

What do you want to let go of?

bless

The energetics
of getting
on with it.
Peacefully.
Powerfully.

release

Danielle
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UNCORRECTED GALLEY

What do you want to let go?

Bless & Release

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DANIELLE LAPORTE

Also available as an online masterclass
+ audiobook

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Peacefully. Powerfully.

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PART 1: What do you want to let go of?

CHAPTER 1: Welcome

I'm reading your mind right now. I know there's something that you want to let go of.

You are full of life. When you love, you love big. You're working to make the world a better place, and...you're tired of holding it all together.

Babe, it's the holding on that's exhausting.

It's an honour to hear what people want to let go of. I've asked thousands of them.

Responses are always immediate and emphatic. We know where it hurts. Even if we don't know why or what to do about it. We *want* to talk about it, because we don't talk about it enough.

I'm convinced that if we all shared our letting go lists, world peace would be inevitable.

It's a universal question. **"What do you want to let go of?"**

And it's the hottest question right now. Because letting go leads to **love and lucidity**. And in a world of f*ckery and fakery, unity consciousness is exactly what we need.

Energy can't be destroyed,
it can only be transformed.

This is a masterclass in letting go. Even though...we can't actually let go of anything. It's physics: *energy can't be destroyed. It can only be transformed.*

Stay with me. I know you have things to let go of...

Our pain and heartbreak are meant to be processed into power—into Love. Healing isn't about shutting down and cutting cords. It's about paying closer attention to what we've been trying to shake. Because...what we banish always comes back wanting to belong.

Letting go—for real—is about *integration*. Alchemy, not annihilation.

All of our freedom and power are in this Truth.

I love pattern recognition, emotional intimacy, and Light.

I used to run a future studies think tank in Washington, D.C., where we built predictive scenarios on how global trends might converge—or collide. I've studied desire—and therefore aversion—for fifteen years. Shadow work and desire, pop psychology and desire, Buddhism and desire. There's been a lot of desire.

And you *know* I did the workshops. Inner Child visualizations. Data Visualization. Visionary Art. The Art of Manifestation. I've worked with meditation teachers who weren't that interested in the brain-body connection. I've hung out with a lot of biohackers who don't understand what a healthy mindset really is. And I've learned from master metaphysical practitioners who are devoted to humanity, but not ruled by society.

Now I'm watching people turn to artificial intelligence for spiritual direction.

I'm seeing friends go mad from losing family to political divides.

Big thinkers have been saying for decades that we're living in "unprecedented times." Every year we seem to up the ante on that. "No, THIS, this is unprecedented."

You don't need to know if it's Kali Yuga or The Age of Aquarius.

Your nervous system knows what time it is.

It's time to heal.

We're overwhelmed. We need to simplify.

We need a new relationship with our ambition. Because the current one clearly is not working. A lot of us are in a lot of pain—we need to do something radical about it.

Here's something: instead of repressing, rejecting or ignoring the suffering, we need to bring it even closer. Within. Gently. Continuously. *As if we were blessing it.*

Like we were energy healers and alchemists.

We will be required to see each other at our highest good.

We're going to do more energizing and less strategizing. We'll be choosing flow over force, and light over the absence of light.

We will not necessarily have to give up our ambitions. But, we will have to remove our attention from the past.

Forget what you think about how to move on. It's out of date.

Bless & release is the new letting go.

I'm so glad you're here,

A handwritten signature in black ink. The name "Danielle" is written in a cursive style. Below the name is a large, stylized flourish that loops around and ends in a vertical line. To the right of this flourish is a small, simple mark consisting of a diagonal line with a small circle at the bottom right end.

CHAPTER 2: Holding patterns

When I ask people what they want to let go of, answers are peppered with phrases like, "despite all my work," "still trying," "again and again..."

We seem to have this shame about "not being healed yet." We have a sense of urgency around letting go because naturally we want out of pain. We're frustrated with slow progress.

We make massive attempts to push the pain away. But the reality is that healing happens through embrace, not exile.

Top 5 categories of what people want to let go of:

1. SELF-WORTH & IDENTITY PATTERNS

...exhaustion from trying to be worthy

2. CONTROL & EXPECTATIONS

...masking our control issues as being responsible

3. PAST & TRAUMA

...our past is affecting our present—and we need help to process it

4. FEAR-BASED LIVING

...tired of letting fear call the shots

5. RELATIONSHIP DYNAMICS

...worn down from dysfunctional relationship patterns

ALL THE THINGS WE REALLY WANT TO LET GO OF Self-shaming patterns and judgment. The story that my worth and value come from being productive and having a clear direction. Expectations. The idea that I have to be fully healed, super enlightened, fully "done," in order to be whole or in order to demonstrate the work. My lack of ambition, feeling guilty about not going home for family vacation, my insecurity around people who make more money than I do, feeling like I'm behind in life. Expectations of myself and others. Managing others. Results. Being affected by others. Being overpowered by others. Fear of public speaking. Regrets and guilt related to parenting. Overthinking. Proving my worth. Obligations. Old self, old roles, old masks. Too much responsibility. Self-hate. Negativity. Resentment. Self-abandonment. Worry. Hustle. The pain of infertility. Unknown attachments. Self-doubt and fear. Looping thoughts. Trauma. Shame of debt. Being "allowed." Perfectionism. Disappointments. Physical pain and ailments. Pretending to be someone else. Being judged or not accepted. Relationships that don't serve me anymore. Being right. Getting it right. Not trusting myself or my instincts. Abandonment and rejection. Anger. Tension. Resisting my passion. Money stories. Codependency. Patterns of negative behaviour. Self-doubt. People-pleasing. Over scheduling. Allowing fear of others' opinions to be a factor in my choices. Scarcity mindset. Being reactive to my parent's comments. Same feeling of worthlessness that comes up again and again despite all of my "inner work". The need to seek validation from an unloving, uninvested person. Being in pursuit of my "purpose" as if living life isn't purpose enough. Jealousy. The belief that I'm behind in life. The small and fear-based old selves that rear their head every now and then. Control, unworthiness. Fear of being myself. My fears and shames. The pressure to perform. The resistance to doing the things that I know are deeply and absolutely good for me. Fear of death pops to mind pretty automatically. Wouldn't it be great to not fear death? Second choice: hating my saggy neck skin. Self-inflicted pressure and ancient restrictive standards that I have totally outgrown. Being hard on myself for no reason. Being the "chill" girl. The mask of tolerance. Saying yes to work that isn't a "whole body yes." Control. Over-planning and over-work. Scarcity with money. Rushing outcomes. Being judgy, especially with certain people. Emotional withdrawal. Righteousness. Expecting special treatment. Comparison. The relentless pursuit of control and domination that suffocates my true self. Future tripping. The divide between my grown children and myself on politics. No closure or apology from old connections. Belly fat. The illusion that I have to carry it all alone. The pressure to always perform when what I really crave is presence. The old programming that says "more" equals "worth." More work, more hustle, more noise. Anger. Heartbreak from estranged adult children after divorce. The need to feel significant, hiding within the guise of perfectionism. The anxiety the world often brings to my soul. Over consumerism. Caring what people think of me on the internet. Being single. Worry about my future being alone. Not liking my body. Old conditioning from the patriarchy. Emotional weight of others. Scarcity. Being the responsible one. My fear of being seen. The stories I keep replaying about how I could've done things differently. Fear based beliefs. Seriousness. Over-identifying with struggle. The pressure to do it all now. Negative self-talk. Worry about things I can't control, and pressure to immediately improve the things I can control. Doubt. Bad hair days and too tight pants. Responsibilities that don't belong to me. Being disconnected from my body. The need to defend and protect everyone – they're grown ups. Guilt complex. Authority issues (which is really a fear of being controlled.) Being easily triggered by my mother. Addiction. Preoccupations with endless to do lists. My phone and dopamine addiction. Idiot compassion. Sexual shame. Fear of saying things that might lead to disconnection or misunderstanding. The dream life I so desperately wanted (want to learn how to accept the one that I have.) Guilt. Insecurity. Imposter syndrome. Food noise. Body obsession. Needing more. Wanting unnecessary things. Indebtedness. Guilt about not letting go sooner. The pressure of doing what makes other people happy. Feeling like if I rest, I will fail. The ex who I keep going back to. My damn fixation on how my jeans fit. Being mean to myself and really nice to everyone else. Feeling like everyone is doing better than me. I want to let go of my habit of bracing for impact. The guilt around rest, softness and receiving. The belief that if I don't do everything perfectly, I'll fail or be abandoned. The pressure to be exceptional just to feel enough. The illusion that my worth as a man is tied to how well I protect, perform or provide for others. Control. The need to be right all the time. I'd love to let go of all the concept connections I make at any given moment, and have my brain totally rest. Sadness from relationships that have ended. Thinking the past was better than the present. Chasing goals—I should be allowed to live without perpetual continuous achievement. Remnants of self-censorship. Who I was vs. who I am. The mind's grip. Perfectionism. The word "can't."

Opening back up

Here's what else I hear a lot of when I ask people what they want to let go:

I'm having a hard time putting it into words.

It's a little scary to admit some of this out loud.

I wish I had let go sooner.

We need to stop working harder on problems that need to be blessed & released.

The shallow side of self-help culture uses fear of failure to motivate people to “overcome” their pain. That’s not healing. That’s repression.

When spirituality gets hijacked by ego drama, we’re told to cut energy cords, shout our rage into pillows, and set more ‘n bigger boundaries. That’s not empowerment, that’s an ego trip.

Those “walk away” or “work harder” strategies perpetuate polarization—inside and outside of us—and ravage our nervous systems.

You do not need to hyperfocus on “fixing” yourself. When you focus on living from our heart, anything that’s not that same energy starts to melt away. The heaviness drops to the side because it can’t latch on to the higher vibration.

We don’t let go to be “better.” We let go to become lighter.

What happens when you let go? Peace. And a lot of power.

You have energy for things you actually want to do. You stop obsessing—no more mental replays of that conversation from three months ago. And you stop bracing for impact. That constant tension of waiting for the other shoe to drop? It dissolves.

There's more emotional intimacy in your life. You take a pause instead of taking offense. You get closer to the people you really like—when you're not carrying grudges or vibrating with resentment, you have space for real connection. And healthier humans show up.

Revolutionary concept: You stop managing other people's emotions. Their feelings are not your responsibility. Other people's drama doesn't get into your head—but you're still empathetic and caring.

Your creativity surges. All that energy you were spending on old hurts gets redirected to making cool stuff. You trust your ideas again and you actually start the thing.

You're back in your body. You breathe deeper. You sleep through the night again—your brain stops the 2am highlight reel of everything gone wrong.

You feel grateful without forcing it. Appreciation happens naturally when you're not so busy being pissed off.

The blessing is on the inhale.
The release is on the exhale.

PART 2: The energetics of letting go

CHAPTER 3: The literacy of letting go

Conditioned to cling

We've been conditioned to accumulate and grasp, to hold our ground—which usually means holding on to the past. Humans tend to cling. Even when we're clinging on to something that's sinking (or sank).

The cling is a cultural thing. Get a job, get power, get stuff, get better, get more. Get storage for all that you've got—some of which you're still paying for. Get approval from people you don't even know. Try to get love from people who don't really love themselves. Get it in writing. And if it hurts, get a pill so you can just get on with it.

Keep it, you might need it. Keep your regrets so you don't repeat the same mistakes. Keep your secrets so you can keep up appearances. And if you're still not feeling like you belong, just keep trying. You'll get there.

We hear heaps more messaging about getting, keeping, and conquering than we do about resolving, forgiving, and surrendering.

Blessing & releasing is counter culture.

And it *seems* counter intuitive. But it isn't. We're perfectly designed to compost physical and energetic matter into nutrients so we can flourish in even the harshest conditions.

Our bodies are in a perpetual flow of receiving and releasing. So is nature. All forms of success—health, wealth, relationships, creativity—are the result of intentionally circulating the energy. A healthy life depends on letting go.

The pattern: hurt happens, we faux let go

I drove six hours from New Mexico to get across the Texas state line, just so I could leave my torn-up love letters from an ex-boyfriend in another state. I pulled over to the side of the road, hiked to the tallest cactus, and cast his notes to the wind, like microaggression confetti. The ritual was satisfying, but my co-pilot girlfriend had to listen to me go on and on about the ex for the six hour drive back home. *Weren't you supposed to let that dawg go in Texas?*

I got ousted from a business that I co-founded—had some “creative differences” with the CEO that we hired. I got constructively dismissed in a Starbucks (a public place so I wouldn't make a scene.) Driving home from what was no longer my office, I rolled up the car windows and screamed. And screamed. I made a scene alright.

Was it useful? Nah. My anger stayed heavy in my gut. I just felt utterly drained and slightly embarrassed at whoever saw me in hysterics on the parkway.

I incanted Archangel Michael prayers to help cut cords with a boss who had bad boy boundaries. I was pacing San Francisco in the rain, visualizing electric blue swords severing our karmic connection. I added in lightsaber sounds for efficacy. But I went to work on Monday, flirty as ever.

My letting go rituals were more like rebellions. They did help to quell my obsessing about the people involved. But I held on to the *patterns of relating*. Which is what I really needed to let go of.

I was frantically trying to get rid of the hurt, instead of sitting still with it and learning what it could teach me. My bruised ego was trying to get some distance from the pressure of the discomfort. Eventually I would have to meet the betrayals and my weaknesses with gentleness. That was the biggest learning.

There's a Divine order for effectively letting go. First, the heart does the healing. And then, the rituals seal the deal.

Letting go isn't the art of not giving a f*ck.
It's the opposite.

To become whole, we need to care more deeply about what matters—self respect and Compassion for everybody involved. It's less f*ck it, more love it.

Holding on leads to faux problems

Most of us have a list of habits and pains we want to be done with. We ruminate and therapize to release the frustrations. And sometimes liberation happens—relief! But a lot of the time, our pain theme circles back. We're still slightly haunted by a situation. The cringe hangover is real.

We're carrying on with being busy, resilient humans. But the old disappointment is just under the surface—and it only takes another problematic human to remind us that we still have some letting go to do.

Problems don't change until
you change how you relate to them.

And that's the invitation I'm extending:

...to begin to relate differently—more powerfully, more spiritually—to everything that we've been trying to shake off, get over, get rid of, erase, and escape.

I'm not overly concerned with the specifics of what you want to let go of. It's about how you carry what's heavy. It's less about what you're holding on to and more about your energetic metabolism. ***I want to help you increase how efficiently you circulate energy.***

In the near future, I'd love to hear you describe yourself as “someone who's great at letting go!” You'll be a Super Blessor by then.

And more blessin' means less stressin'. You'll be less botherable. Taking a pause instead of taking offense. Freer. Funnier. *Happier.*

You'll be telling me that you've gotten closer to your favourite people and that your creativity is lit. Maybe you can go down to one therapy session a quarter. I bet you sleep better. And blessing and releasing is an abundance code, so don't be surprised if your prosperity picks up.

The extra benefit of no longer clinging to problems is that you'll have fewer problems.

When you let go, you raise your consciousness. It's the practice of spiritual detachment. What The Buddha was inferring with the practice of detachment was that a lot of the shit that used to matter to you...just won't anymore.

As your mind brightens up (literally,) you'll see "problems" very differently.

A challenge can emerge and you'll ask yourself:

How big of a problem do I want to make this?

On the problem scale of mildly inconvenienced to histrionic, where do you want to rank? Because it's all perspective. We can't control most circumstances in our lives, but we can choose how to think about *all* of it. Bless? Or stress?

We think that we need to meet every "problem" with mental strategies—tactics, a game plan, objectives. And sometimes it's that straightforward. Money needs to be raised, families need a schedule, emergencies happen.

But what if we stopped seeing so many things as problems? I'm not talking about ocean pollution or moral decline.

But the emotional stuff. Stuff in our head. Stuff we make bigger than it needs to be. Stuff that we think we need to give our energy to. But we don't.

Like what people think of us. Who agrees with us. What anyone does with their money. Who's right, who's wrong. Who's not following the rules that keep changing. The size of our butts.

