



release.

Stories about surrender & letting go



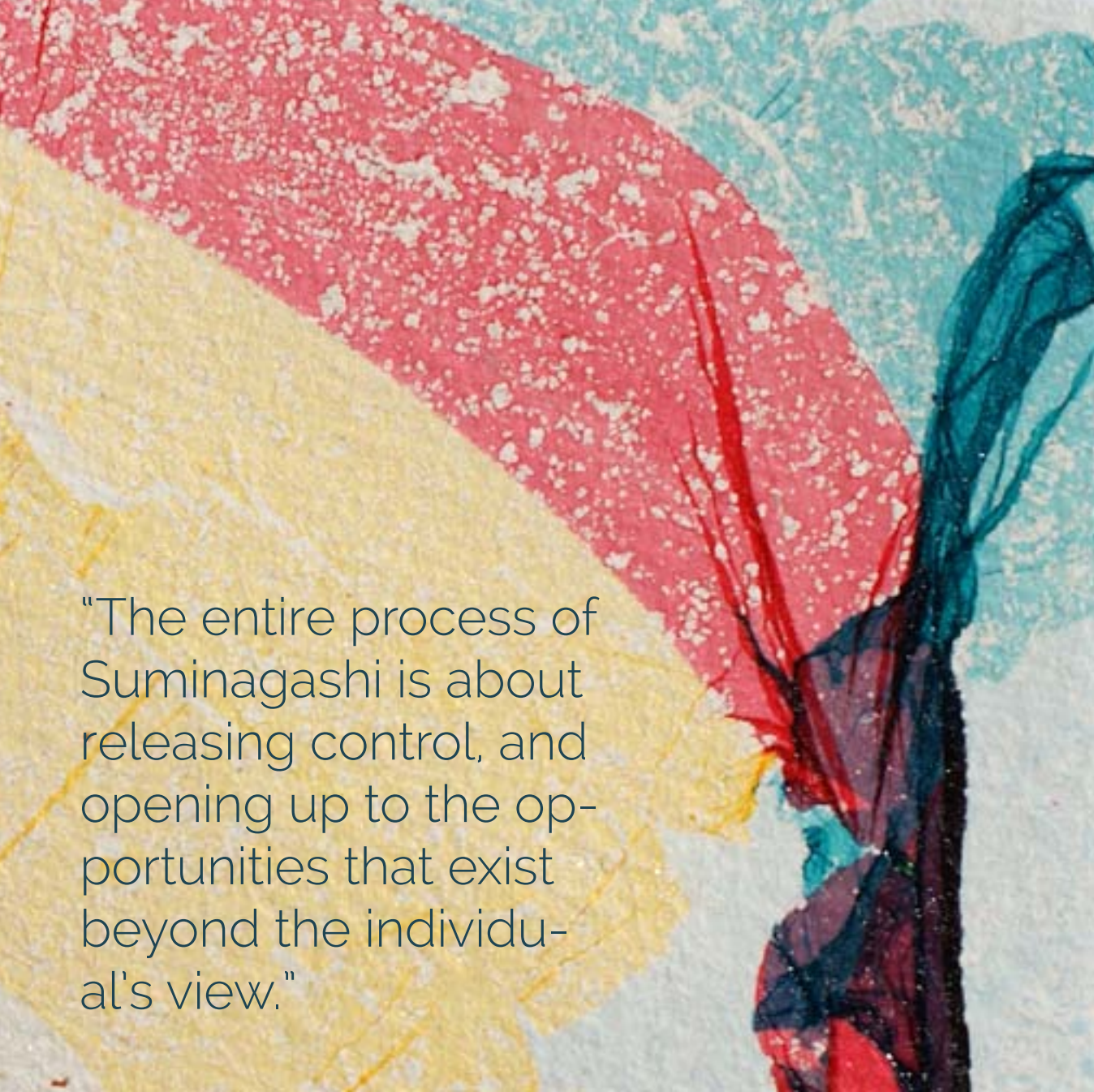
Hi, I'm Eva

Flow plays an important role in both my life and the way I work. As a Kinesiologist I help my clients align to their goals and desires, removing blocks that keep them from moving forward.

I work with smart people who have big dreams. They are passionate healers, coaches, creatives and entrepreneurs who want to enrich the world by offering their services in a way that feels rewarding both spiritually and financially.

This project of pairing stories with my artwork came into my life as a joyful idea wanting to be explored. And so I did. Dear reader, I hope you will enjoy both the lecture and the art.

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"The entire process of Suminagashi is about releasing control, and opening up to the opportunities that exist beyond the individual's view."

