



Releasing the Day

When something sticks with you, write it out. Immerse yourself in it. Make it conscious, instead of stuffing it away. Give it a life of its own. When it is separate from you, you can work with it. You are the casual observer seeing it for what it is, so you can release it.

Without forcing - if the item had a shape, what shape would you see?
Without forcing - if the shape had a colour, what colour would you see?
Without forcing - if the shape had a texture, what texture would you feel?
Without forcing - if the shape had a sound, what sound would you hear?
Without forcing - if the shape had a smell, what would you smell?
Without forcing - if the shape had a taste, what would you taste?

Now that you know everything about it. Now that you know exactly how it looks, feels, sounds, smells and tastes. Now that it has a life of its own which is separate from you, the shape begins to fade.

How does the shape change? Perhaps it shrinks? Or, does it simply fade away? Journal the fading process until the shape disappears. Until the shape is gone!

Document the fading process:

Last but not least, write down three (3) things about yourself that you are grateful for. Three (3) things you do for yourself - not others (examples: kind, honest, trust, honour, non-judgemental, believe in, respect, listen, support, love)

I am grateful that I (am)	(to/with) myself.
I am grateful that I (am)	(to/with) myself.
I am grateful that I (am)	(to/with) myself.

When finished writing, look at the 3 items, and take in 3 deep breaths. On the in-breath, silently say love, and on the out-breath silently say light. You must always fill yourself after a release. The release creates a hole. You do not want the hole to refill with a similar item to the one just released so you fill with love. Self-love helps you to shine your brightest bright for yourself and others.

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