Letting Go Visualization-Autumn Equinox 2016

As you settle back into your chair, close your eyes; drop a grounding cord and let it sink deep into the Mother. Let Her energy rise through the cord and feel the power of Her presence. Through Her, you can understand how change; birth, growth, death, & renewal, is right, and good. You feel how you are a part of this cosmic cycle. She takes your hand and leads you deep into Her forest. The leaves have changed to gold, oranges, & reds. The ground is carpeted with the beautiful colors of fall. She tells you everything needs a time to let go to complete its cycle. She asks you, “What is in your life whose time has come? What are you ready to let go of?”

As you walk on, thinking, you see leaves fluttering down and settling to the ground. You look up. There is one falling right toward you. It lands on your shoulder and sticks to it. As you take it off your shoulder and look at it, a word appears on the leaf. You turn to her and read it. The minute you say it, images of the purpose it served for you flit through your mind. All the energy this word carried is held within the leaf. You look at it thoughtfully; she smiles as you put it in your apron pocket. Continue walking with her. Every time a leaf sticks to you, read the word, and learn why it’s time for it to be let go of. Gather as many as you need to.

PAUSE

You take the leaf and put it in your pocket. She hugs you and says you’ve done well. As she kisses your forehead, you feel her blessing fill your inner core. She turns and walks away back down the path. As you breathe in the essence of fall you feel so grateful for all the gifts you have received. You pat your pocket and feel the bulge of leaves that are ready to be released. Slowly pull your grounding cord back up and re-enter this world with your sisters.

PAUSE

Your pocket is full of things you want to let go of. We’re going to move to the table where there are leaves and pens. As we did before, allow words to flow out through your hand onto the leaves. Use as many leaves as you wish. What do you want to release from your life? You’ll have 5 minutes to write on as many leaves as you need, so just allow the words to flow. After we write, we’ll have a few minutes to attach them to our belts.

End with:

Each time you let one fall, fill your lungs, your body with breath, knowing you’ve created space so that all you’ve chosen to nurture can spread its branches and grow. Each time you let go, feel your body lighten and expand. Dance to this wonderful lightness of being-Let Go!