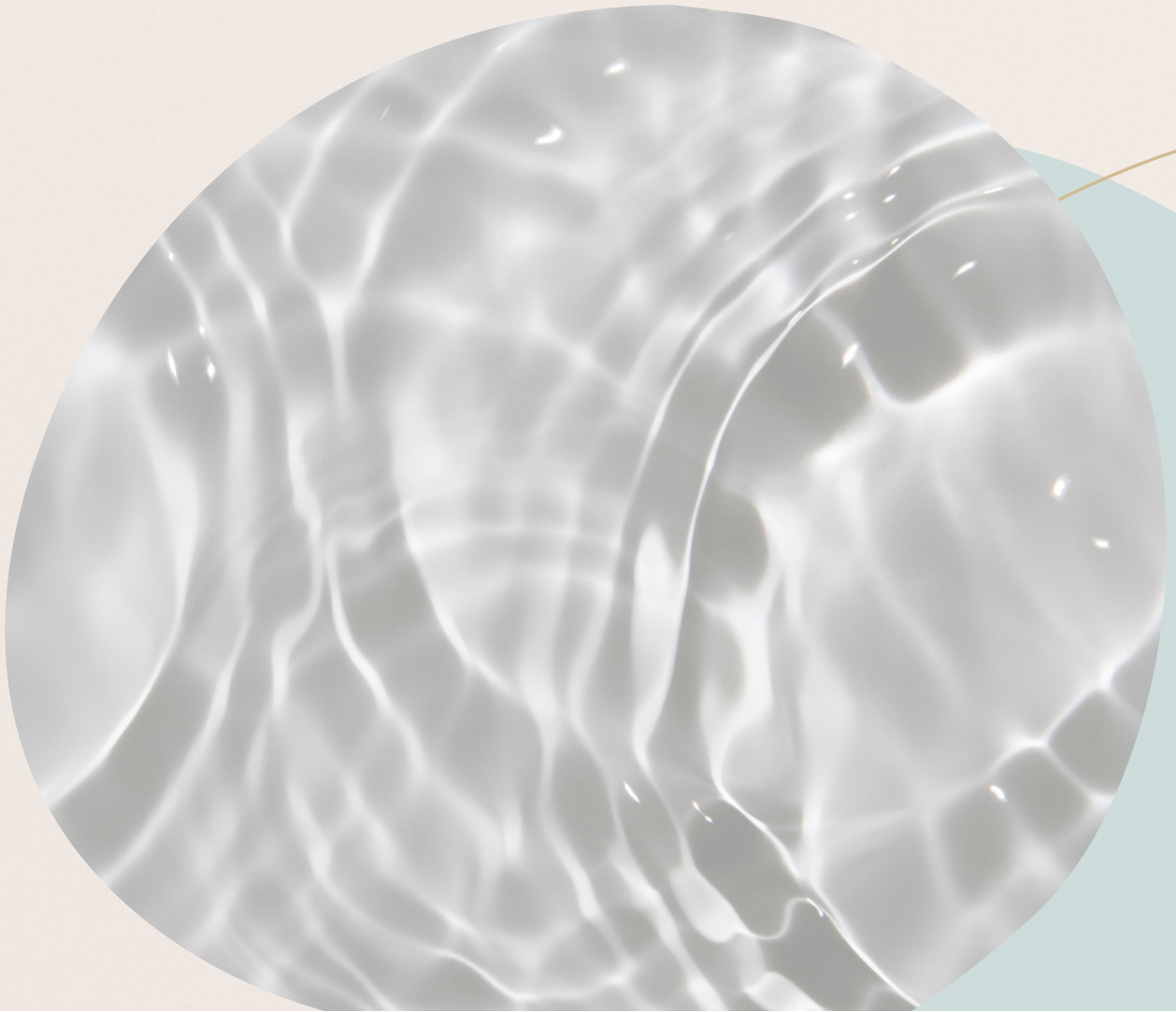




# Letting Go

CREATING ENERGETIC SPACE  
FOR CHANGE

By Jannette Krezel





# Let's make space

Letting go can be challenging and yet liberating, having a ripple effect across your life. Whether it's a difficult situation or a toxic relationship, holding onto something that no longer serves us can leave us feeling stuck, conflicted, and undecided about how to step forward.

