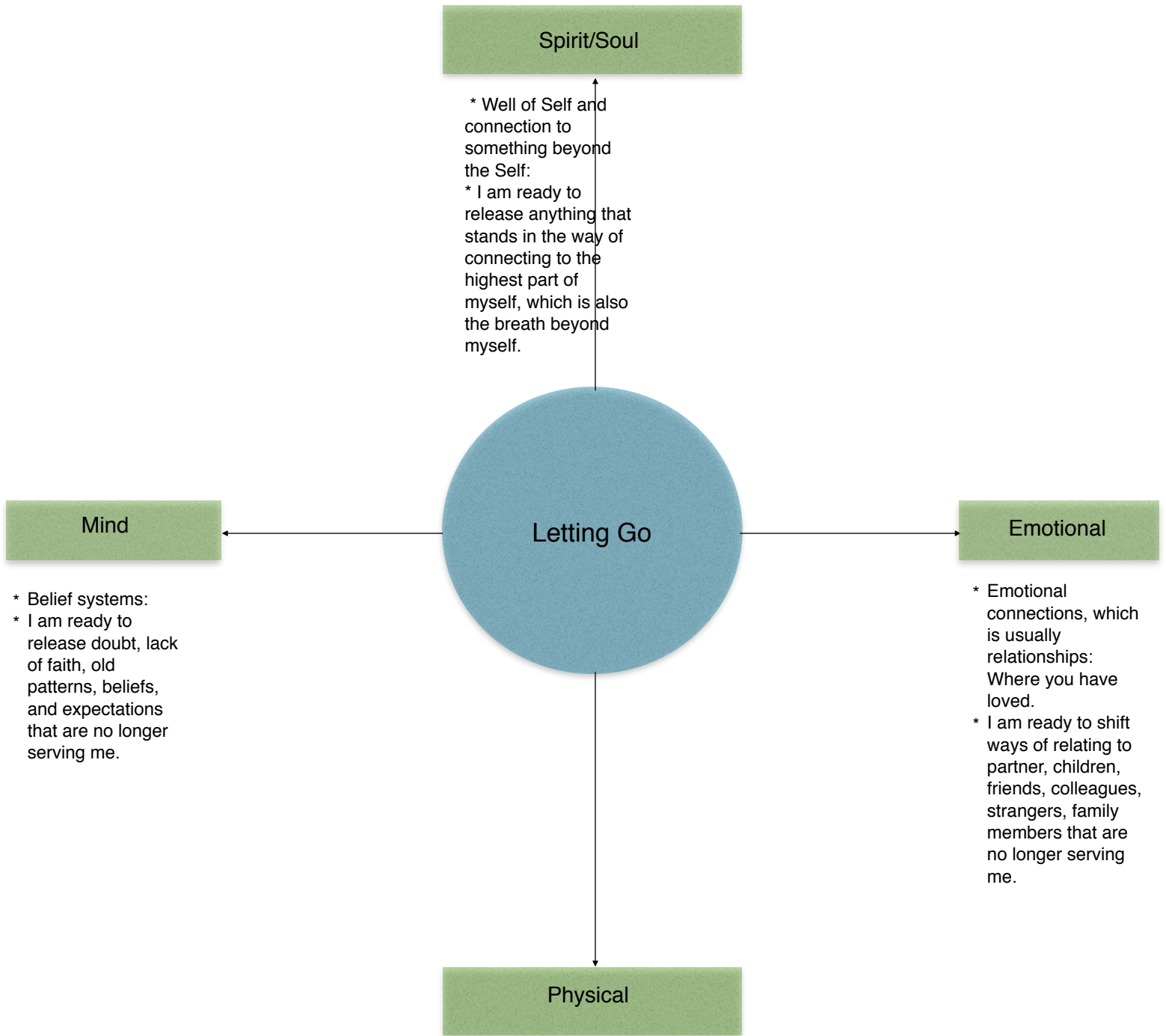


LETTING GO



Spirit/Soul

- * Well of Self and connection to something beyond the Self:
- * I am ready to release anything that stands in the way of connecting to the highest part of myself, which is also the breath beyond myself.

Mind

- * Belief systems:
- * I am ready to release doubt, lack of faith, old patterns, beliefs, and expectations that are no longer serving me.

Letting Go

Emotional

- * Emotional connections, which is usually relationships: Where you have loved.
- * I am ready to shift ways of relating to partner, children, friends, colleagues, strangers, family members that are no longer serving me.

Physical

- * Physical body and all places where we "house" ourselves, including home and car:
- * I am ready to shed toxins, piles, driving patterns, sexual patterns, eating patterns, and sleep patterns that are no longer serving me.