



Sibella Circle Member & Visionary Leader

SOUL-LIFE PERSPECTIVE FOR EVERYDAY PEOPLE

Letting Go Is Not Simple

By Toni Reilly

Just let go! How often is this term presented as an option, or thought; as though letting go is the guaranteed savior to overcome our behavioral patterns or obsessive thoughts? It is far from easy, if not impossible to *let go* just because we have been advised, or logically it makes sense to. The trouble with being told to “just let go” is, when we discover we are unable to, we can feel even worse about ourselves. Feeling humiliated or a failure when it becomes clear that even though we intended to let go, we still feel obsessed, stressed, sad or anxious about the situation. The reality of emotionally letting go, forgetting, forgiving or moving on is not ruled by our will, the part of us that says we *should*.

Advice, no matter how well meaning, becomes counterproductive; instead of helping, it has the opposite effect, by inadvertently introducing something new to torture ourselves with. If it were not enough to already be dealing with what letting go would magically cure, we then question our inability to move on. The cycle begins as we start thinking, *what is wrong with me?* Nothing. Commonsense is not always correct, sometimes it is a dictator holding us hostage to man-made expectation.

Willpower only ever serves as a band-aid that works for a while but fails to reveal the answer of an emotionally based challenge. Until the emotion invoked within is acknowledged and felt, can the origins of impact be clearly understood. Moving on cannot take place - no matter how much you want to. Logic does not apply when it comes to reaching our deepest fears and challenges. To our human will, it makes perfect sense to stop harboring certain thoughts, emotions, or dwelling on past experiences, people and memories. The trouble is, by doing this we are merely attempting to avoid confronting our feelings.

Our will is not the ruler of us, our soul is; the omnipresent energy responsible for meticulously planning the challenges we decided to overcome during this incarnation. Only after we face the circumstances we agreed to experience at the core, can we truly let go. Natural attrition is reached through an arduous, tumultuous process, which can seem to go on and on, for an exaggerated eternity. Consider any huge loss which invokes grief, nobody wants to be in turmoil or emotionally raw but we have no option but to see it through.

So how do we let go? Accept that life is filled with ebb and flow, then allow ourselves to slip back, detour or give in; this means permission is granted and the process resumes its destined zigzag route. Freeing us to live, to view struggle as merely an opportunity to grow and emerge a wiser more compassionate person.

It takes as long as it takes to genuinely let go. When we do reach that stage, be assured we will have blossomed and developed a whole new perspective that ensures we naturally move on with no force necessary. It simply transpires.

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