

## 3 step process of Letting Go for emotional wellbeing

1. Feel the emotion as completely as possible
  - Become aware of the emotion you are experiencing
  - Start to use as many of your senses as you can to focus on it
  - The more senses that you relate to it, the more thorough the work
    - Notice where the feeling is in your body
    - Does it have a shape?
    - Does it have a color?
    - Does it have a sound?
    - Does it have a texture?
    - Does it have a taste?
    - Does it have a smell?
  
2. Process the feeling
  - Surrender to the feeling and related emotions
    - Welcome it
    - Have a curiosity about it
    - Allow it to move, change, and morph throughout your being
  - Turn up the intensity of what you are experiencing
    - Make all your sensations of it more intense
    - Let it make you feel more uncomfortable
    - Allow yourself to tremble, cry, scream or whatever may come up
    - Keep up the intensity until the sensations start to change and diminish
    - When you feel that you have processed most of it, ask yourself internally, “Am I ready to release this?”
    - If you get a sense of, “Yes, I am ready to release this” let it go out of your space to the universe, God or mother earth, etc
    - Request that the wound it caused be healed, witness the healing
  
3. Replace what you just processed with what you do want to feel instead
  - Once you have released the last of the feeling you need to fill the empty space with what you do want in your awareness/life
    - Love
    - Peace
    - Joy
    - Forgiveness
    - Healing
    - Resolution, etc
  - Observe the new energy fill the void that you just created and feel the new sensations that it brings with it
  - The observation is important for change to occur