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Relief... Ahhh... The Pleasure of Letting Go

Have you ever felt your shoulders tighten? Have you been standing on guard with your arms folded across your chest? Are your hands ever in fists as you go to sleep? At times we get anxious and have a hard time relaxing.

Many times we feel anxiety, tension and a tightening in our bodies when we are trying to control the uncontrollable. We are beings who desire in many cases to control what comes into our lives. We want to change someone's mind about something or their behaviour. We take action steps in an attempt to orchestrate things around us to be just how we like them. When things happen that don't match what we are wanting, we can feel panic.

How can we let go of our tightened grip on the reality of our day? Finding a feeling of relief is a way to let go of the stress we have taken on. This can be as simple as taking a few minutes in a tense moment and breathing. I don't mean the breathing we do automatically to stay alive. I mean deep, conscious breathing that connects us to our whole being - body, mind and spirit.

The next time you are feeling your muscles tense and you have a feeling of powerlessness, take 5 deep breaths. Feel the air coming in through your nostrils. Listen to your body release your breath. Tune into this and focus on it. Your thoughts will relax and your mind will release the stress. Taking the time to let go and feel better in the moment matters. Once you feel a little bit better you have the ability to see things differently. Clarity can be gained and solutions to problems can come.

Remember that there is little that can be done in action steps of the now. It is more effective to breathe and change your thinking to create what you are wanting in the future. An empowering quote from Abraham (www.abraham-hicks.com) is, "You do not create through action. Action is how you enjoy what you have manifested through energy." So in times when you have focused on unwanted things and feel the stress of it all, breathe and let go.