The world of Suminagashi

From the first time I ever saw Suminagashi – this is the fancy word for the technique used to create the artwork in this document – I was fascinated. The way the ink or marbling color is dribbled into a container filled with water, the way the pigments float on the surface and spread across the surface until coming to a stop when they hit the edge of the water.

The technique originally comes from Japan and the term Suminagashi translates into "floating ink." It is one of the many ancient art forms used to color paper and still the mind in a Zen-like meditative/creative process. Paper that is dipped into the water has the floating color transferred onto it and can be hung to dry.

I'm a hard worker by nature and when I set my mind to something it's only a matter of time before it's done. It's easy for me to have a quite good idea of what I'd like as an outcome of a project before I devote my time and effort to anything. As an "achiever" (this is how personality tests classify me), I love it when things turn out the way I expected them to be.

In a true example of this, I was standing in my kitchen, my hands covered in paint, looking at a mixture of floating pigments that didn't mix or behave the way I thought they should. In my mind I could already see the image I tried to create, with organic shapes of yellows and reds,

with a mat, framed in a black stained frame in my living room above the sofa. I had it all figured out—size, color, scheme, the shapes I wanted to create.

Aware of the fact that there is a learning curve to any new skill or technique, I practiced on thin paper to find out how the color would move around and the ways it could be gently guided into a desired place.

Every time I thought that I had gotten closer to mastering the art I found the print to be disappointing, not displaying the shapes in the way I had arranged it, colors that didn't match my taste or be-

ing left with a blank page because the pigment wouldn't stick to the paper.

So what else to do than try harder? I experimented with different brands and types of color, additives to the water and coating the paper with chemicals before printing on them. I was trying really hard to achieve the results I had already invested into.

I sat next to my prints, holding them up in the air to see how they would look like when framed and up on my living room wall. Not a single piece would fill the space in way I liked.

Thinking about what I could do with the stacks of prints, some in very beautiful colors, I spotted one particularly interesting detail that stood out to me. When looking only at that detail, covering up the rest of the image to give it space and draw attention to it, I found a gem that I hadn't spotted before.

Through changing the lens to focus on the most interesting details of a print I was able to find beautiful pieces of art. Giving them room to breathe and highlighting them with a mat in an appropriate size drew attention to the part that speaks the most. The part of the print

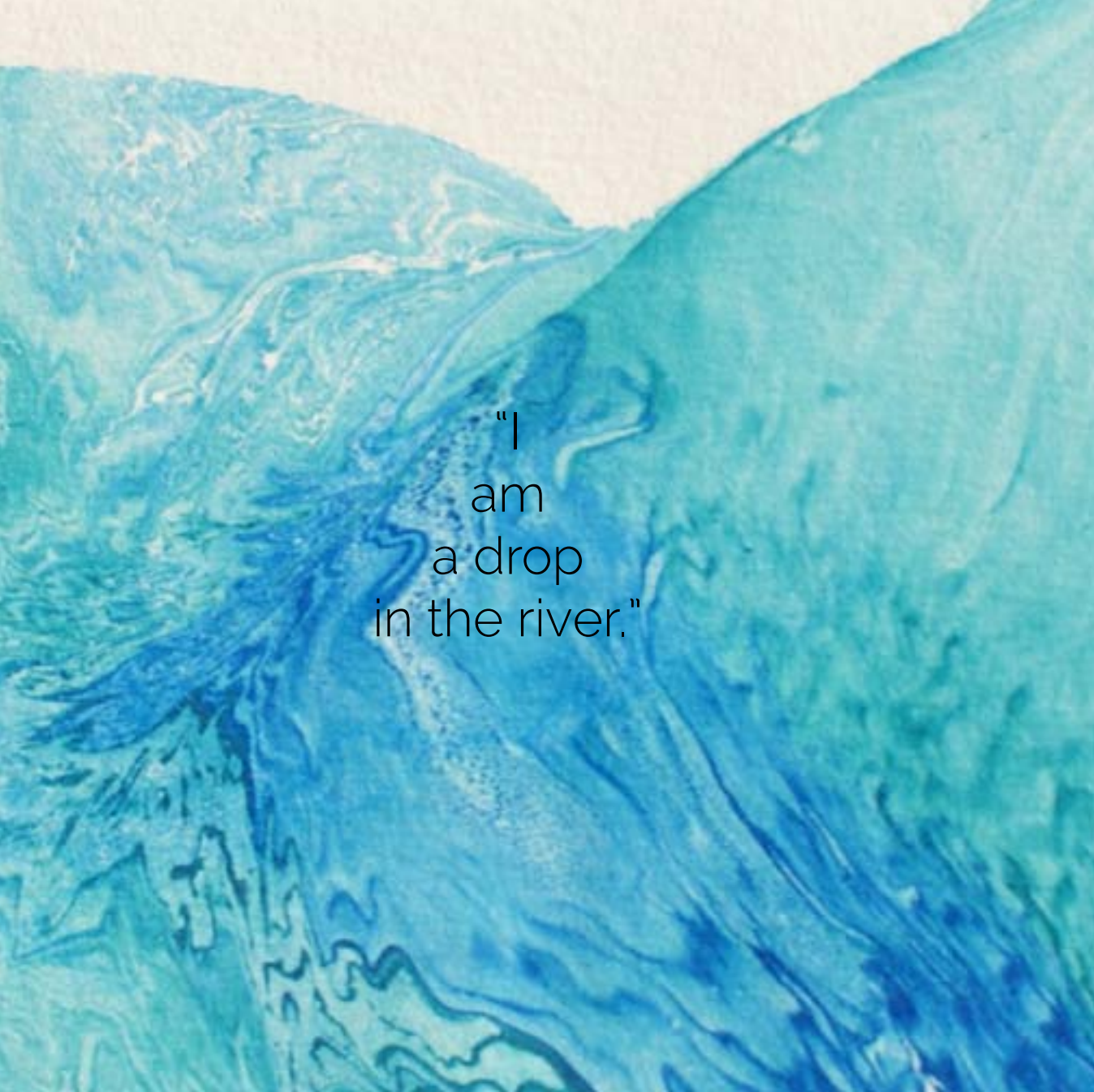
that wants to be seen, that part that holds the significant piece.