Most inconveniences and many disappointments can be categorized as non-problems. We only need to make it so.

But the emotions, our sweet emotions can be...*problem makers*.

If we neutralize our emotions, we neutralize the problem.

How do we do that? Well, it's not as clinical as it may sound. It's not a heartless procedure. In fact, it's a heart-full process.

We neutralize our emotions with curiosity and compassion.

We take charge of them, we show them love and respect. We don't privilege our freak outs, and we don't yell back at our anger. Instead of reacting to our reactions, we get still. And the discomfort that arises? We stay with it.

We identify as the healer, not the wound. Instead of focusing on what to be angry or disappointed about, we focus on our capacity to circulate energy. We do it with our breath, our intention, our imagination. Blessing, releasing. Blessing, releasing.

This is heart-mind coherence. And science.

The more we're able to neutralize our emotion, the faster the ick from an argument will rinse away. The more compassionate we are with our feelings of disappointment, the sooner the emotional inflammation cools down. When we have some respect for our confusion the old urge to numb or run will recede.

You're going to be so amazing at this way of life. You'll DM me and say, "Holiday dinner with my family used to set me OFF. Now I just bless & release those muthers. Way better."

When you're a Super Blessor, other people's opinions aren't that much of a problem.

Feelings are meant to be felt

Let thoughts and feelings have their home in you,
but don't make your home in them.

- Rupert Spira

Unacknowledged feelings become emotional clutter. They'll keep trying to get our attention with mind looping, anxiety, neuroses and dread.

Feelings hang out in the subconscious self—the basement of the psyche. The subconscious self keeps tugging to say, “Hey... there’s this emotion down here that needs some light.”

If I've learned anything from being in the wellness community most of my life, it's that no one is impervious to being blindsided by their shadow. Surprise meltdowns can happen to the wisest of us.

I know of a venerated monk who had anxiety attacks when he left the monastery. A devout theologian whose broken heart temporarily broke his faith. One of my favourite meditation teachers, a true master, went on anti-anxiety meds because of PTSD from chronic pain.

The path to consciousness is through the unconscious.

This is *actually* what it means to be more conscious. To meet our pain with Loving Kindness.

I used to think that it was better to find my pain before it found me. I was always pokin' at my wounds with yet another therapist or three day intensive. But the subconscious is unpredictable. Stuff comes up when it needs to come up. We can't control when it's going to get triggered. We can, however, become really agile at handling what surfaces.

It starts by being able to name and not run from our feelings. *Shamey, insecure, unattractive, needy, abandoned, furious, dirty, sadness, hella uncontrollable but freakishly controlling, confusion.*

Not. Easy.

Societally, we are just getting started with emotional literacy. Mostly we're trained to ignore our wild depths. As Carl Jung put it, “People will do anything, no matter how absurd, in order to avoid facing their own souls.”

We'll work. A lot. Achievement is a great distraction from feeling unworthy. We'll create new distractions from the old distractions. A romance, a remodeling project, a new goal to crush immediately after slaying the last goal in our life hacking plan.

So the pain in the basement of our psyche pounds harder on the ceiling...*I still don't feel heard. You're moving too fast to listen. Where am I on your calendar?* And our shadow self starts to pull on our nervous system.

Then the hormones that help us regulate stress slow down. The emotions get even more intense. We might shut down on the sofa for days. Or we have a panic attack on a Zoom call. It gets hard to tell the difference between priorities and polarities. It can get pretty unpleasant until we give the light of our attention to what we've buried.

And, we buried it in order to survive. It made sense back then to tamp down shame and rage and rejection pain. We were younger and less resourced, and needed to get some life experience to build our spiritual resilience. But now we're ready to be whole. Spiritually mature adults.

Imagine this: Instead of feeling like a loser because you're worrying about something, you breathe into your heart. You engage with difficult feelings. You could say to your worry, "I get that you're telling me something. When you show up, it pushes me to remember my Faith." You see, there is a benefit to every emotion if we look closely at it.

You bless the worry with your loving attention, and you see the value in the worry, and the worry exhales.

The blessing is on the inhale. The releasing is on the exhale.

What would it be like to show some respect to your shame? That's a big one. That shame-y energy that likes to hide in the dark corner hoping it never gets talked about. What if you gave it back its dignity? "Hey...shame, I see you, I get why you feel the way you do—totally understandable. I'm going to go on living, making things I'm proud of. But you're welcome to stay in my heart while I get some work done."

All feelings calm down when they are welcomed. A lot like people.

Love neutralizes emotion... this is a good thing

Here's the move: Curiosity over judgement. Every single time you observe your emotions, your thoughts or your past behavior. Curiosity over judgement.

Here's the vibe... Think of yourself as: a Queen of Hearts. A Majestic King. Think: *powerful and benevolent ruler of the kingdom that is your life*—your thoughts, your feelings, your words, your actions. All experiences and emotions that enter your kingdom are regarded with respect. Curiosity. Compassion.

And that's what neutralizes and takes the energetic charge out of challenges. It's not about dissecting and judging, it's about spaciousness. Allowing you and your feelings to be what they are. No tension. Just clear seeing.

And on behalf of your happiness, health, and wealth, you decide the role that all happenings and emotions will play in your day, in your relationships, in your life.

Thoughts on feelings

Our feelings are only ever pleasant or unpleasant, and never right or wrong. This is something Buddhist psychology strongly emphasizes... You need not be ashamed of any feeling you experience. You feel what you feel. Simply accepting this is in itself a profound act of self-compassion.

- Bodhipaksa

We exist, we think, we feel. But we tend to overthink, get consumed by feelings, and forget that we are pure energy in constant motion.

Thoughts and emotions intertwine. One influences the other. Thoughts can stir up feelings, feelings can direct thoughts. It doesn't matter which comes first.

I've tried to empty my mind of thoughts. Didn't work. I still thought about not having thoughts. That's the thing with the mind, it's always thinking about itself. And trying to wrestle with thoughts that we don't want to think can perpetuate more thinking that we don't want. It's exasperating.

This is why blessing & releasing happens in the heart space—in our higher consciousness.

What we're really "letting go of" is lower vibration thoughts. And by "letting go" we mean integrating—and therefore transforming—our low vibe thoughts into higher vibrations.

We can choose which thoughts we want to focus on. And we can bless & release the rest. This is how we create our ideal realities. We focus on thoughts that are aligned with our higher desires. We **think higher**.

We start to use our heart intelligence to choose the thoughts that are best for us.

I trust in divine timing. I am deeply supported. I welcome abundance into my life in all forms....

It helps to understand that emotions come from the past. Emotions live in the subconscious. They hang out in the shadow zone.

Feelings happen first, they're biochemical. Emotions are more psychological, they're what your mind thinks about your feelings. For the purposes of this conversation, we can use thoughts, emotions, and feelings interchangeably—because all of them need to be integrated into our hearts for healing.

All emotions are carrying a message for us. The stronger the negative feeling, the closer it is to an unhealed wound. Every single feeling arises to be experienced and integrated into our hearts.

Even though they can pendulum between pleasure and pain, emotions aren't "bad" or base. What's problematic is identifying as our emotions and getting pulled off center into those highs and lows. The Buddha taught, "All suffering comes from identification." Identify as sad, mad, angry, or glad, and you'll be like a leaf in the wind of emotional flurries.

See yourself as Loving Awareness, and you're the sky, not the weather.

Critical thinking...without the criticism

When I was in my twenties I'd bus to the Seattle Buddhist Center on Tuesday nights for Vipassana meditation. I'd leave my Doc Martens at the door, get into lotus position, and follow the instructions to watch my in-breath and out-breath. Whenever a thought crossed my mind, I was to simply name it as "thinking." So my inner dialogue sounded like this: *thinking, thinking, thinking, more thinking... still thinking.*

After a few weeks, the very sweet instructor lady asked me how I was doing. "Well...my mind feels more empty," I said. "But so does my heart."

She was sympathetic, encouraging me to stay with it. But I bailed.

I just could not figure out how watching my breath was going to make me a better person. *Enough of the mind stuff, I want the heart stuff! I'm a lover not a stoic!* So I started studying *A Course in Miracles*. It was the heart centered cosmology that suited me best back then.

What I didn't understand at the time was that noticing my thinking wasn't supposed to be a judgment of my thinking. That was a Beginner Buddhist fail. I thought that the goal was to get rid of my thoughts—and to critique them before I booted them out.

I thought the Buddhist path to enlightenment was very, very stern. Which was probably a hangover from Catholic guilt. Which I was trying to positively think my way out of. You can see why I bailed. But...

The practice of allowing
our thoughts
to come and go
without judgement
is a great act of love.

We can only heal what we honour.

What I wish I would've known then was that **the inhale does the blessing, the exhale does the releasing.**

The ego is just a behavioural pattern—it's not our Essence. Thoughts are just thoughts. They come and go if we let them. We can choose which thoughts we want to move on, and which thoughts we want to activate and use as our manifesting magnets.

I've known so many committed spiritual practitioners who were trying to put their ego in its place. (*Hello!*) That's the biggest spiritual bypass of them all.

But then our attachments get challenged. *Because the spiritual path is about letting go of attachments.* Maybe our community goes askew. The guru gets called out. Or the subconscious comes knocking with anxiety or waves of grief when we least expect it. There's some kind of life altering, very human, very humbling challenge. And that's when the big bless & release has to happen.

When we let go of our judgments of right and wrong, spiritual and not spiritual, even desirable and repulsive, the Soul drops in. Our loving awareness fills the space. And after years of trying to fight with our feelings and ommm our ego into submission, we make the most enlightened declaration yet: "I have an ego. And I love it."

CHAPTER 4: Letting change be constant

Energy can't be destroyed, it can only be transformed.

Spiritual truths are natural laws. They're not just beliefs. The concept that "energy cannot be destroyed, only transformed," is a pillar of modern physics. It has a name: The Law of Conservation of Energy. I love this term. I'm going to use it to get out of social functions. "Friday? Ya, no, can't make it. I'm practicing the Law of Conservation of Energy."

Everything is a form of pure energy—without beginning, without end.

Light is always light. When white light goes through a prism it transforms into the spectrum of all colors. Each color is vibrating at a different frequency. Even when refracted or hidden, the essence of pure light is still within the red-orange-yellow-green-blue-violet light rays.

This is where "energy can't be destroyed, it can only be transformed" applies to your thoughts and feelings.

This is very important. It's the golden ticket. Come close:

Life force is always life force. Prana, chi, energy. It can become creative energy output, or destructive energy output.

What makes kindness possible? Or anger? Or courage, regret, hope?
What makes all emotions possible? Life force!

Our thoughts and emotions, and our words and actions are just different expressions of infinite life force—inextinguishable Light!

We can trace all of our expressions back to Pure Source Energy—which can never be destroyed, only transformed.

Our humanity is ever connected to divinity: All of our negative emotions can be transformed. Our thoughts and feelings are electrical energy patterns that can be shifted.

What's more! Your energy will always be the energy of the original You—Your Soul. Happy, sad, mad, glad. Stuck, flowing. Wise, ignorant. It's all your “you-ness” taking multiple forms. All of your expressions and perspectives—whether they are illusion or truth, connect back to your Higher Self.

You are eternal and divinely governed. You are here to remember exactly that.

Everything in the universe is in constant motion

This is the Principle of Vibration: Nothing rests; everything moves; everything vibrates. Spirit—energy—is at one end of the Pole of Vibration, and at the other end is Matter. Between these two poles are millions upon millions of different rates of vibration.

Nothing in the known universe stays the same. Everything is always changing. When we resist this universal fact, we suffer. When we resist change, we are literally resisting the flow of universal intelligence.

The more nature lets go, the more it grows. In ecosystems, not letting go leads to destruction or death. Get ready for some motivational metaphors. Here we go!

Volcanoes have small vents that convert energy so that catastrophic eruptions don't happen. Maybe you should clear the air with someone before you blow your lid.

When a tree has a diseased branch, the entire system conspires to stop sending nutrients to that branch so it can die off without affecting the rest of the system. It's you or them, babe.

Even black holes are always letting go! They are constantly converting mass into energy—a continuous cycle of releasing and renewing.

Withholding our forgiveness can back up our life force, our prana. Which creates energy congestion in our physical body. *Emotions need motion.*

You're alive because your body is constantly transforming energy. Your nervous system, your heartbeat, your breathing—it's all energy in constant transformation.

Nothing in the known universe ever gets erased. Ever. There are no take backs. And change is constantly happening. And if we can go with that flow, we'll get farther ahead.

Here's the break down:

Everything that's been created will always exist.

Everything that *will* be created in the future *already* exists.

Even though...the only thing that exists is this very moment.

Which has already passed.

Yet everything exists in the now, all at once.

It's all pretty straightforward—if you're an extra terrestrial or a time traveller.

SPIRIT & PHYSICS

The Law of Conservation of Energy is also known as the First Law of Thermodynamics. "Energy cannot be created or destroyed, it can only be transformed from one form to another."

This is why trying to "get rid of" your emotional pain doesn't work. Healing is about alchemizing.

Under the right conditions, fear can transform into trust; rejection into acceptance, opposition into unity. Everything is transformable. Even you—especially you.

Indestructible you

I can't say that thermodynamics has ever crossed my mind when I'm arguing with someone and I don't feel understood. Nope. Or when someone slides into my DMs unhinged with opinions. I don't stop and think, "All we have is the power of now. Om shanti."

But even in the stressy times, I know that I want to love and be loved, be seen and heard, and do no harm. I just want to bless & release everyone's bad behaviour, including my own, and all of our weirdo ways so we can get on with loving.

Theoretical physics shows up in psychology. The fundamental therapeutic framework is that, you guessed it, *energy can't be destroyed, it can only be transformed*. Meaning: the shit happened. Let's compost it into wisdom flowers.

When we suppress our emotions, they don't vanish. The unexpressed anger can shapeshift into resentment or depression. The body stores what we do not express.

Blessing and releasing is how volcanoes stay intact. And how both the anatomical and the spiritual heart functions. It's quantum physics. And mental health.

But the framework for healing isn't complete until we include the Soul.

Ancient wisdom traditions teach that the Soul's essence is eternal. It is without beginning and without end—always evolving. This is the best news ever.

You cannot be destroyed, you can only be transformed.

How does the ego let go? It doesn't.

The ego self, small self, unhealed self, shadow self, abandoned self, fragmented parts, personality; these are all interchangeable names for formations of the mind, for our subconscious and unconscious content.

The ego is how the mind thinks about itself.

The mind's job is to distinguish and assign meaning to life and experiences. Delineate, categorize, assess. *Is this dangerous or safe? Is this worth it or not? Is this desirable or is this repulsive?*

The mind is always searching for meaning. It's quite literally *phenomenal* at creating realities. It likes explanations. It loves to track results.

Once the mind has formed an opinion—about a person, a theory, an experience—if it keeps focusing on it, then the opinion becomes more magnetic. The more importance we give something, the more power it has. Gravititas.

If you assign a lot of meaning to what other people think of you, their opinions will carry a lot of weight.

Make synchronicities matter and they'll become clear signs.

Think of your last failure—in a relationship, health, work. What kind of meaning do you give it? Was it a learning event or a personality defect? How you measure your experiences—by better or bitter—becomes data for your future plans.

The Bible. The Talmud. Your daily meditation. What your sister told you. The love you've been shown so many times. The dream you had. The oracle. The medicine. Your family. Your genes. Your genius. Your thoughts and emotions.

You get to choose what you give value to. You get to choose the thoughts you want to focus on, nurture and live by. And you get to choose what you want to bless & release.

SPIRIT & PHYSICS

The Principle of Vibration: Nothing rests; everything moves; everything vibrates. Motion is manifest in everything in the Universe. Spirit—energy—is at one end of the Pole of Vibration, and at the other is Matter. Between these two poles are millions upon millions of different rates of vibration.

Your thoughts, emotions, and beliefs all have a vibrational frequency. So does your nervous system. So does your presence.

