

Keys to Effortless Releasing

Releasing Tips

Tips for Using the Letting Go Questions

We talk about welcoming and letting go as if we are actually doing something. We don't actually do releasing, **it's a natural response.**

Here is a little exercise to demonstrate this:

I'm going to ask some simple questions you can answer with a Yes or No. For the purpose of this exercise, please answer each question out loud, pause for a moment, and then read and answer the next question. Remember to say the answer out loud.

Are you alone right now?

Are you indoors?

Is the window open?

Do you own an elephant?

Have you ever skied?

Was it easy to answer the questions?

Did you answer any question with a 'No'?

Was it just as easy to answer 'No' as 'Yes'?

Did you notice that between hearing or reading the question and answering it, there was a little hold back, and after you answered the question there was a little feeling of release, relaxation, relief?

This is because once you answer the question, it is gone, you let it go. There is no longer a question. Letting go is inherent in answering.

When you notice a feeling and answer the releasing questions (could I let it go, etc.), whether your answer is Yes or No, you will be letting go of the question. This is a visceral reminder to the body/mind of what it has been doing unconsciously -- holding on. And that it feels better to let go. The letting go of the feeling happens automatically, piggy-backed onto the letting go of the question.

'Could you let it go' is a question, not a command. It's not like your Mom asking you 'Could you set the table' when she means 'Set the table'. It's just a question. And you can answer Yes or No, that doesn't matter. The release will happen by itself, you don't have to effort or try to do anything.

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Sometimes the release will be big, sometimes just a little; sometimes it will be noticeable and we are sure we've let go, and sometimes not. All this is ok. Once you have answered the question, your job is done. The release will happen automatically to whatever degree it does, it's not your responsibility.

“Could you let it go” also doesn't mean ‘do you know how to let it go’. You don't need to know how to let go to do it, in the same way that you don't need to know how to drop the pen to drop it.

No one knows how to let go or really how to do much of anything. Even the simple act of dropping a pencil, do you know how to do that really? You know the gut-feel of it. You know you can have the intention to uncurl the fingers and it happens, but the actual how, the mechanics, all that is opaque. It's a machinery that simply responds to our intention and memory.

Releasing is like that too. Once you have experienced it a few times, the gut-feel of it becomes more accessible, reawakened. It feels better not to hold on, when you notice you're holding on, the intention and memory of letting go will occur and letting go will happen.

“Could you let it go” – you also don't need to search the feeling, intuition or anything to find an answer. You might think, well I let go of the pen I probably can let go of the feeling: Yes. Or it might be that the issue feels strong enough that you really don't think you can let it go: No. You don't have to belabor the answer or search for it. There's no cosmic right (or wrong) answer – it's just your decision.

Releasing or letting go is natural. We let go all the time. The moment the mind has moved from one thought to another, it has let go of the previous thought. It happens automatically.

What is not natural is holding on, but we have a habit of doing that that is so long and constant that we've forgotten we're holding on. We've forgotten we're doing it. The holding on is a doing and involves more effort than letting go. So the letting go is not more doing, but less. And being less, it involves no effort. If you're efforting, you're doing more not less. It's not necessary.

We answer the question, simple. The letting go happens by itself, and we become more aware of this whole arena of our experience. The world of feeling and letting go opens up to us, becomes unfrozen. It becomes awakened and releasing starts to happen more and more automatically once we notice an uncomfortable feeling.

Common Pitfalls

Most of the time, releasing is effortless. Often simply noticing the feeling or want is enough for it to dissolve. However, if you are using the releasing questions (Could I let it go?) and it's not going so well, check and see if addressing any of these pitfalls helps:

Are you?...

Trying to let go. Thinking you need to DO letting go, instead of just answering the questions.

Thinking you **need to know how** to let it go

The Question

Not asking the question – Identifying the feeling or want and **then just waiting** for it to go (sometimes it will)

Not asking the question, just saying 'Let go'

Asking the question but not answering it

Trying

Trying to push the feeling out

Trying to mimic a sensation of letting go that you had before, or trying to look for a sensation of letting go that you had before.

The Answer

Looking to the feeling for an answer

Asking the feeling for the answer, asking if it's ready to let go

Waiting for the answer to come to you

Waiting for the feeling to let go before answering

Thinking the answer matters – that it needs to be the 'right' answer. That there's a cosmic answer you need to identify from deep inside.

Saying Yes or trying to say Yes when you mean No

Releasing from wanting the feeling to go away, saying Yes when you mean No because you think that will get rid of it.