I started to see things that I didn't expect—literally reframing the image. Going back to create more prints, I let go of the original idea to create a specific piece to hang above my sofa. Instead I worked the colors in a different way releasing all the control over the way it moved across the water and how it was interacting with the other layers of color.

This opened up a completely new way of working for me. It has led to a number of unexpected and beautiful pieces of

art that are unique. Each one of them is a symbol of surrendering to the idea that we know what the outcome should be and a reminder of the wonderful world that lies beyond the ideas our mind comes up with.

The entire process of Suminagashi is about releasing control, releasing blocks, and opening up to the opportunities that exist beyond the individual's view.



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"I
am
a drop
in the river."

I feel human yet something divine within me
becomes present

A calmness, a coming home

Serenity in my breath, softness in my body,
silence in my mind

Here the river flows clear and gentle through
the universe of my being


I am a drop in the river and the green of the
grass on the river bank

I am a leaf enraptured in the dance of a
breeze and now I am freedom

Soaring into the vastness of the sky

I am the sleepy warmth of an afternoon sun

That awakens to find that I am life



"A lesson in release:
We did it,
but we never could have planned it."

My husband and I radically realigned our careers and lives with a three word sentence.

From stressful jobs and sailing very close to the winds of burnout to making radical shifts in order to live a life of freedom and purpose. Seems to be the dream of our age. My husband and I actually did it and I can clearly identify the turning point, the pivotal moment that set it all in motion.

A brief bit of context... in 2013, we were Londoners living full and often frantic Londoner lives. My husband had an intense, high pressure job complete with a wildly spiking performance based monthly income. Stress was taking a toll and he was growing more and more disillusioned and disconnected with how he was spending 50+ hours per week. I was in a fleeting moment of contentment

having just completed a draining streamlining of my business after recognising the higher turnover wasn't equating to higher satisfaction. I took on one lovely client and spent the rest of my time in my art studio or doing yoga & meditation. Much as I was enjoying my new balance, it felt a little rudderless and I struggled under the assumption that I was somehow falling short as I messily juggled work, family and social life. At the time, our daughter was six and, on the whole, thoughtfully thriving, as is her nature.

Each Tuesday we held fast to a weekly ritual. Once our daughter was asleep, we would sit at our kitchen table, open a stupidly expensive bottle of wine and chat aimlessly. We loved our Tuesday evenings, they provided some much needed harmony and understanding during a testing time of juggling & striving. On one such Tuesday evening my husband shared the story of hearing himself

give advice to our daughter to always, always follow the wisdom of her astounding heart. And it struck him, like benevolent lightening. He is not doing this for himself. How can he possibly expect her to follow his advice if he can't embody it himself? So if not for him, at least for his daughter, he will follow his true north heart...from now, it was time. There was something he really had always wanted to do and be, but always managed to put off.

My curiosity had really piqued because he was so remarkably calm. I had an inkling something perhaps a little seismic was coming. He had been a chef in a previous life, was a food freak and also has this obsession with rugby so I was thinking along those lines.