Here's the dot-connector: The ego doesn't let go—because it's vibrating at a denser, slower frequency. It clings, contracts, compartmentalizes.

But the Heart vibrates at a higher rate—expansive, inclusive, integrative.

The ego is not the enemy

We can use "mind" and "ego" almost interchangeably. The most helpful way to think about it is that the mind is an instrument. It's the most numinous and phenomenal instrument for creating realities.

At its highest vibration, the mind creates beauty and splendor. Less "ego-ness" makes for more harmonization.

More "egoness", more personality identifications, make for more...noise. Disharmony.

When the mind is full of heavy thoughts and images, processing lags. The ego-mind begins to see only in black and white. Possibilities get muted by all the over-thinking. Preferences become fewer and more fixed. The personality becomes very predictable and habitual.

A stressed mind is always looking to stay in control. By trying to hold on to control, it separates itself from solutions and healing. It walks through the world scanning for what's acceptable and unacceptable.

The ego holds on to too many opinions for far too long.

The ego always comes back to thinking about what's best for itself. Which can be healthy or destructive Depending on the circumstances. The ego is not the enemy, as we don't identify as the ego—As our thoughts, feelings, and possessions. If we think we're our personality, such a limited being, then we're in for some suffering.

But! A confined ego-mind is the best trainer in free thinking. And that's the gift of the ego. It's here to remind us to let go.

How the heart lets go

Interchangeable, overlapping terms: the Heart. The Higher Self. Soul, Life force. Prana. Divine Nature. True Nature. Unified Self. Non Self. Beyond Self. Spirit. Anima. Essential Nature. True Being. The Light of Love. Essence. Ka. Atman. Core Being. Intuitive Self. Eternal Self. Inner Wisdom. Divine Light. Divine Love. Divine Power.

The heart doesn't need to let go. She's vast. Infinite. There's room for everything in the heart space. Shame, love, hate, exhaustion, ecstasy, regrets. Unmet needs, bliss. *All of it.*

Are you willing to give over one painful experience—and the suffering that came with it—to the Light of Love? Just one? And then another and another? Bringing each experience up to be Accepted and completely Loved?

Conscious letting go can only happen in the heart, because the heart is pure consciousness. It's Divine Light. Divine Love. And Divine Power.

Emotions are neutralized and transmuted in the heart because they are welcomed in, all of them, without judgement.

The heart welcomes what the ego rejects.

The heart loves what it sees. Unconditionally.

CHAPTER 5: Your energy field

You are sacred geometry

Every major spiritual principle I'm sharing with you has a scientific counterpart. Not just loose correlations. But measurable, peer-reviewed research that syncs with Egyptian mystery schools and Yogic masters.

For the nerds, the logicians, and my homey metaphysicians, let's talk about the science of Love & Light!

Everything in this universe is made up of light and chemical elements—like hydrogen, oxygen, carbon, iron...energy.

All living things have an energy field. Subtle, invisible, *alive*. Plants, planets, galaxies, your girlfriends...every being has an electromagnetic field. There is order to this, a geometry of flowing energy—chi, prana—that is permeable and penetrable and capable of penetrating.

All substance, all matter, is vibrating at its own frequency. This is the **Principle of Vibration**. Every thought you think creates measurable electrical activity in your brain. Every thought and every emotion vibrates at a very specific and unique frequency. Whatever thought forms circulate in your aura will dictate what you attract in your everyday life.

All energy is circulatory by nature. Like a vortex, how water swirls, how atoms coalesce, the inhale and exhale. Right now, you're in the center of your own energy field, *circulating light from your heart center!*

Imagine ribbons of light radiating upward from your heart and spouting out of the top of your head like a waterfall. The light spills down your front and back. Then returns back up through your root chakra. Circulating, looping, the light is running through you. One more time...the light is travelling up from your heart with each breath, out of your crown chakra, then down the front and back of your body, to the base of your spine and up again...and again without end.

“Metaphysically speaking, our energy field is the house we live in, despite being unable to ‘see’ its contents. Our day to day experiences and the larger life experiences (birth, death, divorce, perceived failures, endings...) are determined by the quality of frequency, resonance, and the vibration of our field.”

- V.S.

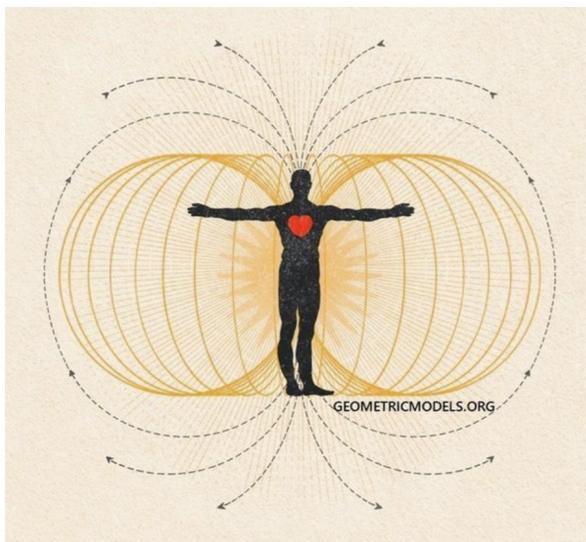
Many cultures reference the energy field. Kabbalists call it astral light. Tibetan Buddhism refers to it as the Subtle Body. Yogic teachings call it the “aura-egg.” Vedic scriptures call it the Pranamaya Kosha. Rosicrucians call it the Auric Envelope or the Soul Body. Native Americans speak of the Medicine Field. Christian art is full of halos. The mathematician Pythagoras taught about “the luminous body.”

Same light, different names.

Your energy field is what we feel when you walk into the room.

The energy field is also called the aura. Or a torus or the toroidal field. It’s often called a donut of light. Which I love. **We’re all gluten-free donuts of light!**

This is the whole you:



This is you on a good day. And a bad day. This is you when you’re struggling with addictive behaviours. This is you in prayer and in bliss.

The reach of people’s energy fields varies. Most Yogic teachings say that the average person’s energy field extends about 1 to 3 feet from their body. That’s like muggle-sized auras.

Wizard-level energy fields, advanced Yogis and spiritual practitioners, reach about 9 to 12 feet. I've heard theories that the energetic radius of ascended masters, gurus, and saints can emanate for miles—everyone in their energy field gets lifted by their higher consciousness.

The power of our energy field depends on how “light” and clutter-free it is. This depends on our purification practices: meditation, yoga, prayers, a harmless lifestyle—on the goodness of our hearts.

And! It depends on the levels of consciousness that we carry in our field. Virtues are higher levels of consciousness. Like Loving Kindness, Compassion, Forgiving, Joy. So when we are practicing Love, we are actually purifying our energy field—blessing & releasing—and our energy fields become luminous, strong, and expansive.

Your energy field is always interacting with everyone else's energy field. That includes minerals, plants, animals, and your neighbours. We're all just gluten free donuts of light merging, triggering, comforting, collaborating. Activating, energizing, healing. Blessing.

All energy fields, including yours, are fueled by the great power grid of the universe—life force, prana, chi.

Really, our *only job* as human beings is to keep our energy field as clutter free and harmless as possible. “Primum non nocere,” First, do no harm. That's our oath to consciousness.

Einstein taught that “the field is the sole governing agency of the particle.” This is a profound statement about the nature of life. “The field” is your energy field, and “the particle” is your life. The content of your energy field governs your life.

What's in your energy field?

Thoughts, words, and actions.

Here's the visual: imagine that each of your thoughts are like little magnetic marbles circulating through your energy field. The key word here is *magnetic*.

Let's say you're on a forest walk. Lush trees, sweet oxygen. And you think to yourself, "I'm soooo grateful for this nature-healing." The energy of that thought is *gratitude*.

As a result, you have little "gratitude magnets" circulating in your energy field. They glide up through your crown chakra where your thoughts are hanging out, through your body, passing by all of your organs, looping up through all of your chakras.

As the gratitude magnets loop around your field, they're sending a message to your whole body. And! It's drawing out even more gratitude thoughts from the back of your mind. One grateful thought evokes another grateful thought because like attracts like—The Law of Vibration.

If I was standing next to you, your gratitude magnetism would pass through my energy field. *Thank you.*

And...whatever is in your energy field is magnetizing more of that in your radius.

Negative feelings are just as magnetic, of course. And because like attracts like and misery loves company, one negative word can stir up more negative words from the back of your mind or from the person you're talking to. That negative marble just grew in size. Like clouds cumulate in size, thoughts of the same vibration combine themselves.

Here's a sobering metaphysical principle: Every thought you've ever had, every word you've ever spoken, the energy of everything you've ever done...hangs out in your energy field indefinitely. It leaves an energetic stamp in your aura, which can remain for decades, even a lifetime—*until you decide to bless & release it.*

Whatever you consciously focus on will create a shift in your auric field.

Energy follows thought. One of the most life-changing questions we can ever ask ourselves is, "**What's the energy of the thoughts that I'm thinking?**"

How to raise your vibe

How do you let go of what's in your energy field if energy can't be destroyed? You transmute it.

Step 1: No judgment. No resistance.

Step 2: Curiosity and compassion.

Bless your fear with your Love and it eventually transforms into Trust. Bless your pain of rejection with compassion and it shifts into power. This doesn't happen in a day, but the healing is inevitable.

You don't need to inventory all of your fears and negative self-talk. Just start by being generally kinder to yourself and others. Simple. Powerful. That frequency will start to cleanse the fear and negativity from your field.

We attract corresponding experiences of the same vibration. Change the information in your energy field and you will shift where you're going, who you attract, and what you experience.

This is the **Law of Cause and Effect**—and the premise of manifestation. Every thought, word, and action has a consequence. Inner thought-forms lead to outer effects.

Think the thoughts, speak the words, and take the actions that match your desires. Keep thinking about them and *speaking them into your energy field*. What we sow, we reap. Let's plant beauty, goodness and truth in our energy field! The harvest will always be abundance.

Blessings are magnetic

When I suggest that your "thoughts are little magnets in your energy field," I'm not being metaphorical. Your brain is an electromagnetic organ that both receives and transmits energy.

Like attracts like isn't just spiritual wisdom, it's **Quantum Field Theory**, which shows that conscious observation influences what's being observed. When you observe your negative feelings—or negative people—with curiosity and compassion, you're not just being "nice." You're applying a fundamental force of physics that brings order to disorder.

The more you think certain thoughts, the stronger those neural pathways become in your brain. This is neuroplasticity. It means your repeated thought patterns are physically rewiring your brain's structure.

You're working at the quantum level to reorganize the very structure of the experience. Blessing your triggers transforms them rather than just temporarily soothing them.

Focused positive intention—what we call blessing—creates order in chaotic energy systems.

Physics hearts spirit

Understanding the physics of letting go doesn't only satisfy the intellect—it gives us full permission to trust the process.

When you know that heart coherence is measurable, that light visualization shifts your brain waves, and that sending blessings activates your body's healing systems, then you can fully surrender to the practice.

This isn't magical thinking. Blessing & releasing is how you work with the fundamental forces of the universe.

Ancient wisdom keepers were the scientists of their day, observing universal laws. Modern physics is catching up to what they always knew:

Consciousness shapes reality. Love transforms energy. And the heart is the most powerful tool we have for changing our lives.

How do you see your heart?

*Meditate on the Self as being
Vast as the sky.
A body of energy
Extending forever in all directions—
Above, below, all around.*

*In the embrace of the infinite space,
Awaken to your true form,
Divine creative energy
Revealing Herself as you.
- The Radiance Sutras, Sutra 69*

How do you imagine or visualize your actual heart center? The “cave of your heart,” as some mystics call it.

Buddhism often uses the sky as a poetic metaphor for the heart—you are that infinite! The clouds passing through are merely thoughts and emotions. There’s the flaming sacred heart of Jesus Christ. Guadalupe with roses springing from her heart chakra. Buddhas with luminous lotuses blooming in their chest. Chakric systems show the heart energy as emerald green light.

Create an image of your heart to call on every day. Having a visual for your heart center helps you connect with it.

Or a sound. *Ommm.*

Or a gesture. *Hand to heart. Lightly tap your heart chakra three times. Inhale, exhale.*

Or a seed phrase. *Divine Light. Hello Love. Here I am.*

Is your heart a doorway? A forest, a lavender field, a mountain peak? A solar powered big buttoned battery pack? A lush garden, aquamarine ocean, sunburst? An indigo galaxy full of silver stars?

How do you see your heart?

The heart brain

The heart has, by far, the strongest electromagnetic energy in the body. So it's been given a title upgrade, the "heart brain."

For years, the medical industry taught that the brain pulled the levers for all bodily functions. And that's accurate. But what's directing the brain? It turns out that it's the heart!

The heart has 40,000 neurons—that is some serious processing power. Your heart is actually "thinking." The heart sends cues to the brain, *and* most of our major organs, *and* our hormonal system, *and* our nervous system! Of all the messages sent between the heart and the brain, 80% of those signals are sent *from the heart to the brain*. Only 20% of the cues originate in the brain.

Researchers at The Heart Math Institute hook electrocardiogram monitors to people to measure their energy frequency. And they continuously find that the heart's electrical field is about 60 times greater in amplitude than the brain's electrical field. So if the brain's energy registers at, say, ten, the heart's energy tips six hundred! The heart rules. Literally.

With three chakras below it and three above it, the heart chakra is the fulcrum of your energy field. Most eastern mysticism regards the heart chakra as the center of consciousness in humans—the seat of the Soul. So it's believed that the *best place to concentrate during meditation is the heart chakra*.

The heart chakra is a vortex that allows us entry into Higher consciousness—the space beyond polarity, of all expansive, inclusiveness. This space is vaster than the sky, with no beginning or end.

We're not trying to envision everything "fitting into" the heart vortex. Our awareness is much more expanded.

We work with the heart chakra so as to identify as the Soul. We're working with the truth of our infinite nature.

- V.S.

The heart chakra is the portal to Divine Love and all other virtues. It's the gateway to your Higher Self. I can't overstate the significance of this. The heart chakra is a doorway within your physical body that leads to Higher Realms of consciousness. *Knock knock? Who's there? INFINITY!*

CHAPTER 6: Too tight and too long. Why we hold on.

You cannot practice non-attachment. You can only show the mind the suffering that attachment creates. When the mind sees this clearly, it lets go—without effort.

- Cory Muscara

Grasping

It's not what happened in the past that wears us down, it's the grasping. It's not our unmet needs that are holding us back, it's the holding on to the resentment.

What we need to let go of is
our habit of hanging on too tight and too long.

Here's the pattern: Hurt and disappointment happen. We don't fully process our tender or gnarly feelings about what caused the hurt or disappointment—we like to skip this step. We just want to get away from the tender and gnarly feelings ASAP. So we faux let go. We let go of the person or the place, but we hold on to the emotions.

We think really hard about letting go. Over and over. We fixate on the idea of being more detached. We talk *a lot* about what we say we don't want to talk about anymore. Oh, irony.

Then we go find new circumstances—jobs, friends, partners—that seem to be very different from what we don't want in our life anymore. We think we've graduated, that we've freed ourselves of what could potentially hurt or disappoint us.

But we're still comparing our present to our past. Moved on but still holdin' on.

Dissociation and denial aren't viable solutions. They're the brothers of anxiety.

Dramatic goodbyes only buy us time until we get triggered by the same pattern in a different relationship. Your boss reminds you of your ex. You're not feeling seen again. Your mother-wound flares up in the mastermind you were so stoked to join. Your cool new friend turns out to be more unreliable than your old friend.

And then you criticise yourself for attracting the same lesson again and not being over it. Maybe you think you need another workshop to work it out. But I doubt it. Chances are you need to be more compassionate with yourself.

Put your heart in charge.
Give grace to the range
of your emotions.
Genuinely wish everyone well.
Move on.

Why do we hold on? We're afraid of what might happen if we let go. It's not that complex. But holding on does complicate things.

Grasping creates a repulsion effect in our energy field—an energy dam that blocks exactly what we want: our desires fulfilled.

The nature of grasping is unnecessary suffering.