By releasing stuck emotions and unhelpful attachments, we can create space for change and growth. In this guide, we will explore simple yet powerful tools to help you let go and create more energetic space in your life, allowing you to move forward with more clarity and purpose.

Much love,

*Jannette*







# What's happening for you:

## BRINGING AWARENESS TO YOUR CURRENT SITUATION

Understanding your challenges and bringing awareness to your current situation is the first step towards letting go and creating space for change. A challenging time can often feel triggering, heavy or even just confusing. We're often left feeling lost and uncertain about how to resolve the challenge, or what may lie ahead in the future. By bringing more gentle awareness to yourself, you can gain clarity and find a path forward.





# Creating awareness of your beliefs

Let's connect to your deeper self, to your intuition. Tuning into your inner wisdom can provide valuable guidance about who you are and what you really desire. Follow the steps below.



Take the time now to go somewhere quiet. Have a notepad and pen handy. Take some deep breaths, intend that you are safe, grounded and connecting to your breath.



Hold the situation or person in your mind and notice what first thoughts come up. Pay attention to any negative self-talk. Write your thoughts down on your notepad, whatever they are. Don't judge the thoughts, write them down and when you are ready, pause and reflect.



Reflecting on your thoughts can reveal your deeper core beliefs and recurring patterns in your life that may be holding you back from being your authentic self. By acknowledging these beliefs, you can begin to challenge and shift them, creating a space for healing and for new things to enter your life.



Have a look at the thoughts you have written down. Now next to them write the belief that may have helped to create that thought. Take your time with this, be gentle with yourself.



Next to the belief you have written, write a new belief, that is supportive of who you are and how you want to be and experience life.





# Releasing stuck emotions:

CLEARING SPACE TO ENERGISE YOUR LIFE

Next we are going to bring awareness to, and release any stuck emotions that may be affecting your energetic frequency and holding you back. These emotions can keep us trapped in old patterns and behaviours.

The practice of journaling, writing down your thoughts and feelings, can be a cathartic and transformative experience. It allows you to explore your emotions more deeply, gain insight into their root causes, and ultimately let them go.



Turn over to the next page and start with the journaling questions there. Find a time where you will be undisturbed and in a quiet place to reflect on the questions and write down your thoughts and feelings.



You can move beyond these questions and write down new questions that arise for you to explore.

Other clearing tools include the practice of breathwork and energy healing work such as reiki, kinesiology and tapping, that can help you to release tension, pent-up emotions and stuck energy from your body. Exercise can also be a powerful tool for releasing emotions as it helps to release endorphins, which are natural mood boosters.





# Journal reflection questions

What situations, or types of people do I keep encountering in my life?

What do I think this means about who I am? How can I let this go?





# Moving forward:

## EMBRACING NEW OPPORTUNITIES

While some points in life can feel heavy, overwhelming or scary, ultimately challenges can bring opportunities for learning and growth. You are becoming the next version of you who is moving even more into alignment with your deeper heart's desires.

Be willing to let go of what you may have outgrown, or what no longer serves you so you can be open to new opportunities as they come towards you. Seek out people who uplift and inspire you and remember to be to be patient and kind to yourself throughout the process. Bring yourself back to the present moment. Endless amazing possibilities are here for you now.





# Let's connect

Want to find out more?

My practice includes working as a body intuitive, Usai Reiki practitioner and tarot reader. I incorporate my intuitive abilities and passion for crystals in holistic sessions to bring my clients more balance, calm and peace.

QUESTIONS?

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