I was totally wrong in my assumptions. He said he wanted to look into ordination. I had no idea what that meant. "Ordina-

tion?" I said.

"Yes, become a priest."

"Oh."

I took it in, which felt like one of those moments in life when all is re-jiggled instantaneously. I knew nothing about the Church of England, wasn't a practicing Christian and found religion largely irrelevant to my life. My husband wasn't in any way "an obvious Christian" (whatever that is) other than going to church each Sunday. Yet he always had a desire to be something more than just a good person.

He regularly pondered the big questions of life and in a quiet and private way, he was deeply spiritual. Much to my surprise, despite my lack of knowledge, understanding and predictable middle class tendency to somewhat scoff at the devout...once he said this, it felt natural and right and made impeccable sense. And then came three words that changed the course of our lives and

turned it into something we would never have dared imagined or planned....I don't know where they came from, probably from one of the zillion of self-y help-y books I had been reading at the time.

"Let's explore it."

NOT let's plan it.

Rather than plan...Let's be OK with not having all the answers. Let's not plan everything to the minute detail and be super controlling and fretful of what-ifs. Let's just take it one step at a time. Let's not let fear drive the bus. Let's explore. Guided by the heart, aided by the brain; not the other way around. Say no to over-thinking, doubting, over-planning, over-explaining, over-rationalising. Explore, step into unknown territory, have a look around and then take another step.

There is a significant element of trust in this that runs almost counter cultural. To trust in yourself, your desires, intuitions, talents and keep moving towards them ~ this is radical these days. We are conditioned to think we need to have everything all planned out ~ clear, measurable, time specific goals. But what if our goals aren't measurable in the traditional sense? What if our goals are feelings? Like freedom, purpose, inspiration. What if we trust the unseen forces, coincidences and serendipitous moments & people in our lives to help us align? What if we can really loosen our white knuckle grip on our lives? What becomes possible? I'll tell you...everything and anything become possible. Things you would not have dared plan, yet are gorgeously aligned, become possible and become reality.

My little family is proof of this. Nearly

five years have passed since our "Let's explore it." moment at the kitchen table. We rented our home and left London and spent a blissful six months in a tiny Scottish Island, then moved to a beautiful Cambridge theological college where my husband studied. I retrained as a yoga & meditation teacher, we spent a summer in South India, returned to London where we reside now and continue to explore and do our best to practice trust.

There have certainly been ups and downs, but we would not trade a day of it. And despite having vivid imaginations, at that moment at the kitchen table, we could not have possibly planned or imagined what would happen in our future lives. We continue to learn that when we explore and dare to practice trusting in our hearts, this is when life gets very, very interesting and flows in alignment with our values and desires.



"She is free.
I am free.
You are free."

Prisoner

A prisoner is being released
A prisoner is being released today
A prisoner that has been bound for so long

She was caged and confined
She stayed curled up in a ball

She gazed in envy at outside happenings,
her hands clutched on the prison bars,
wishing to do what others were doing

If only she were free

She twirled her ballet
in her prison cell
imagining her possibility
dreaming and scheming

If only she were free



"Release
is a start-up.

It's something
new about to come
in to my life, body
and mind."

I love the word RELEASE and the thought of it. For me, release is a start-up. It's something new about to come in to my life, body and mind. I'm making room for it by letting whatever it is that is taking up space, go. I may not know what it's supposed to be replaced by. Sometimes it could be replaced by nothing. Only a void for a period until the perfect mass, at that moment, connects. That can be both nerve-racking and frustrating.

Luckily there is a major shift going on with energies sweeping the earth, opening, adding and helping us release what is no longer in our highest good. For us all to step into a new way of life. A way where joy is our compass and beauty the reward. Where we act out of love and connection to all there is. A way where our free heart is our captain, our body the sails and our minds the helping sailors.

Sometimes we don't know what it is we need to let go of or why. Other times we might think we should let something go, that in fact is there for us to learn and grow. So, it's not an easy task our captain must deal with when it comes to what and what not to release.

A few years back I went through some hard years struggling with a close relative's addiction. At first, I tried everything in the book to help him heal. Over time I went through all emotions in the scale while digging myself into a hole when trying to help. One day I realized I was so far down that the only way up was to let go. You can be there with love and support when they are ready for it but in regards of salvation, they can only save themselves. Anyone who's been in a similar situation knows that it is heart-

breaking to let go in these moments. Still for you to survive you need to release your image that you have any sort of control in terms of the choices they make.