The nature of integration is Resistance

So it's not a matter of trying to get rid of anything but a matter of refining the way that we see and that refinement necessitates the end of the argument, the end of resistance, the end of wrapping narratives of opinion and belief around our experience.

- Amoda Ma

Resistance to what's happening is how we hold on to being dissatisfied. We're so focused on *not wanting what we've got*, that it gets hard to attract something new.

The more we resist our current situation—at home, work, family, friendships, relationships—the longer we'll stay there and the harder it will feel. What we resist will get heavier and the pushback will get stronger.

When we resist what's happening, we can't get to the root of our suffering. Resistance is a form of hostility toward self—an expression that we don't trust what we've created or our capacity to shift it. If we loosen our grip, we start to see that we have the resources to make the most of our situation or do a big pivot.

Force

Receptivity is power. Force is depletion.

The physics: **for every action, there is an equal and opposite reaction.** This is Newton's Third Law of Motion. It means that pushing on an object causes that object to push back against you—*in the opposite direction*.

This is why ultimatums rarely work.

Forcing people to make certain decisions. Forcing people to get on board with our ideas. Forcing business deals to fit, projects to launch. Forcing investments—of time, money, energy—to pay off sooner.

All that pushing creates all the ensuing pushing back...

And forcefulness isn't only loud and overt. You can be very subtle but exceedingly impelling at the same time. Some of us specialize in this. Either way...

Force as a way of doing life is damn hard work.

When we're pushing against our reality, and people, and plans all of the time, we're actually in a state of repulsion. We're increasing the repulsion vibration in our field. We're increasing the likelihood of pushback.

When forcefulness is held in our aura for long periods of time, we become a walking-talking repulsion force field—our desires ricochet off of us.

Are there things in life to push for? 100%! Success requires vision and exertion.

The question is:

What are you exerting? Your fear or your Faith?

Are we leading with forceful energy? Because that force will be matched with pushback. Or are we leading with loving awareness? Because that awareness will be matched with momentum.

Here's an example. You want to find a life partner, so you decide that you're going to date a lot. It's a pretty solid strategy. Except...you're forcing yourself to get out there

because inwardly you feel needy and alone. What's driving your dating is actually your repulsion of your needs and aloneness.

So your auric field is signalling, "I don't want to be needy-alone-needy-alone" On every date that you're forcing yourself to go on. So you attract experiences that match your needy-alone repulsion.

And by the way, it is not ridiculous to feel needy and alone; it's part of the human experience. We just need to be compassionate with it, not repulsed by it. But back to the dating game...

Fast forward to a more healed you. You've been blessing & releasing on the daily. It's a way of life. You're so much more curious about your feelings and compassionate with yourself. And you can still feel needy and alone some days, but you're more relaxed about it. You're not repulsed by your humanness, you're softened and empowered by it.

With all that blessing energy and focused intention, you've effectively cleansed the "needy and alone repulsion energy" from your aura.

Love is flowing. And you most definitely want to partner up and play. And it's from this life energy that you decide to date a lot. You are allowing the pleasure to drive instead of the pain. You're full of beautiful possibilities. And like attracts like. So...swipe right.

Once you've let go of forcing what you want to happen, you're halfway to getting it!

Retelling

Our words keep us holdin' on.

We keep talking about what we want to let go of.

We round down the truth for fear of what telling the full truth could lead to.

We break our word—a self-sabotage that prevents change.

We negative self-talk to stay in stress patterns that are so familiar they're strangely comforting.

Some people talk mostly about their past and wonder why their present isn't what they want it to be.

This is a gross overgeneralization (but probably not). I put entrepreneurs in two categories: The ones who are great at letting go. And the ones who don't know that they're stuck in the past. Guess who's more successful?

Stuck But Seeking comes to me for a strategy session. I'll ask, "So what's the big vision, what would light you up?" And they look in the rearview mirror and say, "I was really happy when I was at the agency years ago...I loved it when..."

I try to ply them into the current time. "Okay, so what are you excited about now?" And back they go, "Well, what I used to do was..." I breathe into my impatient entrepreneurial heart.

"K let's hit pause on the past, dream with me," I'll say. "Moving on, what would 'ideal' look like?" And they tell me why a project never launched. All I can offer at that point is, "Read *Bless & Release*."

Success or failure is often about the stories we tell.
We can over-identify with our past,
or we can deeply identify with our potential.

Every time we retell our pain story, we re-activate that dynamic in our life. It's like watering the weeds in your energy field. "The thing that happened" slips into our communications and distracts us from possibility thinking.

We have a policy on Team D that when someone leaves the company, we don't sh*t-talk them after they're gone. Of course there are a lot of emotions to field before then. But we avoid the temptation of the toxic rehash. We're busy making the future happen.

The ego mind loves a good replay and kvetch. I'm not suggesting that we never talk about our past again. (Though that's not an entirely bad idea.) But what if we only speak about our struggles with the intention to heal more deeply or to help someone because of our story? Or maybe we just let the old story rest—so that we can rise.

Guilt

Guilt is such a complex emotion. There's "conscious guilt" and "shadow guilt." Conscious guilt is our moral compass—our conscience. Shadow guilt is how the ego keeps us from letting go.

Conscious guilt is your Soul nudging you to bring things back to balance. It says, "Did it feel good to do what you did? I don't think that felt good. How about we clean that up so we feel more aligned?" Conscious guilt is the keeper of karma. It calls us forward.

Shadow guilt pulls us back. It's critical and slightly paranoid and it says that it's all our fault.

We have to work with both our shadow guilt and our conscious guilt. It all belongs. When you bring the shadow guilt into your heart it will dissolve into empathy for yourself and others.

Conscious guilt will guide you to take Right Action.

Complaining, blaming & shaming

“Blame is the world’s greatest excuse. It enables us to remain limited and small without feeling guilty. But there is a cost—the loss of our freedom.”

- David Hawkins

Complaints escalate into blame. And blaming always leads to shame.

A team member of mine quit and wrote me a two-page letter telling me how much I sucked. The reason it was shocking wasn’t because of the seventeen bullet points of my flaws. It was because just two weeks before that they’d sent me flowers and said they wanted to work with me until they retired, *go all the way, mama!* So I was surprised that I apparently sucked so much.

Sometimes, there's no bless. It's just *Whack! I'm outta here!* And that can do some damage. And sometimes, blame is the hammer that helps us break out of our mold.

If we’re not comfortable feeling a range of emotions, then big feelings can seem threatening. It’s really hard to be graceful when you’re scared of rejection. So we use negative reasoning—complaining, blaming, shaming—to armour up and push off.

Sometimes we blame ourselves. We point that poison inward. But even if the other parties were fault-tastic, blame is a low vibration energy that creates a lot of congestion and confusion.

We can let go simply because it’s time. Our inner guidance sends us a memo that we’re ready for a change. And it might be sad, and there will likely be some grief, but it’s just the natural order of things. No one has to suck. It can just be time.

And when a dream has died, we don't need to denigrate the dream. “I was a fool to chase that...It was never going to work...” Nah. You were living. And now it’s time to dream a new dream.

We do not heal the past by dwelling there.

We heal the past by living in the present.

- Marianne Williamson

Your past is not a graveyard of your unmanifested dreams. Let it rest so your life force can be free to create.

When we hold on to the past, we suffer unnecessarily. If we try to run from it, we come unhinged.

Your past does not define your future. Not even close.

Acknowledge your past and accept it—with love.

And give thanks. Our past teaches us how to embrace our entire life.

What's your alter ego name for the part of you that gets stressed out and clings?

I surveyed our Heart Centered Collective and Team D.

Obviously, they are self-aware, clingy, creative geniuses:

#stressyalterego

Anxious Andi
Goldie Fawn
Needy Nellie
Clingy McClingster
Mister Resister
Prudence Persnickity
Noway José
Will Knottingdon
Clawsome
Shy MightCry
Helen Doom
Mildred, just...Mildred.
Suzie Sloth
Petty Patty
Miss Dee Tached
Passive Paul
Petunia Procrastinator

What we name, we can love.

PART 3: Blessing & Releasing

CHAPTER 7: The B.L.E.S.S. Method

Overview

There are two layers to the B.L.E.S.S. Method.

First, self-inquiry using the “Impact Questions.” You look at your feelings with **curiosity and compassion**. That insight sets you up for the Bless & Release Visualization.

The Bless & Release Visualization is where you do the energy work. It's simple and meditative. You can do it in a few minutes or as a deep meditation practice.

The Impact Questions and the Bless & Release Visualization complement each other, but they are also stand-alone tools.

The Impact Q's are your thinking partner. You journal them, you workshop it out with yourself. You commit them to memory and run through them on a long walk. Observing your emotions with curiosity and compassion = mental clarity.

The Bless & Release Visualization is your spiritual director. Simple as breathing into your heart. As powerful as turning pain into power.

We think it through. Then we take it to the heart.

THE B.L.E.S.S. METHOD

Breathe. Look. Embrace. Signal. Send Light.

1. B is for BREATHE.

Breathe into your heart center. Put your right hand on your heart, take some deep breaths.

2. L is for LOOK.

Look at your feelings—with curiosity and compassion. You can do this as a journaling exercise or as a quick thought process. **Use the Impact**

Questions:

- **What am I feeling?** *Name the specific emotions.*
- **How am I responding to my feelings?** *Observe your reactions without judgment.*
- **What's the impact of my response to my feelings?** *Notice the effects on thoughts, words, actions.*

3. E is for EMBRACE.

Embrace whatever feelings arise without trying to change them. This is about Acceptance and Compassion for what you're experiencing. *Now you're extra-ready to do the Bless & Release Visualization...*

4. S is for SIGNAL.

SIGNAL your mind. *This is the Bless & Release Visualization. You can do this any time in just a few minutes or as a longer meditation.*

To relax the mind, recall a memory or feeling of gratitude, love, beauty.

Then, switch gears and bring what you want to heal into your heart.

5. S is for SEND LIGHT.

Send light to the situation in your heart. Pour the full spectrum of translucent rainbow light over what you're healing. Light pinks, peach tones, soft golds, minty green, sky blue, lilac. Pour on the blessings. Compassion, Love, wishes for the highest good for all.

Let it rest. Breathe into your heart. Get on with your day.

CHAPTER 8: The Impact Questions

B.L.E.S.S.: Breathe. Look within. Embrace. Signal. Send light.

Letting go is about telling the truth

So much of the time we don't make the connection between our emotions and how they actually *make us behave*. It seems to be one of the most obvious and slippery things to learn on the self-help path—seeing how our confusion or suffering makes us act out.

What's happening is that we are, understandably, in a rush to get out of pain and so we don't get up close to the source of things. *Curiosity is everything on this journey.*

“Look deeply into the nature of your suffering, hold it. It is the only way to discover the true nature of your suffering. And when you see the true nature, you can see the way out. This is why suffering is considered a holy truth.”

- Thich Nhat Hanh

Impact question pointers:

- **Curiosity and compassion—everytime.** The intention with the Impact Questions is to see our experience through **the eyes of Compassion**—for ourselves and everyone. Compassion helps the truth become clearer. You're creating a safe space to be present with negative emotions—to turn toward the pain instead of running from it.
- **Resist censoring yourself.** Let your feelings come up for air—the good, the bad, and the fugly. You'll probably have feelings about your feelings.
- Remember: **your feelings are your creation and you can hold them all with Love and authority**—even the rough ones. Just like a good parent is patient with their child, you're going to be patient with your mind babies.

- If you can't easily name your negative feelings, then do a **body scan**. Notice where the energy is built up. Tension, aches, heat. Where's the energy and what does it have to say?
- Don't concern yourself yet with how to "fix" the situation or worry about potential outcomes. Stay in your heart.
- We might want others to validate our pain, but we begin the process by self-validation. And...self-isolation is not a great idea when we're in deep suffering. It just leads to more forms of unhealthiness. Community is medicine and sometimes, so is professional support.
- Journal or do a talk 'n listen session with a friend. Focus on a big struggle or a pattern. Or just do a quick truth check-in when you're feeling triggered or bummed out.
- Option: set a timer for how long you'd like to work on your Impact Questions. Then get on with the basics of your day or wrap it up for sleep.
- See your feelings, see your reactions, see the impact. And then apply Compassion to yourself and everyone involved. And then you're ready to bless & release.

THE IMPACT QUESTIONS

see your feelings, your reactions, and their impact.

The situation I want to bring healing to is:

1. What am I **feeling**? *Do I feel restricted, resentful, or weak in any way?*
2. How do I **respond** to my feelings? *Do I shut down, feel shame, go into blame? Do I soften or get curious?*
3. How does my response to these feelings **impact** my thoughts, words, actions?

Patterns we're ready to bless & release

The top 5 universal struggles we all carry and the struggles that show up again and again—ready to be healed.

1. Self-worth & identity patterns

The situation I want to bring healing to is: The same old "not enough" feelings that keep showing up no matter how much inner work I do.

What am I feeling? Frustrated. A little ashamed. Like I should have "graduated" from this. I see other people seeming so confident and think, "What's wrong with me?"

How do I respond to my feelings? I get irritated with myself for still being here. I think "I've done therapy, I've read the books—I should be healed by now." Then I feel guilty for feeling bad about feeling bad.

How does my response impact my thoughts, words, actions? I pretend I'm more evolved than I am. I give advice I don't follow. I avoid situations where my insecurities might show up, which means I avoid a lot of life.

2. Control & expectations

The situation I want to bring healing to is: My mind spinning nonstop with thoughts and scenarios.

What am I feeling? Mentally exhausted, like I have fifty tabs open in my brain. I can't turn off the analysis and the what-ifs. My thoughts feel sticky and repetitive.

How do I respond to my feelings? I try to think my way out of thinking. I replay conversations, plan for every possible outcome, and convince myself that if I just figure it out, I'll feel better.

How does my response impact my thoughts, words, actions? I lie awake creating elaborate solutions to problems that don't exist. I avoid making decisions because I might choose "wrong." I talk myself out of opportunities before I even try.

3. Past & trauma

The situation I want to bring healing to is: Needing closure from people who will never give it to me.

What am I feeling? Unfinished. Like there's a conversation that needs to happen—but won't. I want to feel understood. Acknowledged. Like they actually *get* how they affected me.

How do I respond to my feelings? I waste time fantasizing about the moment where they finally apologize. I write texts I'll never send. I keep waiting for it to all make sense.

How does my response impact my thoughts, words, actions?

I check their social media compulsively. I bring them up in conversations years later, and stay emotionally tethered to people who've moved on.

4. Fear-based living

The situation I want to bring healing to is: Constant worry about things that are completely out of my control.

What am I feeling? Like I'm living with a low-grade panic that something's always about to go wrong. My nervous system is constantly scanning for threats, real or imagined.

How do I respond to my feelings? I prep for every possible disaster. I research worst-case scenarios and create backup plans for my backup plans. I convince myself this is being "responsible".

How does my response impact my thoughts, words, actions? I exhaust myself with contingency planning, avoid taking risks, and live small because small feels safe.

5. Relationship dynamics

The situation I want to bring healing to is: Saying yes when I mean no—and then feeling resentful about it.

What am I feeling? Overwhelmed and taken advantage of. I say yes out of guilt, then feel bitter about it. Like I'm responsible for everyone's happiness but no one cares about mine.

How do I respond to my feelings? I keep saying yes because saying no feels selfish. I tell myself I'm being generous, but I'm secretly keeping score of all the ways I overextend.

How does my response impact my thoughts, words, actions? I overcommit, underdeliver, and feel invisible in my own life. I build resentment toward people I'm trying to help. And then I blame myself for being resentful.

CHAPTER 9: Acceptance changes everything

B.L.E.S.S.: Breathe. Look within. Embrace. Signal. Send light.

Acceptance looks like a passive state, but in reality it brings something entirely new into this world. That piece, that subtle energy vibration, is consciousness.

- Eckhart Tolle

Acceptance is the decision to grow instead of staying stuck. You can't make clear choices if you don't see the truth.

