



Writing to Clear and Release

There are many tools that you can do on your own to bring about emotional and energetic healing of old thought patterns and fears. Start by getting paper and pen, and setting aside a block of time for yourself. Maybe to start you set aside 3 minutes to address a specific issue. Always be sure to leave time after writing to either tear up or shred the paper and properly finish the process. Inviting the Divine/Universe/God/Source into the shredding or tearing is the most important step for the transmutation of the energy. Write all of the negative emotions and thoughts around an issue. Write anything that you do not want to focus on anymore. Some issues have a long history and it can take time to clear and heal the old residue of these experiences in your life. Emotions must be felt to be healed, feel it to heal it. Allow it to be there without judgement, along with writing it out and choosing consciously that you are letting the past go. Imagine this is a layer of an onion and it is falling away.

1. Use Intention - When you are writing intend that everything you write is draining out of you and into the paper. Intend it drains out of your mind, thoughts, cellular memory, energy field, emotions, beliefs about yourself and beliefs about your life. It is your willingness to let go that is the power to make it so!

2. Acknowledgment - Sometimes there are parts of us that get stuck in the past, or the pain of a situation or experience. Writing it out gives a voice to that part of you. It gives acknowledgement that those feelings and thoughts matter, and that those feelings or beliefs are very real to that part of you. By allowing yourself the space and gentleness to write it out, you are honoring your journey. Writing and releasing about a loss does not mean that you are no longer going to miss someone or something. Writing about a situation does not always mean that you can change that situation. But, writing can assist you to let go of the pain or emotions that are keeping you locked in a state of disease or stress. It can change the energy you are drawing into your life. It can discharge the energy so that things can shift in your emotions, your mind, body and your life. It can assist you to find more ease and joy in your life again. Request anything blocking you from your joy and what you want is released.

3. Write all of the emotions that you feel around the issue -- the anxiety, fear, anger, worry, sadness or frustration -- and describe what the issue is for you and how it is impacting your life. Be sure to address any reoccurring thoughts around the issue -- the autopilot-type thoughts of self-criticism, self-judgment, victim, undeserving or unworthiness. Is there guilt, shame, resentment, and doubt? How does this limit your joy? Write it all out. Nobody will ever read it. It is safe to be honest. Write the blame, guilt, shame, doubt, distrust too. Write as much as you need in one session. Use standard notebook paper, nothing special as you will not keep this document. Do NOT use journaling paper. Do NOT RE-READ this document. This is to write out the fears, limitations, false beliefs and unfinished projects that are cluttering your mind, thoughts and feelings.

4. Scribble instead of words - You can even scribble on the paper without writing actual words. Just allow the scribble to drain the emotions, the feelings, the energy out of your body. Imagine it flowing out of your entire form, your arm, your hand, the pen and into the paper permanently. You are draining out the pain. Once you feel that you have written all of the limiting and negative voices out of you, you are complete with the writing part of the exercise.

5. Engage The Creator - Before you tear up or shred the paper, ask God to take this all from you now. You proclaim that this is not your truth and you are freely surrendering these issues to God for clearing, release and healing. You are engaging God, the Divine (whatever you call the higher power of the universe), to clear and release this from you on all levels of your being so the energy can be transmuted. This is a VITAL STEP, you are giving permission with your free will to clear it out.

6. Destroy the Paper - Tear the paper into tiny pieces or shred the paper in a shredder.

7. Fill Yourself Up with Truth, Love and Goodness - Ask Source Energy/Universe to fill you with the TRUTH & ALL of your GOOD and UNCONDITIONAL LOVE! This is an important step. Take in a deep cleansing breath and exhale.

You should notice that you start to feel lighter, clearer and notice that you have less negative recurring emotions and thoughts around this issue. When you notice thoughts or emotions coming up again do another session of writing and releasing. Be willing to let go and receive a softening of these energies. This exercise can be used as needed during your healing. It will allow you to stay in the present moment more easily and begin to move forward in your life now.