When I went through this, my meditation practice helped me in a big way. My head would be spinning daily and be in a constant fight and worry mode. Trying to find solutions to something I couldn't fix. By meditating regularly, I at least gave myself some peace and quiet. An opportunity to relax, recoup and feel the universal love and stability, if only for a short moment a day.

Meditation also gave me the opportunity to connect with my inner voice when there was a very loud outer turmoil. Giving me the chance to hear when it

told me to cut cords and walk away for a while.

There were several times I was on the verge of a breakdown. I was close to this person and living in the same city so people would call me with advice and/or ask for updates, daily. Which is totally understandable and caring. However, that gave me no time to get away from the situation even when I wasn't near. It started to chip away on me. I became a nursing information central who's life mainly contained the addiction situation. Me as a person faded away. A few times during the most intense periods I had to make a statement to all. I love you and I know you come from a good place but you are not allowed to call me until I say so. I had to release my role as a central hub to get enough

space to regain my strength and focus. I remember feeling uncomfortable doing that but it was received well, seeing that I could communicate in time, thanks to my meditation practice and thereby in a calm and loving way.

Unfortunately, in our case we didn't have a good outcome and he passed away after a few years struggle.

As tragic as it was, with that came a new release. When it happened the first feeling was sorrow, anger and distress. A strong feeling of failure as well, of not being enough. So many thoughts, feelings and tears that hits you for some time. My way of coping was to go through them head on. To connect with the emotions, not shying away when they showed up (and they do show up in the most unexpected ways). Then let

them pass, without trying to hold on in any direction. I would release emotions by accepting them as part of the process and life if you will. When we try to resist our body will try even harder to show us what it is it want us to know.


An important factor for me was also forgiveness. To forgive him for the choices he'd made, forgive the situation and the turmoil that comes with it and to forgive myself. To forgive and understand that this was his journey.

It's not easy, but then again there is nothing easy with a situation like this. To accept, release and forgive, opens up a way to move on.

Letting someone go, doesn't mean you forget them or that you won't miss them anymore. I like to think of moving on as

a way of honouring the once no longer with us. By living our lives as good as we can. Once I had released the main sorrow, it was replaced with a beautiful lighter feeling of love and gratitude. I'm so thankful that I had the opportunity to be in this person's life so long, sharing many happy moments that inspired and strengthen my life. Today when I think of him a smile usually shows up, greeting the memory.

In the flow of life, we get thrown all sorts of ups and downs and for me I love the word RELEASE knowing that you can release anger, sadness, guilt and other negative emotions, when you are ready to do so. Then what takes its place is between you and you captain. Your chore is to release, trust and keep going.



"Control is an illusion.
All you can do,
all that you can ever do,
is to have an idea
of where you might be going
and how to get there."

It was a quiet Sunday afternoon at home when I made what seemed like a perfectly ordinary decision. I was twenty years old and in my very first real job as a primary school teacher at a local school. Quiet Sunday afternoons were something of a rarity in a household with five children, but this particular afternoon my mother and two of my siblings were elsewhere. I had spent the previous five years of my life using every free moment to study so a weekend with few demands on my time was a pleasant change.

I gathered together the ingredients to make a chocolate cake for afternoon tea. My parents had the good sense to ensure that all of us, boys and girls both, were able to cook well. My particular interest, thanks to the added influence of my beloved grandmother, was baking. I was making excellent scones as a



"Release and wonder.
Wonder and release."

More than a means of expression, ART creates a space for rich communication. Other than being respectful, there is no right or wrong way to participate in this space. Some people choose silence, others choose body play— others dive in and create a more tangible response. Everyone has their own instinctual, intuitive, unique form of interaction. For me, most often an inner dialogue takes over. As I viewed Eva's artwork above, my imagination engaged.

Questions bubbled up and a playful inner voice took centre stage. Here's what it had to say...

"I live within this piece of art. Feel the movement, the flow and the ripples? They are a bridge between you and me. But what am I? What do you see in me?"

Could I be a water beetle seeking shelter
in the slender reeds?

Maybe I'm the bird's eye view of a king-
fisher perched on the edge of a clear,
cool northern lake.

I might be the ebb of phosphorescence
on a twilight tide or a tadpole playing
hide and seek. Tell me what you see.

What's that...you can't say for certain? Ah,
that would make sense.

Each time art engages with our inner
landscape, it shows a different form and
can echo a different tone from deep
within.

And it's been a long time since I arrived in
an artful eddy of cool, clean colour.
But take a guess. Surely my energy feels
familiar...

You still don't know? You shake your
head and wonder.

Hmmm, what could I offer to help release
your need to get the answer right?

Aha! That's it.