It's by accepting what's going on and not resisting it that things begin to shift. We can even accept our resistance! How is this cosmic kungfu possible? Because Acceptance operates on the frequency of Divine Love. And anything that receives Love grows into a higher expression.

Acceptance is not a spiritual bypass. It's devotion to the deeper meaning of life. It's one of the fundamental virtues, alongside Resilience, Generosity, Divine Love—these aren't emotions, they're states of consciousness.

Acceptance is not about condoning bad behaviour. It's not a permission slip for lack of responsibility. It's not feeble surrender, or giving up on the vision, or a lack of Faith.

When you accept a situation as is, you are not signalling to the universe that you don't want change. To the contrary! You're signalling that you can accommodate whatever change is necessary. You see what a moment requires of you.

There's suffering. I acknowledge it. And I can also make choices that will end the suffering.

Stop sending your struggles *Eff You!* energy. Force attracts counterforce. When we try to repress our hurt, or deny that we have a vice, then the hurt and the vice get more powerful.

Radical acceptance kicks off deep transformation. What do we mean by radical? No blame. No shame. No complain.

Accepting that all events—the welcomed and the unwelcomed—are for our expansion, is how we heal. When you're in acceptance mode, you have more mental clarity to see the next best step. The less energy you waste on resisting what is, the more energy you'll have to command your life! Allow the power to be all yours!

Accepting that all events—the welcomed and the unwelcomed—are for our expansion, is how we heal.

CHAPTER 10: How blessings happen

Always open with a blessing

Blessing & releasing is a way of life. The method is so simple: we invite EVERYTHING into our heart to be transformed. All of it. Light *and* heavy. The beautiful things we want to energize. The painful things we want to heal. Blessing & releasing is especially effective for working with unfriendly sensations and negative feelings.

The heart is *the* portal for creating change. Breath, colour frequencies, and intention are the tools we use.

Are you willing to love more today than you did yesterday?

Are you willing to let it go?

We don't have to be fearless. We don't have to have the next steps mapped out. We just need to be willing.

And if you're not ready to fully let it go, that's okay. You can just bless the situation from the sidelines with a simple prayer, and wish the best for everyone. A more intentional release can happen later, if ever. Mostly we just want to bring relaxation to the stress that holding on has caused.

The characteristics of blessings

- **Blessings are heart energies.** Like...Love, Compassion, Faith...wishing the best for everyone. You can intentionally send a blessing—directing your energy, visualizing positive outcomes—using conscious breath and colour frequencies. Your presence can radiate blessings.
- Heart energies elevate everything, so blessings are **seeds of transformation.**
- Ultimately, most blessings are a form of **Forgiveness.** "Blessing" and "forgiving" are interchangeable. The heart is for...giving.
- Blessings **boomerang.** The more you bless, the more blessings come back to you. That means....
- Giving blessings is the foundation of our **wellness, purpose, and abundance.**

- Giving blessings connects us to our own **divinity** and the divinity in all beings.
- Giving blessings **dissolves our own fears and delusions**.
- Blessings are pure **benevolence**—the wish for all beings to be free of suffering and the causes of suffering.
- **Gratitude** is a springboard for giving blessings.
- Blessings offer **Mercy**—*may you be spared of your suffering*.
- Blessings are given with **no expectations** for anything in return.
- Blessings stimulate **change** and **hope**. Blessings **break vicious cycles**.
- Blessings are **inclusive**—we want the best outcome for *everyone*.
- Blessings put everything back in Divine Order because they are **a return to love**.
- Blessing is a form of reverence and respect for Life.
- **Anyone can be a blessing.**

CHAPTER 11: The Bless & Release Visualization

B.L.E.S.S.: Breathe. Look within. Embrace. Signal. Send light.

Visualization pointers

- You can do this in **a few minutes** or as a **long form meditation**.
- It's best to do this when you're **feeling grounded**. So if you're in the middle of a big emotional surge, give yourself the time to cool off.
- **Focus on one pain point at a time**. For example, instead of looking at an entire relationship, focus on one moment or dynamic that you want to bring healing to.
- You don't need to think about how to "fix" the situation you're working on. Don't worry about potential outcomes. We're working with our energy, not creating strategies.
- The blessing work does the actual releasing. But to help seal the deal in our mind, body, and relationships, **we can ritualize our letting go**. That could be as simple as a few deep breaths or an elaborate ceremony.
- If you do this as a **LONG FORM MEDITATION**:
 - Practice for 10 to 20 minutes.
 - Timing: You can do this any time of day, multiple times a day if you like.
 - In terms of posture, anything goes—seated in lotus, laying down or walking. Eyes open gazing at a candle or fixed point, or eyes closed. If you're practicing this in stillness, ideally, face the east—get aligned with the rising sun.

THE BLESS & RELEASE VISUALIZATION

1. Put your right hand on your heart and breathe into your heart.
2. **SIGNAL your mind** to relax by recalling a memory or feeling of gratitude, love, beauty. Think about something positive. Your loves, happiness, the best day of your life, how much you adore nature, when you feel most alive.

Notice warm golden light filling your heart chakra. Now...switch gears.

What needs healing? Just choose one pain aspect to focus on at a time. Think of the feeling or struggle that you want to bring ease to—and bring it into your heart.

You can see it as a snapshot, a symbol, a phrase. You can hear it as a word or a sound.

3. **SEND LIGHT. Shine the full spectrum of translucent rainbow light** over what you're healing.

Light pinks, peach tones, soft golds, minty greens, sky blues, lilacs.

Your heart center is luminous. Pour on the blessings of higher energies...
Compassion, Love, wishes for the highest good for all.

Let the pain theme rest in your heart. You don't need to analyze it or change it. Just let it be what is, basking in the healing light frequencies.

Breathe into your heart. Get on with your day.

For those of us who tend to **lead with our heads...**

you get to relax with this practice.

No thinky think. All flow.

You're in your heart now.

For those of us who lead with **gut instincts...**

you can go slow for a minute.

You're in your heart now.

For the **feelers going with the flow...**

You can let the light do the cleansing work.

Bless & Release upgrades:

- **HAND GESTURES.** If something needs extra love, **use hand gestures** to “scoop” the discomfort into your heart. The physical motion helps settle the mind.
- **WRITTEN FORM.** If your emotional suffering is slightly excruciating, **write a love note to your suffering**—pencil to paper, and hold it to your heart as your work with the light frequencies.
- You could work on a particular topic for **21 days in a row**. Really give it. Additionally, you could do a bless & release meditation at the **same time every day**. That reliable rhythm is particularly nourishing for your nervous system and it cues your spiritual guides that you are ready to work.
- Morning bless & release saturate your intentions with light frequencies.
- Evening bless & release.

The inhale does the blessing.

The exhale does the releasing.

Let's do a quick demo

I'll guide you through it like we're going for a walk together.

You're telling me that you're so tired of doing more than your share—especially at work. It's really starting to weigh heavy on you. You're feeling resentful and exhausted by it.

Let's work with that. Pick one feeling to focus on. If you try to heal the whole heap of emotions, it's too much at a time. How about we start with the resentment? Let's do it.

We're going to bless & release the resentment and all the grossness associated with it.

I ask you to connect with your heart. Instinctively, you put your hand on your chest and take a deep inhale.

K, now we want to help your mind relax. We need to warm it up so it doesn't become super analytical or judgey when it's time to work directly with the resentment feeling. This is energy work, not a planning meeting. So...

Think of something that lights you up! I'll give you an example, for me it's the memory of waking up with my baby boy on my chest the morning after he was born. There he was all perfect and squish! Or sometimes I'll think about how grateful I am for trees...I'm in love with forests.

What's your positive recollection or grateful thought? Got it? Beautiful! Let your mind feel that happiness.

Okay...Keep breathing naturally and notice that your heart is filled with **warm golden light**. Luminous!

Now bring in the feeling of resentment and all its heaviness into your heart. What's it look like? What form does it take? You need a vignette, a symbol of the feeling.

You can see it as a particular moment, like a movie clip. The morning you got an email from your workmate and felt a flare of WTF?! Or maybe that day you sat in your car in the office parking lot and thought, "I've got to stop overaccommodating." Or maybe it's just the word "resentment" in uppercase letters typed in the middle of your heart.

Let that image just relax in your luminous heart chakra. Breathe into it.

Now pour on the light rainbow colours:

pinks-peaches-golds-mints-blues-lilacs...Swirling, cleansing, healing, soothing, energizing. And the vignette of resentment is just basking in that light.

You're calmly powerful. Breathe into your heart some more. The inhaling is the blessing. The exhaling is the releasing.

And that's it. Just let the resentment feeling relax in the infinite landscape of your heart.

This could have taken three minutes or twenty. Your Soul will take it from here. You don't need to analyze it. You don't need to engage with it any more today.

You did the energy work and that will make its way through your energetic field—your thoughts, words, and actions—and everything you attract.

You blessed it and released it. And if there's more to bless & release tomorrow (which there will be), breathe into your heart and give 'er.

Breathe into your heart. Because...

Conscious breathing is the most direct way to regulate your nervous system.

The Vagus Nerve Connection: When you breathe deeply and slowly, you stimulate the vagus nerve—the longest cranial nerve that connects your brain to your heart, to your lungs, and your digestive system. The vagus is like your relaxation meter. Activate it through breath, and it sends "all clear" signals through your system.

Heart Rate Variability: When you breathe at a slow, steady rate of about 5 breaths per minute (which happens naturally when you "breathe into your heart,") you create heart rate variability coherence. This isn't just relaxation—it's optimal nervous system function:

- Your heart rhythm becomes coherent and smooth, instead of erratic
- Your brain waves shift into alpha and theta states
- Stress hormones like cortisol drop
- Feel-good neurotransmitters like GABA and serotonin increase

The Observer Effect = Your attention changes everything: Quantum physics proves that the act of observation changes the behavior of what's being observed. Metaphysically speaking, when you bring loving attention to your pain—instead of avoiding it—you change its structure. Healing goes where energy flows.

The science of light & colour

In a Bless & Release Visualization when you send the “translucent rainbow spectrum” to what you're healing, you're working with electromagnetic frequencies that have positive effects on the brain and body.

The neurobiology of colour: Exposure to different colours creates distinct brainwave patterns.

And, this is so cool, you don't need to see these colours with your physical eyesight to get the benefits. *Studies of meditation practitioners using colour visualization show the same brainwave changes as if they were looking at actual coloured light!* Whether you see it with your eyes or you visualize it, the brain registers it in the same way and the healing happens.

Even more fascinating: *when two people practice sending light to each other simultaneously, their brainwaves start to sync up.*

What happens during light visualization:

- Your brain shifts into alpha and theta wave states—deep relaxation and heightened awareness
- Your nervous system activates its rest-and-digest mode
- Areas of the brain associated with empathy and Compassion light up
- Stress hormones decrease and feel-good neurotransmitters increase

When you pour light on a negative feeling during the Bless & Release Visualizations, you're bathing your nervous system in healing frequencies.

CHAPTER 12: Relationships

We can bless & release the **two-way dynamics** within a relationship.

We can bless & release our **personal patterns** in relationships.

We can bless & release the **history** of a particular relationship.

We can bless & release a relationship altogether and **move on**.

God bless us all, relationships are *the light work*.

Reminders

- **Every relationship is a divine assignment.** All conflict is a call for unity.
- Pain in any form is a cry for Love. All suffering is an opportunity for more consciousness. In this regard, Love is our capacity to *be more inclusive of our pain*. The more we push our pain away, the deeper the suffering.
- **What (and who) is right in front of us is our spiritual practice.** Every encounter is an opportunity to become more conscious and choose love over fear.
- We heal each other—and the world—by **healing ourselves**.

"Every relationship is a divine assignment" is a poetic way of saying: *We trigger each other into wholeness*. Both my partner and I were so triggered once that we argued over who was more triggerable. That's what loving our way through it looks like some days.

We're activating each other's wounds so that we can become our own healers.

Truth seeing, truth telling. Once you start working on the energetic level, old identity narratives start to loosen up. It's not a quick fix, but over time, the volume of your reactivity goes down. And when you get triggered, you breathe in your heart and ask:

How can I Love my way through this?

The answer: Blessing and releasing.

It's not you, it's me (and my energy)

Healing your feelings is the most responsible thing you can do for your relationships. It's maintenance, and it can move mountains.

And blessing & releasing can be arduous. Gentle rhythmic breathing? That'll crack you open. Those shimmering light frequencies can gut you. On Sunday, bless & release breathing can get you high on life. On Monday it can make you sob in the kitchen because the grief has shown up for some attention.

It's hard work at times, but we do it *gently*. **Emotional intimacy with ourselves + others is one of our greatest strengths.**

Don't judge your stress response. Don't skip ahead to imagining outcomes. When you want to shut down, breathe in the desire to shut down. When you want to blame, breathe in the desire to blame.

Stay with what's happening in the moment so that your emotional discomfort doesn't build into blame—for yourself or the others.

Blaming others can be a bypass for how we're really feeling. Saying, "You're late again," to your late-again-partner is a statement of fact. The blaming comes in the tone. And the blame is probably a cover up for feeling disrespected.

They're late. Again. You're resentful. **Your first job is to get truthful about how you feel about your feelings, not what you think of their behaviour.** *Start with you, take your attention off of them.*

Breathe into your heart, think a positive thought about anything, then give your resentment some light frequencies.

Remember: blessing is not condoning or bypassing. It's presence and power!

The love you give your feelings helps your mind calm down. The stories get less chatty.

And *then* you can think about what you want to do with your late-again-partner. Share how you really feel, laugh it off, or come up with a new deal.

Build all relationships on your devotion to truth

Blessing is a form of forgiving. Not acquiescing. You forgive yourself. You forgive them. You start forgiving the micro-moments—and so much of our relationships happen in the micro moments.

Blessing is a way to circulate energy, which creates more mental clarity, which gives you the confidence to live in truth.

You'll be able to see the best moves for your growth: To let go of the pattern but keep the person. Or to grow out of the relationship container.

It's much less about what they do-did-done. And all about who you are today and who you want to become.

Breathe steady with your fluctuating emotions.
Get very, very soft around your rage—and even softer with the shame of your rage. Hold your exhaustion like it's an egg...incubating with beautiful potential.

Accept that you are the healer.

Soul contracts

"Beware of the temptation to perceive yourself unfairly treated."

- *A Course in Miracles*

When we're afraid or hurt, the ego will look around for who's fault it is.

Our shadow self builds the case for why we're right, why we should take space or withhold love. Or why we're justified for leaving. We turn our relationships into trials and negotiations. Sometimes, literally.

Our hurt is very real to each of us. And, we can be totally right, and take some space, and even leave, without making anyone wrong for our feelings or responsible for our choices.

From the ego's point of view, relationship challenges—and endings—are blamed on the other person: *They disrespect me. They didn't apologise. They don't take accountability. They're dishonest. They don't care enough. They didn't share enough.*

But it's never entirely about them. It's about our energy field.

We incarnate with our own healing assignments. Those "assignments" are circulating in our energy field—and we magnetize our teachers to us. And they often piss us off. And break our hearts. And some of our teachers amaze us and save us. And we build indestructible, indescribably beautiful relationships with them—according to the divine plan.

From a metaphysical perspective, relationship challenges and endings are the natural order of life. They are karmic. We attract each other precisely because of our woundedness. When someone else is getting us where it hurts, it's the greatest opportunity to heal that *pre-existing* wound. We came in with the wound, and they are a vibrational match to it.

The purpose of the struggle is to bring our attention to what needs to be healed, and learn to love our way through it. This is the toughest assignment in Earth school. To be graceful when you're feeling ground down. To choose inner knowing and dignity, over blame.

When relationships end, it's because our Soul contract is up. The learning is complete. Planetary alignments have danced it out.

On the surface, there are all the reasons that the relationship isn't working. There's everyone's resentments, restrictions, and weaknesses. But that's the curriculum for consciousness and freedom.

You don't have to take responsibility for anybody else's actions. You can't. Ever. But we each can be radically responsible for what we came to learn. We have to bless the relationship in all its manifestations, or we won't be free of the projections and bindings of it.