Release and wonder. Wonder and re-
lease.

When we release even a tiny bit of the
pressure we put upon our self, we cre-

ate wiggle room so wonder can have a
say. Wonder, a.k.a. our imagination, can
only touch us when we're in the mo-
ment. That's why it always brings us back
to centre. It is the felt abundance of the
earth, the sky, the wind, the rain, the sun-
shine and shadow rolled into the happy
now. Wonder is an expression of curios-
ity...and curiosity activates imagination.

*"Imagination is more important than
knowledge. For knowledge is limited,
whereas imagination embraces the entire
world, stimulating progress, giving birth
to evolution." Albert Einstein*

Can you feel a little curiosity stir from
within? Did you take another peek? Are

you starting to dig my vibes? Yay! Now you're getting the hang of it.

In truth, I am a scout on this, your inner wilderness adventure.

And today I showed up as a little yellow water sprite delivering a message.

Why yellow? It seemed the best way to get your sleepwalking attention. A season of discontent had dulled your senses.

Yellow refreshes and reminds you of the sparkling brilliance of your inner well-spring. With the help of imagination, I can be repeatedly released anew.

And the message?


Don't let fear dull your shine.

When your inner wilderness becomes the playground for imagination and curiosity—home of your creative soul, you lighten the load and brighten the road ahead. Fears ease and your path feels

more clear.

You get to step with confidence into the spotlight of being yourself."

When we resonate with a piece of art, edges soften, time disappears and senses merge as we feel the movement, become the flow and glide on the ripples.



"Go within.
Look around.
Ask yourself what is ready
to come to an end."

My favorite park consists of 30-some-odd acres of wooded trees, grassy hills, and open fields and a creek running through. This place has been a constant in my life, and it's taken on great significance this past year as I have felt drawn to return and be replenished by this sacred natural space. I went there again this week, in the dead of winter in the middle of January, to be healed and to commune with the divine.

It was quiet and peaceful, and practically empty even for the season. I was by myself but not alone, as I felt the presence of heavenly helpers by my side. As I walked through the park and took in my surroundings, I couldn't help but be struck by the barrenness of it all. The trees were bare, of course, but their emptiness revealed scenes usually hidden from view. I could see from one end of the park to the other, catching glimpses of buildings and paths and other views normally hidden by lush green summer growth.

As I walked I contemplated the role of winter not only in the seasons of the earth, but in the seasons of our lives. Winter is the time for quiet, a time for us to draw inward, to contemplate and germinate and incubate. It is not a time for forging ahead, but instead a time to rest and gather strength and sustenance for the warmer, sunnier seasons that are sure to come ahead.

As I pondered this, suddenly the transparency of the trees seemed so wonderfully significant. When we go within, we are not left in the pitch black darkness. When we go within, we are invited to turn away from the busyness and chaos and distractions of the outer world. We are treated to striking inward views of staggering beauty we rarely get to see in busier, more productive times in our lives—if ever at all.

Although in the park that day the trees

seemed empty, cold, and lacking their usual beauty, this too served a purpose. I could see distances and perspectives never before available to me in any other season. I could see new paths, new possibilities.

I could see.