Whether it's a boss, a marriage, or a long-time friend. Whether we just grew apart or betrayal burned the bridge—we don't want the heavy energies in our field anymore. Play the blame game and you carry that vibration with you. Curiosity and responsibility dissolves the bonds of karma and you leave with a clean conscience.

Relationship releasing

I was sitting at my desk crying when Googled, “How to overcome heroin addiction.” Except, I’ve never tried heroin. I don’t even drink coffee.

I was trying to let go of divorce pain. My mind looping was feeling addictive and I figured recovery methods might work.

I felt bound and brittle. I knew that I had to become the antidote to all that—open and fluid. So I did the most radical thing I could think of: a 21 day Bless & Release practice for my ex-husband. No skipping days. All in.

It was really hard. Then it was awesome. Prior, I’d been trying to keep him off my property. But now I was going to hold him in the cave of my heart with unconditional Love. It was worth a shot.

On day one, I just sobbed through all the light streaming. Next day, I cried for his pain. Then I cried for our son. Then one morning, as I was letting the grief just relax in my heart, I remembered why I fell in love with him. I saw resentment hiding behind my blame. I saw the perfection in all of it. I saw how vast my heart is—it’s so big! Soon enough, I was pouring cherishing energy all over him. Waves of Love. It was so easy. I looked forward to my daily Bless & Release session.

I considered putting his new girlfriend in the light bubble, but let’s not get carried away. The 21 days was up and I’d done what I needed to. I transmuted a hella heap of pain. And that was my closure. Years have gone by since then and now if he aggravates me, I actually draw on that cherishing energy...and it softens me.

Some romantic endings are abrupt. Other times, it’s been a slow crawl of counselling, waffling, and reconciliation booty calls all the way to the finish line. Or so I’m told.

Resentment, hostility, vengefulness, spite. Who needs it? Not you. Not them. Not anyone around you. Doing the light work with those heavy emotions is how we get strong and move on.

Ending Relationships Reflection

I have a reflection process that might help you navigate the ending of a relationship. This works for every kind of relationship—jobs, lovers, friends, relatives—no matter how the relationship is being ended or **shifted into a new form**.

Bring to mind a particular relationship...

1. **Are you willing to let go at this time?** This is a *yes* or *no* answer—with no self-judgment.

If you're not willing to let go quite yet, would you consider spending some time blessing the relationship container and everyone in it? Amazing! Then do the Bless & Release Visual as long as you want, as often as you want. That will help clear your mind, it will also help steady emotions and bring Compassion to everyone.

If you are more willing to let go, keep going with these questions:

2. **Are you in a neutral place at the ending of this relationship?** Neutral is being at *relative* peace, not highly charged, you're in balance with it—meaning, even if some of the feelings are heavy, you can hold them. [Go on to question 3.]

If you're *not* in a neutral place, how would you describe your “relationship” to the relationship? What's the polarity in your psyche about this relationship? Meaning, what's the “me vs them” or “this over that” storyline that you have?

3. Whether you are in a neutral or *not* neutral place, are you currently able to see **the sacred growth** that occurred as a result of your time together? Describe the **expansion** that happened for you (and maybe for them and the people around you) because of the relationship...and its ending.
4. What would it look like and feel like to cultivate Forgiveness around the relationship?
5. Describe the wholeness and happiness that you see for yourself as a result of this relationship ending. Describe the wholeness and happiness that you also bless the other person(s) with.

This would be a great time to do a Bless & Release Visualization on an aspect of the relationship.

Blessing & Releasing for relationships

B&R Cue: Breathe. Positive thought. Bring in the feeling for the healing. Pour on Light.

- **NOURISHING.** You can use the practice to nourish what and who you love. Blessing & releasing doesn't just have to be for negative feelings or something you're trying to repair. You can use it just to send extra love and happiness—to your kids, your beloveds, all of your people.
- **ONE PIECE AT A TIME.** If you need to bring healing to a relationship, this is key: **only work on one particular dynamic of the relationship at a time.** You're not trying to cover the entire history of your relationship. For instance, bring in the image of one moment in a conversation, focus on one word or emotion that is causing disruption. We heal in layers.
- **YOUR PEOPLE.** You can focus on one person; a group of people; present or past.
- **SEE THEM IN THEIR HIGHEST FORM.** You could do a bless & release session where you bring the other person into your heart, and you see them at their highest good. You visualize them being joyful, generous, whole. You're seeing them in their fullest, most beautiful, and powerful form.
- **SEE BOTH OF YOU IN YOUR HIGHEST FORM.** You could do a practice where you bring *both of you* into your heart, and you see both of you in your highest forms.
- **FORGIVING.** Work with your breath and the colour frequencies. Bring the relationship into your heart. You could simply ask the question: *What does the energy of Forgiveness feel like?*
- **RESOLUTION.** You could bring them into your heart chakra and repeat the words "divine resolution."
- **COMMIT.** Where there is more perceived tension in a relationship, it's good to give it more time and energy. You could do a longer form meditation focused on a relationship (about 11 minutes is very effective). You could also commit to doing this daily for 21 days.
- **OPTIONAL SEND OFF.** It might be satisfying and effective at the end of a bless and release practice to see the relationship in a container, a sphere of rainbow-coloured light, and release it up, up, up to the sky. Let the container float

as high as you can imagine until it's a small pinpoint that dissolves in the atmosphere.

- **GRATITUDE.** Always end with thanking your higher guidance and the other person.

CHAPTER 13: Bless & Release for life

Blessing & Releasing for big challenges

When I've been ruminating (aka clinging) to a problem, and my mind is workin' a low vibration thought like, "WTF have I done?!" Or if I'm simultaneously pissed off and heartbroken and I just want some relief...I stop.

I breathe into my heart. And I can see that I'm in such pain, that I don't have the composure to do this by myself. *And I offer my pain upward.*

The most powerful thing you can do in your hardest moments, is to give your thoughts to God.

When I do this, I'm very specific about my language. I'll say it out loud, "*I give my thoughts to God...I give my thoughts to God...*" All of them. Just take them, please.

We can't solve the suffering that thinking causes with more thinking. We can't think our way out of attachments and aversions when they're all we can think about.

So turn to the Light. Release your thoughts over to The Great Divine to handle them for you. Then change the subject in your mind to something that's easier to be optimistic about. Like actual gluten free donuts or texting your BFF.

We bring our suffering to our therapists and spiritual directors for relief. And we cut it up into more manageable pieces for lovers and friends to hold parts of. We're longing for someone to understand our suffering so deeply that the pain dissolves in their presence.

There are some forms of pain that only a Higher Power can carry for us. The Divine is waiting for you to hand it over to be blessed.

Blessing & Releasing in a crisis

B&R Cue: Breathe. Positive thought. Bring in the feeling for the healing. Pour on Light.

If you're in crisis mode and feeling scrambled just do this:

- **Breathe slowly into your heart, and exhale longer than you inhaled.** That's it.
- If you have a little more bandwidth, add a step. Do **4-6-8 breathing** while you're focused on your heart chakra. Inhale for four counts. Hold for six counts. Exhale for eight. 4-6-8...
- Once you're back to center, do a full Bless & Release with your emotions. It's best to have more emotional balance to do the visualization.

Blessing & Releasing for your body

“Emotional experiences that are repressed become chronic sources of unrelieved physiological stress. When we have been prevented from learning how to say no, our bodies may end up saying it for us.”

— Gabor Maté, *When the Body Says No: The Cost of Hidden Stress*

A friend of a friend came to me for some spiritual direction about her cancer diagnosis. “Don't fight the cancer,” I suggested. “Love it.” She exhaled.

“That's what I want to do but everyone is using language like, ‘Fight it, kill it!’ But you know, I'm not angry. I just want to live.” Yesss. Whether you choose chemo or mushrooms, or art therapy...do it from your creative power. “Fighting death” increases the battle in your energyfield. “Loving life” fills you with pure life force.

There's heaps of research that connects emotional repression to chronic illness. Illness is a congested emotion, it's often unexpressed pain calling for our attention.

And we know that using breath, light frequencies and focused attention transforms the state of negative or suppressed emotions—and our immune systems.

Here's how to Bless & Release with your body:

- Choose only one facet of your physical situation to focus on. It could be the emotion around your physical challenge or your relationship with your body. It could be a diagnosis that you are choosing to bless & release. It could be a

visual of a body part. It could be a memory or a word that symbolizes what needs to be healed.

- If you feel called and if it's possible to place your hands where you'd like to bring healing to your body.
- You could also see yourself scooping the pain from part of your body and bringing it into your heart chakra for healing.
- Maintain curiosity and compassion for the physical condition or the feelings you have about it. We need to be really steady here. We want to transmute the illness, but we keep in mind that it's unconditional love that helps transmute it.
- What often happens is that a dialogue begins internally with what we're trying to heal. Stay curious and gentle.
- You are giving the congested emotion exactly what it needs to move forward and out of your body: unconditional love.
- We might think, Won't the illness stick around if it's getting all this great Love from us? No, babe. The energy trapped within the illness wants to be freed. Life always wants to return to harmony.

Blessing & Releasing for Mother Earth and the world

“We do not ‘come into’ this world; we come out of it, as leaves from a tree. As the ocean ‘waves,’ the universe ‘peoples.’ Every individual is an expression of the whole realm of nature, a unique action of the total universe.”

- Alan Watts

Everything we have, everything we are, is because of Mother Earth. Our buildings are made of her body. Our vehicles, our technologies, our cures... all made of her body. We are from and of her. Every relationship we have... her. We owe Mother Earth ALL.

so much happening on the planet, a lot of us can feel helpless. We want to go beyond donations and spiritual platitudes.

Take your praise and your pain and offer it all to Gaia. Praise her for pulsing through you and all sentient beings.

And when we offer up our pain, it's not to dump our toxicity on her—she's had enough of that. But instead, we can place it on her like we would put a candle on our altar. Here, this is sacred. Thank you.

Nature is the connection to the Divine Feminine. The Earth is like a battery charger of energy. Ideally, we enter into a conscious relationship with nature with sacred intention—for communion and homage. The intention deepens our restoration.

Support notes

- **If you are not the type of person who easily “sees” in visualizations, no problem.** Blessing & releasing is still for you! Having guided thousands of people in meditations, I've learned that some of us "see" a blank screen in our minds when we're asked to visualize. There's a name for this phenomenon, it's called aphantasia.

If that's the case, just approach this as a thinking exercise. Just **believe and assume** that, even though you can't imagine it clearly, the concept is at work and colour frequencies are moving in your heart. The belief is the traction.

- If you're feeling like you're getting more triggered, not less, then back off of the practice. The medicine is often in the dose. Remember to focus on only one aspect of a larger issue. You can choose the least stressful aspect to begin with.

Work with the color frequency for 2-4 minutes. And if you need the support of a therapist or a spiritual director that you can work one-on-one with, give yourself the grace of that.

- If your healing topic feels too painful to bring into your heart center. Love, I get that some things just feel too jagged to work with. Just pray. Prayers are the classic blessing. Pray for healing. Pray for everyone involved. Use your mind to send best wishes. And when you're up for more active work in your heart chakra, that timing will be divine.

PART 4: Curiosity & compassion

CHAPTER 14: What we want to let go of

Our community loves to talk about what they want to let go of. We are here for it. I'll send out a survey, and weeks later I'm still getting fresh answers.

I texted a few dozen friends, “What do you want to bless & release?” and it turned into a *thing*. Now they randomly send me updates to their Bless It Lists. My phone has turned into a confessional she shed.

When I tell someone that I “write about the physics of letting go,” I get the most incredible, almost visceral reactions. I don't even have to ask the question, they immediately get deeply personal. “I want to let go of that feeling that if I stop being productive my life will fall apart and the constant pressure to be improving all the time and my fear of failure that keeps me over-achieving. Ya. That's what I want to let go of.”

And then like they just came out of a trance they switch topics and say, *How's life with you?* They went to such a deep place so quickly they didn't register that I just witnessed a big piece of their pain—and power.

This topic is amazing. For years, I've resisted surveying people. Who needs another online check box? But now, we can't get enough of peoples' answers, and apparently thousands of people have been waiting for someone to ask the question...

Top 5 categories of what people want to let go of

1. SELF-WORTH & IDENTITY PATTERNS

exhaustion from trying to be worthy

2. CONTROL & EXPECTATIONS

masking our control issues as being responsible

3. PAST & TRAUMA

our past is affecting our present—and we need help to process loss, grief, rejections, endings.

4. FEAR-BASED LIVING

tired of letting fear call the shots

5. RELATIONSHIP DYNAMICS

worn down from dysfunctional relationship patterns

1. Self-worth & identity patterns

What this often looks like:

- The same feeling of worthlessness that comes up again and again despite all of my "inner work."
- The story that my worth and value come from being productive and having a clear direction.
- Self-shaming patterns and judgment.
- The idea that I have to be fully healed, super enlightened, fully "done," in order to be whole.
- Proving my worth.
- The pressure to be exceptional just to feel enough.
- My insecurity around people who make more money than I do, feeling like I'm behind in life.

The gift of bless & release: Worth can't be earned, conquered, or even embodied—and I hope this comes as a relief. The heart doesn't bother with

questions about "worthiness," but the ego asks about it non-stop. When you feel yourself asking if you're worthy, breathe into your heart and don't even go there. All of our freedom and power are in this Truth: your harsh inner critic is actually your soul's way of developing infinite self-compassion.

2. Control & expectations

What this often looks like:

- Expectations of myself and others.
- Managing others.
- The need to be right all the time.
- I'd love to let my brain totally rest.
- Over-planning and over-work.
- The relentless pursuit of control and domination that suffocates my true self.
- Future tripping.
- Rushing outcomes.

The gift of bless & release: We can't control most circumstances in our lives, but we can choose how to think about all of it. Their feelings are not your responsibility, and you stop managing other people's emotions—but you're still empathetic and caring. When you're not carrying grudges or vibrating with resentment, the heart just wants to get on with living—and you have space for real connection.

3. Past & trauma

What this often looks like:

- No closure or apology from old connections.
- Regrets and guilt related to parenting.
- The stories I keep replaying about how I could've done things differently.
- Heartbreak from estranged adult children after divorce.
- Who I was vs. who I am.
- Thinking the past was better than the present.
- Sadness from relationships that have ended.

The gift of bless & release: Closure is your inner peace. Full stop. All feelings calm down when they are welcomed—a lot like people. Time does not heal all wounds—consciousness does, and your wounds aren't your identity, they're your curriculum for becoming whole.

4. Fear-based living

What this often looks like:

- Worry about things I can't control, and pressure to immediately improve the things I can control.
- My fear of being seen.
- Fear of death pops to mind pretty automatically.
- I want to let go of my habit of bracing for impact.
- The anxiety the world often brings to my soul.
- Fear of saying things that might lead to disconnection or misunderstanding.
- Fear-based beliefs.

The gift of bless & release: You stop bracing for impact. That constant tension of waiting for the other shoe to drop dissolves. If you bring your fear with you, it doesn't hold you back. We create every single one of our fears ourselves—each one is our "mind baby," and the job is to parent the fear, not abandon it. Your worry is your soul's way of teaching you to ask for Faith.

5. Relationship dynamics

What this often looks like:

- Being reactive to my parent's comments.
- The need to seek validation from an unloving, uninvested person.
- The pressure of doing what makes other people happy.
- Saying yes to work that isn't a "whole body yes."
- The need to defend and protect everyone—they're grown ups.
- Being easily triggered by my mother.
- The ex who I keep going back to.

The gift of bless & release: You get closer to the people you really like because when you're not carrying grudges or vibrating with resentment, you

have space for real connection—and healthier humans show up. You'll say what you mean and mean what you say, taking a pause instead of taking offense. And, a revolutionary concept: you stop managing other people's emotions. Every relationship is a divine assignment.

Remember: Energy can't be destroyed, it can only be transformed. What we banish always comes back wanting to belong. Healing happens through embrace, not exile. *The gift is always in the blessing.*

CHAPTER 15: What to Bless & Release

Suggestions for counter-intuitive, counter-culture, and the most liberating things to transform.