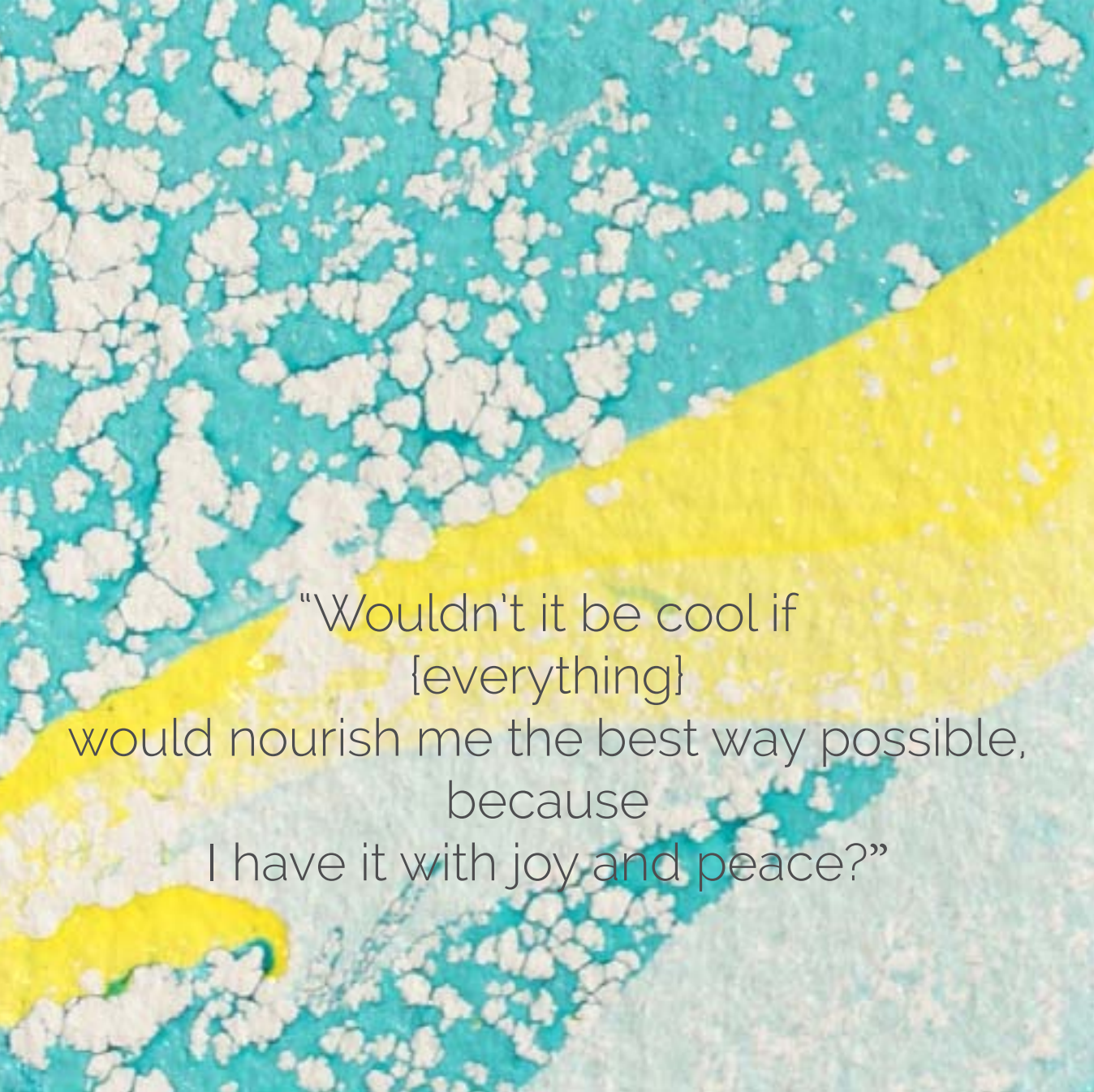
Just as this thought entered my mind, a crow called to me. I looked down and there it was, hopping directly in front of me along the path. I smiled at this meeting, as I knew it was no coincidence. Crows have visited me repeatedly this past year, especially in times of change and introspection. They are known to represent death, though not in a morbid, physical way; they represent the end of one phase and the darkness that occurs before new life is reborn. In a sense it is a spiritual death—one that is often unexpected and even unwanted, but that is necessary for true spiritual growth and,

ultimately, joy and peace.

Crows also represent higher spiritual knowledge and remind us to see things from a greater perspective. They invite us to not only look within to the darkness that matches their striking black feathers and to be willing to release what has come to an end, but also to rise up and see.

This is what I was being invited to do, on that icy midwinter day. And it's something we all must do in the more barren, empty seasons of our lives. Go within. Look around. Ask yourself what is ready to come to an end. And allow yourself to face it, truly and openly and bravely.

Be willing to see things from different perspectives. And as in all things, listen to the divine and allow your life to be blessed by the seasons that all serve their purpose in the spiritual play of our lives.



“Wouldn't it be cool if
[everything]
would nourish me the best way possible,
because
I have it with joy and peace?”

How to get the healthy seat on the bus ride through life

Yesterday I got my preferred seat again, just like that. A double seat in a bus, for a 4-hour overland journey, all to myself. At the back of the other passengers, undisturbed, able to think and dream. For an introvert like me, this was total bliss! I like my freedom and my space, I like it when I am not observed. All this was given to me.

The same had happened 5 days ago when I made that journey the other way round. Just like that - or so I thought.

But maybe I had actually manifested these seats? I remember my thoughts yesterday, just when I stepped onto the bus. They went something like “wouldn't it be cool if I would get THAT seat again?” and then I left the thought there and was open to receive whatever would happen. There was that small

voice saying "Yeah, right, as if....", but not very loud and I decided to let it go and just trust. And the seat was mine to claim.

So this got me thinking today. About why sometimes my wishes are fulfilled and what the common trait is in these occasions. In hindsight I can see that I was not attached to the outcome. Not being attached is a trait I often read about in literature about manifestation and the law of attraction. Every author always insists that it is important to let go of any attachment once a wish or desire has been placed into the open. But only now it became clear to me how that feels, what exactly they mean by this.