...trying to overcome your fear.

Overriding our fears doesn't make us less fearful, it just blinds us to what we're actually scared of. This is one of the biggest delusions of self help culture.

We can overpower our fears and accomplish some amazing things. But bravado can be a cover up for insecurities, in which case we'll take our outer achievements as evidence that we're making deep progress. But there's still deep cleaning to do.

As long as we are running away from fear, we do not look at it. The moment we stop and look at fear, it begins to dissolve.

- J. Krishnamurti

We create every single one of our fears ourselves. Each one is our "mind baby." You are the mother/father of your anxiety. The job is to parent the fear, not abandon it. Build a quality relationship. Talk to your mind babies. *"You're afraid of failing? I hear you, I've got you, and the Divine has me. And we're going on this adventure."* You could even say *Thank you* to your fear for helping you to become more conscious.

And with just that moment of attention, you interrupted a lifelong pattern of rejecting your fear. And off you go! No fear left behind! More conscious than you were before.

If you bring your fear with you, it doesn't hold you back.

...wanting to be confident all of the time.

Focus on being present, helpful, and genuine. You'll learn more about who's in the room, you'll see where you can be of service, and you'll be more magnetic—which is what builds real confidence.

...the desire to be enlightened.

Where's the best place for the ego to hide? In personal development workshops.

...excessive boundaries.

Please have healthy boundaries, they're part of being a spiritually mature adult. And know that when we get over-bounded, we block our life force and stress our nervous system.

When we're getting in the habit of self-respect, sometimes we overcorrect in the boundary department. Emotional barriers backfire. We don't need to categorize everything into "what works for me, and what doesn't." Life is messy and full of opportunities for boundless love.

...trying to prove you're worthy.

Worth can't be earned, conquered, or even embodied. I hope this comes as a relief. If one of your favorite children came up to you and said, "Am I worthy of your love?" You'd scoop them up in your arms and say, "What a silly question. You have my love always, no matter what. You're *beyond* worthy!"

The heart doesn't bother with questions about "worthiness." The ego asks about it non-stop. *Am I worthy yet? Am I worthy now? Does this make me worthy?* Years of hustling to prove that we're worthy of getting what we're longing for. What a racket.

Worthlessness/worthiness is a mirage—neither are true states. Your Soul is beyond this duality illusion. When you feel yourself asking if you're worthy...breathe into your heart don't even go there.

...being resentful about your history.

This includes your parents and exes. When we let go of our unmet needs from the past, our current needs are more likely to be filled—and beyond our expectations.

...doing hard things to prove your value.

The unhealed part of us is hooked on *overcoming* things. Remember the question that changes everything: *How big of a problem do you want to make this?* You're still relevant if your life is easy.

...the manifestation obsession.

Unpopular personal development opinion: We're not going to get everything we want in life. There's karma and conditions. The playing field is not level for everybody in each lifetime. However, no matter what our circumstances, a joyful connection to the divine is within everybody's reach. *And that is the whole point of incarnation.* Life is not about accumulation. It's about devotion.

...wrong timing.

There's a New Age platitude that, "there's no such thing as a mistake." But that's a bit...mistaken. We make mistakes. We leave before the miracle happens. We let our wounded self choose people who we think will fix us. We say things that we end up regretting. We throw away money. We over stay.

Buddhism teaches that there is: Right Speech, Right Action, and Right Livelihood. Which means that a lot can go Wrong.

And yet! Everything—right, wrong and all the inbetweens—are part of the Earth school curriculum. We live in contrast and we learn through contrast. The big lesson is to do it all mindfully. *To bless it all.*

So from a heart centered perspective, mistakes are compost and all timing is divine.

...your self-judgement about being judgemental.

The function of the mind is to discern. It is innately judgmental. If you are judging yourself for being judgmental, you'll do it even more. *Notice the behaviour without judgement*, and let it pass through.

...control.

You know it's an illusion. Fear tries to convince us that if we let go of control, something awful will happen. But it's the opposite. When we stop trying to force everything to happen, then our actual life force multiplies!

...the unspoken vow that you need to do it all—all by yourself.

Years ago I sent a group text to my closies, "I'm on the verge. Can you send prayers up, light a candle. Whatever feels right." They knew what I was praying for. I sent an obnoxious chain of Thank you's and hugs and kisses for affect.

Immediately every friend responded, *Done! Doing it! Holding you in the Light! I love you! You got this!* One friend texted a photo of the candle she lit and the sacred object she placed on her altar for me. And she said, "It's an honour to help you."

And I melted. I'd never thought of it that way.

Most people want to help, but more than that, they cherish the opportunity. Give them the honour.

...your unmet needs and desires.

I'm a big fan of having dream funerals.

Here's the eulogy: *It didn't happen. It's not going to happen. Now let's focus on what we can make happen.*

Unmet needs take up a lot of inner real estate. Just like the tree stops sending nutrients to its broken branches so that more fruit can grow on the better branches...we have to stop watering what's not working.

This is one of the most potent forms of blessing & releasing! **Letting go of unmet needs transforms resentment into presence.** It frees up our energy to be grateful for what we have and to create new realities.

Use the Impact Questions to start healing unmet needs and desires: *What am I feeling? How am I responding to my feelings? What's the impact of my response to my feelings?* Then work with the unmet desire in your heart so it can retire and you can live bigger.

...the worry.

Who of you by worrying can add a single hour to your life?

- Luke 12:25-31

Worry is a very dense, heavy energy. It comes from the disorganized part of the mind. Worry depletes the life force that's meant to support us. It's exhausting.

Worth noting: There's a difference between worry and concern. Worry obstructs healing. Concern facilitates it. Worry acts helpless. Concern is proactive.

The first step to transforming worry is to realize that you're not the worry or the anxiety. Those feelings are only visitors in your energy field.

Think higher than the worry. Choose antidotal thoughts to transmute the worry vibration. *I am Trust. I am Determination. I am Courage. I am Divine Order.*

...unrealistic expectations.

We all know that a lot of expectations f*ck things up. The move is to become more aware of what our expectations really are. Unspoken expectations become resentment.

But we're often unconscious of *what we really want.*

Or...we know what we want, but we don't feel worthy of it.

Or we don't trust that life is going to deliver on it.

We get to have expectations. But they need to be screened for hidden agendas. Go for a bless & release walk and ask yourself what you're secretly (or not-so-secretly) expecting from a person or situation.

Breathe with each expectation that enters your mind. And this is how you vet Your expectations. Ask:

Which expectations feel **absurd and clingy**?

And which ones feel **lit up and dignified**?

... disappointment, grief, resentment & anger.

(in that order.)

Where there's anger in the present, there's unresolved grief from the past.

First, the disappointment of unmet needs. When we're children, we can't fully process not having our needs met. We go unseen, unheard, and not met as we'd like to be. Then comes the grief. And that natural grief gets held in our energy field.

Eventually, when we are more robust, wiser, and have the psychological fortitude, we can process those emotions and unsettled energies.

Over time, unresolved grief thickens resentment, which builds into anger.

Resentment is a huge obstacle to abundance. If our hands are full of resentment, we can't hold the abundance. We hoard resources out of fear of lack—fear of future disappointment.

The larger the resentment held in our energy field, the greater our need to push for abundant businesses and partnerships. The greater the push, the greater the pursuit, the stronger the repulsion we create in our magnetic fields. It can become a vicious cycle of chasing and not receiving.

With curiosity and compassion, audit your life and relationships to see where there's some old resentment. Notice where the grief initially started in childhood. Now notice how this unhealed grief can cause anger when your needs aren't met.

Fight your anger and it will fight you right back. When we bring our resentment and anger into our heart center, they will diffuse and give us the teaching they need to. When we acknowledge anger we're showing it the respect it's demanding. Then, like a defendant who just wants her day in court, we allow the anger to state its case. That's what it wants: to be heard. To be accepted. To be seen. And then we can move on.

...trying to convince others that you're right and they're wrong.

The ego wants validation. The heart wants to get on with living.

...the idea that because you were wrong, you don't belong.

You're going to get it wrong. We learn through contrast. Making mistakes doesn't mean that you don't belong at the table.

...your rejection pattern.

We all deal with rejection in various forms. It's usually a wound from our childhood that becomes adaptive as we move through the world. Unconsciously, we work really hard at not being rejected. The fear of rejection is spinning like a twister in our energy field. And we know how that's gonna go.

We infer what people expect of us. This is what's extra ridiculous: a lot of the time, we're just assuming what people expect of us because we haven't had clear conversations around mutual expectations...because no one wants to be rejected.

So we adapt. Perform. Round up, round down. Fawn. Mask. Go quiet. And we lament, *"No one knows the real me."*

And the rejection pattern plays out. You win the Pulitzer but your brother still hasn't read your book. Your work crush lost interest when you told them about the New World Order. You got passed over. You just can't seem to get on the inside of what you want.

The rejection builds until that pain theme breaks your back. You're sick of it. And you realize the pattern: *You've been trying to *not to be rejected* most of your life.*

(Guess what? We've all been trying not to be rejected most of our lives.)

You breathe into your heart. You bring in the pain. It feels pretty gross but energizing at the same time. And you see that sitting next to your super sad rejection phobia is the most profound, sublimely beautiful desire to be loved for who you are.

And you love yourself for that.

CHAPTER 16: Let yourself go. Thoughts on identity

“Re-examine all you have been told in school or church or in any book, and dismiss whatever insults your own soul; and your very flesh shall be a great poem...”

- Walt Whitman

Every transformation has a letting go story

Successful “before & after” stories have a middle chapter. And it’s all about letting go.

Warning, dad joke incoming... *What happens when you play country music backwards? You get your job back, your wife back, and your dog comes home.*

Letting go can feel like going backwards. But then it starts to feel like good momentum.

Over the last few years, my life has looked like a big yard sale. I sold my awesome house with an art studio. Now I rent a small apartment by the beach. I got rid of my car. Now I walk. I gave away half of my wardrobe and more than half of my furniture. I abruptly said goodbye to bad romance and a heap of expired desires. And why stop there? I burned down my decade-long business structure, and rebuilt my team—and my ambition.

But let me back up. In and amongst all that radical simplifying, I had to examine my neurotic self-helping, my fear of a punitive God, and the wrath of New Age karma. I was forced (strong word, but big letting go can feel like that) to question every long held belief I had about true happiness and my identity in the world.

So my Soul—with the help of my hormones—sent me some anxiety and panic attacks. This was all new to me. I had no reference point for anxiety, or waking up with suicidal ideation.

My days were filled with psychotherapy and energy work. I was laying on the living room floor, breathing into my heart, while watching my personality crumble. When my kid went to his dad’s for a few days, I’d ferry to a Catholic retreat center, and lay on the forest floor begging the moon for mercy. I am not even being poetic. I would lay on the moss and plead for my emotional pain to be absorbed by the light.

I learned to apply gentleness where I used to apply force.

I let go of holding on so tight.

I blessed my distrust in God's best wishes for me.

I let go of wanting success at the cost of my peace.

And while I can still be pushy and question divine timing, it was a true transmutation.

I reoriented my life around my heart.

I learned how to bless—and so release—my suffering. And underneath it was my Joy.

And then...letting go of all of the outer stuff was like a yard sale of my accomplishments. It just naturally happened. And like, I'm not livin' like a simple girl in a country song. I've got it good. But now it takes a lot less to make me happy.

Focus higher

You do not need to improve your negotiation skills for your worth.

You don't need a checklist of faults that you want to "let go of." We're not playing that game.

And forget about who needs to change so that you can have more peace. Babe, we know better.

We need to build a stronger bridge to your Higher Self so that when your small self is afraid or confused, you know where to turn for clear answers.

Your bless & release story starts with something way more fun: your identity. And your Divinity.

Correct identification

We tend to lead with our labels: Extrovert. Introvert. Outgoing, easy going, solo. Super mom. Good guy. Agnostic. Bombastic. Nomadic. Attached. Avoidant. ADD. PTSD. HSP. INFJ. Mani Gen. Gen X. Enneagram 4. Forward thinking. Strong willed. Soft spoken. Rational. Emotional. Never gives up. She's a Lover. And a fighter.

In order for you to be True Self, you've got to let go of some identifications.

The Buddha taught that all suffering comes from identification. Which is to say, being overly attached to our images can create some difficulties.

Identities are very layered stories that we spend years writing. And then...scene change! Curveball. Life gets very life-y. And you're not anyone's honey, any more. You lost it all in the fire. Your body says, "drop everything and fight for me." That executive position, gonzo. The cash flow dried up. You were in the lead, but dude, now you're cancelled.

If you're a transcendent being, fully aware that you are an emissary of light, traversing through the universe en route to the great void of The Divine, then having your worldly identity stripped from you will be like, no big deal. Amazing. Send us a postcard from the 5D.

But you probably invested massive energy in building your identity and success. Your life plans may have been bequeathed to you by family and ancestors. You had plans and certifications and you have amassed some obligations. So the identity disruption can be very, very, disruptive. It's supposed to be.

Loss ruptures our self image. We let go willingly or clingingly. Either way, we're getting humbled and tenderized. It can be hard to surrender what's made us feel worthy and powerful....identity.

But when your Higher Self decides it's time to get better acquainted, it lights your life script on fire. The masks burn and there we are—re-made and re-prioritized.

Ego shedding is how we become truly resilient and actually Radiant.

And by Radiant I don't mean shiny, New Age perpetually positive persons. I mean, *illuminated*.

The dark night always reveals your light.

How radiance happens

The ego gets cracked open to make space for the Light of consciousness.

When the ego self experiences a crisis—a loss of a dream, humiliation, an identity in question—its self-centeredness begins to loosen up. The loosening allows our True Nature, our inner light, to shine through. We can finally see how out of alignment we've been. Where there was once a lot of fear, there's a lot more Wisdom.

The pain becomes a purification.

Barn's burnt down, now I can see the moon.

- Mizuta Masahid

It's in the melt down that we start to sense a supernatural natural force with us. God's hand; destiny, maybe; the Divine Mother. Amazing friends standing by us.

And this is the really amazing part. The old story that *we're separate and disconnected* also falls away. Our heart centered desires come forward. We reorient ourselves from "me" to "we" thinking.

We become more loving.

Our thoughts, words, and actions become more compassionate. This is what it means to be aligned. *Radiant*.

Ask yourself,
What identity am I holding on to?:
The victim or the Solution?
Fear or Love?
The Wound or the Healer?

Evolution includes the past

This is key: We don't dump our "old" self off at the personality landfill. Our former personality and identifications aren't left behind. The proving, doubt, perfectionism...those behaviours get tucked into our travel kit where we can keep an eye on them. We may need them on occasion. They may get chatty. But they're no longer running the show.

The old stories lead us to the true story.

Let's review:

There's correct identification and incorrect identification.

Incorrect: *I am my titles, my roles. I am my body. My feelings are "me." I am a reflection of my past. My worth is equal to my productivity.*

No, babe. We're going to bless & release those mis-identifications and all the suffering that comes with them. This is a hopeful and joyful process.

Breathe into your heart.

Correction: *I am an emissary of light and I'm here to party.*

PART 5: Real transformation

CHAPTER 17: Gentle power

Cutting cords

SPIRIT & PHYSICS

In quantum mechanics, entanglement is a real phenomenon—when two particles become connected in such a way that the state of one instantly influences the other, no matter the distance between them.

It's also a beautiful metaphor for our human bonds.

Energetically, we become entangled with others through love, trauma, shared experience. These connections aren't inherently bad—but the way we try to sever them can either create more turbulence...or more healing.

So...about the concept of “cutting energy cords” with people and places...in which we send all that energy back to where it came from, and cut-cut-cut those cords! That practice can be a powerful remedy to imbalances and to protect ourselves. But... mostly...no.

If you're in an emotionally volatile space, it's hard to let go of what you're angry at. Anger grips. Then we get to cutting ties, visualizing the ropey energy cords between us and someone else being severed. Wheed whackin' our negative associations.

How peaceful is that?

You can't let go of something that you're aggressively trying to let go of.

Yes, there will be times when you need to go full on sorceress, invoke your guardians, and with unwavering fierceness, you will cut the energetic ties to whatever has been menacing you. There are such initiations.

But *even then*, spiritual warriors cannot go into combat in a blind rage. The darkness loves a good fight. Surprise it with your composure and neutrality. Approach your cord cutting as the duty of right action. We sever ties for the good of all—and that includes whoever and whatever we are severing ties with.

For the majority of our angsty entanglements, the aggressive act of cutting cords can make a mess of things. Blessing & releasing makes a clean exit.

The tone of letting go

Darkness cannot drive out darkness: only light can do that.

Hate cannot drive out hate: only love can do that.

- Reverend Martin Luther King, Jr.

You can shout goodbye and slam the door. Or you can say goodbye and bow. Same words. With hostility or namasté energy. Words create our realities and tone matters—a lot.

How we let go determines the effectiveness of the release. We want to let go without leaving a hook. *We want true completion.*

This can only happen when we practice harmlessness as a virtue. Harmlessness sounds light weight, but it's a warriorship. It requires self-discipline and humility.

I have a friend who's the most gentle-natured human. Big brown pacifist eyes. We went for a walk the day after a big political election. And, in reference to the winner, my mild-mannered friend said, "I wish someone would just kill him!" I winced. Politics is a sh*t show but what I wanted to say is, "Honey, you don't want that murder vibe in your field...there's a better way to process this."

We say crazy, out-of-character things when we're anxious and angry. Understandable, but...it all gets registered in our energy body. Malice is an energy hook. We can't build better lives if we're death-gripping vengeance.

Can you speak your truth without the intention to cause harm?

What you run from will chase you

This is also physics. Force attracts counterforce.

I've had a history of respiratory problems. Wet winters in Vancouver didn't help. I was so afraid of another bout of bronchitis that I made a plan to head to Mexico. I literally said to my friends, "I'm fleeing the city for a few months. Gotta escape to heal my lungs."

Maybe "flee and escape" weren't the best vibes. I manifested a tragic comedy of moldy hotels and 24-7 noise. I'd walk into a room, my eyes would start burning from the mold, and I'd tell the bellhop not to bother with my bags. This happened at three places. I checked into a pretentious concept hotel, but it didn't have window blinds so I was up at dawn. Aching for sleep, I went to a remote jungle house for some silence. It was so cold that I had to wear all my clothes to bed, wrapped my sarong around my head to keep my ears warm.

"F*ck it!" I said to my man. "Let's find a cheap cabana and I'll sleep on the beach all day." So I flip flop out to the lounge first thing in the morning. The sound of ocean waves is caressing my nervous system. I take the supine 'n sun position. Happy beach bunny, I start to doze. And then...*ooontz ooontz ooontz*...house music from the loudspeaker hidden in the coconut tree.

I'm so exhausted at this point that I start to cry. And Oh. My. God. There's another speaker in the opposite tree and they fire it up with some Shakira. I'm caught in a Berlin disco latina battle of the bands. I put my straw hat over my face and started to sob.

It was the convulsing kind of crying. The music was so loud it didn't matter if I wailed.

I was tired of chasing safety. Tired of being afraid of getting sick again...a fear that I had carried for years, everywhere I travelled. Clearly, I could run. But I could not hide.

It was time for some Bless & Release. Right hand on my heart. Deep breath. I brought to mind how much I love the ocean, my profound gratitude for Mama Earth, and the Sun! God, I love the sun.

And then I brought my fear of getting sick into my heart. The heavy worry, the anger, the sadness of all the things I missed out on because I was congested and coughing.

I poured light colours all over it. Shimmering, healing frequencies. And I just let my fear relax there—on a lounge in my heart. I was in full acceptance of my situation. I calmed down. I stopped resisting the *oontz oontz* and let it move through me.

And then I realized...that despite a weeks of mold, fatigue, temperature swings, and air conditioning set on “arctic,” I hadn’t gotten sick. What would have put me into a lung infection in the past hadn’t affected me at all. This was all fear in my head. I was fine. I was more than fine. I was lying on the beach in Mexico with Shakira.

And it was in that moment, that I decided to change my story. I stopped saying, “I have sensitive lungs.” And I started saying, “I used to have respiratory issues.” I stopped talking about it altogether.

When we embrace what we’re running from, we get to put it down.

Beliefs that help you let go

1. **We are born to heal.** We heal by remembering our True Nature.
2. **The ego shows us what needs healing.**
3. **Every relationship is a Divine assignment.** All conflict is a call for unity.
4. **Energy follows thought.** When we think with our heart, we reprogram our mind.
5. **Letting go is how we expand**—which happens through integration, not annihilation.
6. **Pain in any form is a cry for Love.** All suffering is an opportunity for more consciousness.
7. **The body is a conduit for awakening.** Nourishing our nervous systems is top priority.
8. **We’re all from one Source.**
9. **What’s right in front of us is our spiritual practice.**
10. We heal each other—the world—by **healing ourselves.**

CHAPTER 18: Closure

Defining closure

Closure is your inner peace. Full stop.

Closure is not about getting the other person to see things our way. Closure is not dependent on agreement. It's not about getting the apology you might be longing for—and rightfully deserve. You and the other person(s) do not need to forgive each other for closure to occur.

Reciprocal love after a conflict is so healing. That's the ideal, for sure. But if we're always relying on the other party to come 'round so that we can find peace, we're going to carry bags of grudges. What a tragedy.

I see this in families a lot. Someone extends the olive branch, the other person rolls their eyes at it, and then it's back to everybody being pissy for another decade of dumb righteousness. No closure whatsoever.

But if we really want to live in peace, it doesn't matter if the other party gets the concept. Only we need to get it. It's up to us to maintain the peace in our energy field.

Time does not heal all wounds—consciousness does.

Closure is your personal experience of Acceptance. It's an incredibly powerful experience, and once you start mastering blessing & releasing, you're going to find closure with so many people and events in your life. It's so exciting.

We can bring closure to a situation, an energy dynamic, a habit or a feeling.

Closure is a decision you make for yourself. The other person, or group, or culture doesn't need to be involved for you to create closure.

This sounds a lot like “being the bigger person,” doesn't it? “Bigger person” sounds superior and absolutely no fun whatsoever. Think of it as being the Bigger Blesser.

The first step to closure is knowing that it's not something that you find over time. You have to intentionally create it. It's not an intellectual move, it's heart work.

Freeing the pattern

We want to get away from what doesn't work, understandably. We strive for happiness, naturally. And when we don't get what we want, we want to find some satisfaction. Makes sense.

But sometimes we drop out before graduation. When we leave before the lesson is learned, we might carry the pain pattern into the next new thing.

Our tendency is to get distance from whatever hurt or offended us. Our job is to protect ourselves in all ways, and the nervous system is great at sound alarms. *You're unsafe...Fight! Flight! Freeze! Fawn!* So we armour up with insults, we defend our position, we do a hard bail, or, my personal favourite...we give 'em the silent treatment.

All of these default stress reactions are ways of trying to get away from the *pressure of the hurt*. We want separation from the *discomfort* that the injury is creating. If someone rejects us, then we want to get away from them *and* the feeling of rejection. But that can be a survival mechanism, not a growth move. Sometimes...

We'd rather fight and flight than lean into our very tender tenderness. We want to hide from our inadequacies. We don't feel like we can hold all of the parts—our own perspectives and their perspectives. *Who triggered who first, who's got a point? Who's projecting? Who needs to love more?* It's a lot of *inner pressure*. And psychological pressure can create confusion.

Instead of getting up close to our disappointment or shame, we push the pain away with ego strategies and daydreaming. Then...

Two questions hijack our minds:
How *can I get what I want elsewhere?* And...
Who can give me more of what I want?

Relationships call for presence. More energizing, less strategizing.

We're conditioned to think that "somewhere other than here" is where we'll find relief. And that's not actually letting go of our pain...that's escapism.

We want someone with more authority to give us the clue...the oracle to reveal a better outcome. The astrocartographer to point to the better place to live. We think we can find an easier partner who actually gets us—like on a psychic level, because they're so evolved (obviously, they picked us) and they'll be sensitive AF about our extra special needs...not that we're needy.

Our boss pushes us to lead, and we think, I'm going to go where I'm appreciated for what's in my wheelhouse.

Essentially, we're saying to life: *You hurt me, so I'm going to find a situation that's better at understanding me because then I will hurt less.*

I know all my self help smarties are thinking, *But shouldn't I do a hard bail on bad treatment so the universe can trade UP?!*

Yes! We should protect our peace and go where the love is—always.

But if we don't intentionally deal with the previous hurt, it will linger in our subconscious—like a little magnet in the dark. And it will wheedle its way into our new, upgraded situation. Pattern repetition.

We can't keep cheating on our unprocessed pain with the mistress of potential.

Face the discomfort, bless & release it, and leave clean.

First, closure. Then you're free to trade up.

3 Cs of closure

1. CONFUSION

Confusion serves a purpose. It's a natural response to disharmony. Humans are designed to seek harmony, so confusion is like a GPS for heart. Don't push it away, and for the love, *don't criticize yourself for being confused about what's going on.* It's fuel for clarity. Turns out that "WTF is going on?!" cues your higher consciousness.

It's better to be confused than in denial. Confusion indicates that the mind is scanning for answers to get back to balance.

But it can be upsetting. Feeling confused can trigger fight, flight and freeze reactions. *And it's the worst place to make decisions from.*

The bigger the emotions, the bigger the confusion. We need to calm down without pushing our feelings down.

So the first step to creating closure is to bring Compassion to our confusion and fluctuating feelings.

2. CLARITY

When you pay attention to your emotions, you can get mental clarity. Use The Impact Questions: *What am I feeling? How am I responding to my feelings? What's the impact of my response to my feelings?*

Now bless & release it. Bring the confusion and feelings into your heart center. Pour on the colour frequencies. Let it all relax. Come back to it the next day. Keep blessing & releasing as long as it takes to see the situation with more clarity—less emotional charge. It might take weeks. It may be uncomfortable. Bring the discomfort in as well. This work is going to pay off in the form of better decisions.

You're slowing down and stopping the ego mind loop. You're not letting pain turn into fantasies about how much better it could be elsewhere. You're present.

Every time you bring emotional discomfort into your heart chakra, you're becoming more powerful. When you pull your thoughts out of the past and the future, you lessen your suffering.

I really hope you get this. This is the crux of it all—of consciousness, of innovation, of fewer regrets and more Love.

If future fixating ramps up, you just breathe into your heart and be with what's happening now. You're not delaying the good things on their way to you, you're loosening debris in your unconsciousness so that the good things can flow.

The light will start crossing your mind and you will see more clearly.

3. CLOSURE

It's said that the true sign of intelligence is the ability to entertain contradictory ideas at the same time.

Emotions are just ideas. **Heart intelligence** holds them all. You can feel sadness about an ending and be at peace with it. You can have regrets and a sense of completion.

Closure can be a simple moment of letting it go, or it can be momentous. What happens after your closure is up to you. The arrangement may look the same on the outside, but you feel very differently. Same dance steps, different passion. You might renegotiate, press pause. You might let it all go.

Let's review! Crib notes on closure:

- Don't run. Go deeper.
- Confusion is a sign that you want to figure it out.
- Don't make decisions when you're emotionally jacked.
- Do not criticize yourself for being on the emotional rollercoaster.
- Bring your emotions into your heart to stop the fluctuating. Repeat as necessary.
- The revelation will be revealed when we stop running from discomfort.
- There's an abiding peace within you. It will show you what to do.

CHAPTER 19: Super Blessor

Now we get to walk through life thinking, "How can I transmute this into an even higher vibration?" It's the most noble intention, ever.

We know the answer. We have the tools:

We identify as the Blessor. We neutralize the charge of our emotions by bringing them into our heart and working with breath and color frequency. We approach everything with curiosity and compassion. We're devoted to truth.

Our inner light becomes the natural filtration process of our experiences. We see everything more clearly, with Love.

The 10 signs you're a Super Blessor

1. **The old dramas cease to be as interesting.**
2. **You become less triggerable.** Instead of reacting, you respond. You feel more spacious inside, so you can hold your feelings and other people's opinions for an extra beat. You're always considering the highest response—for the good of all.
3. **Fixing other people is not your primary concern.** Of course you want to help and heal others, absolutely! But your ego doesn't need to be the savior anymore. You realize that everybody's healing path is their own.
4. **Loving all parts of yourself feels incredibly comforting.** We're blessing even the darkest and most difficult parts of ourselves, we know that with that depth of love, we can accomplish *a lot*.
5. **Respecting the other person is as important as respecting yourself.**
6. **Leaning into pain points is what you do best.** You're here for it—genuinely curious about the truth. You're noticing where it hurts and you're not turning away! Holy truth seeker.

7. You reframe every challenge that comes your way: ***How big of a problem do you want it to be?***
8. You *gently* silence your inner critic.
9. **Loving people feels like your greatest gift.** Loving them affirms your aliveness! Resentment dissolves in the presence of your delight. You love being strong. You leave situations thinking, "I got to give!"
10. **Listening to your Soul is your top priority.** You do the work to tune in. And you have the courage to follow what you hear.

Faith in our light

I never asked you directly. *What do you want to let go of?*

Now you know what I mean.

Faith is required for blessing & releasing. To bring something caustic into your heart, and know that you can heal it. To hold the heaviness knowing that it won't take you down—it will become grace.

Ultimately, it's about having Faith in our True Nature. In our capacity to transform, transmute, and move on stronger, wiser, and more grateful than ever.

Knowing that we are healers and alchemists.

Seeing how very blessed we are. xo

About

DANIELLE LAPORTE's spiritual direction has reached over 40 million people. Her best-selling books include *How to Be Loving*, *White Hot Truth*, *The Desire Map* and *The Fire Starter Sessions*, alongside her wildly popular *Heart Centered Planner* system. Her newest book, ***Bless & Release: What do you want to let go of?*** is also an online masterclass. Her podcast, WITH LOVE, DANIELLE is one of the top 2% in the world.

As creator of masterclasses for conscious living, and founder of the CENTERED app, Danielle's teachings range from emotional intimacy and nervous system balancing, to mindful business and the physics of letting go. Her Heart Centered Collective and leadership curriculum have supported facilitators in 30+ countries.

A member of Oprah's Super Soul 100, Danielle is a former publicist and executive director of a Washington, DC think tank where she managed futurists creating scenario plans for the likes of The Pentagon and The World Bank. She now speaks about the power of heart intelligence. Millions of people visit daniellelaporte.com every month. She lives in Vancouver, BC.

V.S. is a metaphysical practitioner who works closely with Danielle to create meditations and practices, and provide astrological and energetic guidance. Originally from India, she draws from multiple wisdom traditions.

Praise

“**A beacon of compassion**, Danielle is an extraordinary human. Honest, accessible and authentic to the core.”

- Rich Roll, Host of Rich Roll Podcast, vegan activist and athlete

“...she’s equal parts **poet and entrepreneurial badass.**”

- *Entrepreneur Magazine*

“Danielle is a **force field of energy, wonder, humor, and love.**”

- V (formerly Eve Ensler), *author of The Vagina Monologues*

“Danielle’s voice is **medicine for self-help fatigue and ambition overdrive.**”

- Dr. Mark Hyman, *10-time NY Times bestselling author*

“Danielle LaPorte is a **bright light**...She keeps it spiritual, she keeps it real.”

- Marianne Williamson, *NY Times bestselling author of A Return to Love*

“She’s the **Real Deal!**”

- Rev. Michael Beckwith, *founder of Agape International Spiritual Center*

“**Danielle is the Stevie Nicks of spiritual teachers.**”

- John Kim, *The Angry Therapist*

“...a woman who’s made a tremendous impact on my life with her **brave and badass approach to living a heart centered life.**”

- LeAnn Rimes, *singer/songwriter, host of the Wholly Human Podcast*

“Danielle is the living **embodiment of heart centered leadership.**”

- John Wineland, *founder of The New Men’s Work Project, author of From the Core*