I actually can find more examples like that throughout my life. From small events like hitting the perfect parking space to bigger events like being offered exactly the position and job title I had briefly and fleetingly thought about only a few weeks earlier. And then it just landed in my life when my boss told me about such a position opening up in another department. That was over 10 years ago. Since then quite some things have landed in my life.

When I least expected them to.
When I was relaxed about them being there or not.

When I released any attachment to them. When I was not consciously cre-

ating a wish around something to get manifested.

What I see is that whenever these things came true they were deeply rooted desires coming from my soul, coming from another level and sometimes I was not even aware of them in a conscious manner. And even stemming from deep within, these desires were always free from attachment from the beginning. In the way of a "wouldn't it be cool, if...."-question as I mentioned earlier.


Once these situations manifested I realized that I had invited them into my life. I even attracted my boyfriend this way and only discovered it later, when I saw the connection between a certain

statue I had had on my desk for years and the man in my life. That was quite a discovery! It made me really experience first hand how much of what we think and what we feel has an impact on what we attract into our life. And it made me realize that what we see repeatedly also has a strong impact on other areas of our reality. For that reason, I am now becoming aware of how important it is to surround myself with objects, images and colors that are expressing in a way my deepest beliefs and visions, even if only in a distant way. We give meaning to those things and can choose to only surround ourselves with objects that do have a positive meaning instead of, for example, having 'that vase from auntie

Doris' that we really dislike but don't dare to give away because it was a gift. And as a health coach I very much want to extend this thought to the food I eat. We all, more or less unconsciously, load our food with positive or negative associations. I do it, too.

When I eat a salad I associate this with health. When I eat a chocolate bar I associate this with unhealthy living and, even worse, guilt. But I know that eating with feelings of guilt or with any other negative emotion can take away any positive benefit from even the healthiest foods. Emotions are the additional layer one has to take into consideration when it comes to finding a healthy lifestyle.

So I find a balance in all of this really important. I want this for my clients and for you as much as I want this for myself. I want us all to release any negative notion associated with the food we eat. So no more eating when we are upset, no eating when we think of the food as unhealthy. Rather thinking 'wouldn't it be cool if this food would nourish me the best way possible, because I eat it with joy and peace?' By adopting that attitude of releasing and receiving we can contribute greatly to our health. Because I want that healthy seat in the bus that is life! And I want it for you!



"I had to
die
many
times
to become
this good!"

The title is a catch phrase from an old teacher of mine. To paraphrase: There is so much value in letting go of what no longer serves you to make space for who you are becoming. There are small deaths involved in all true growth. The things, ideas, people or mind-sets you outgrow will forever be behind you. Some of the things that I have let go off in my life have seemed ridiculous or unnecessary to others. Other releases have made a profound difference in the quality of my life but didn't register as a big change for the people around me. And then of course there is my name change, that one gets everyone talking and scratching their heads.

The first thing I let go off was my belongings.

I was 17 when I read a book on decluttering. It illuminated my subconscious hoarder tendencies. Moving out and away from home I realized that I was carrying all the contents of my childhood rooms into the next chapters of my life. I donated, sold, gave away, or threw out stuff like a banshee. Recklessly I paired down everything I owned until a calm and quiet atmosphere found its home with me. Without having a word for it yet, I had become a minimalist.

The second thing I let go of was the family dysfunction that made me seek out people and situations that recreated the uncertainty and drama that I grew

up with. I ended a long-term relationship and swore that I would never again be with someone that used drama to squeeze love and affection out of me. This decision let me to discover the 12-step group for people who grew up in dysfunctional families and took on the traits of addicts without ever having an addiction of their own. The release of old patterns, thoughts and reactions took time but I emerged with the will to not only survive but actually live my life. I broke the mindset of lack and unworthiness that my family unwittingly had taught me. Without realizing it yet, I had put down the foundation for my future calling – light worker.

The third thing I let go of was my name. This was, unlike all the previous decisions, a true leap of faith. Something yet unarticulated inside of me drew me to numerology. While still a skeptic I decided to see a numerologist and change my whole name. This was my most dramatic awakening yet. After my name change shifts occurred in all areas of my life. Some changes were subtle, like the dynamic of friendships shifting and weight loss. Other changes transformed me, like when love finally came rushing into my life and arrived in the form of a shy soul mate. Synchronicities lined up and new doors opened both in my mind

and life. My spiritual side finally got its time in the sun and my intuition came knocking loudly. I moved continents and cut ties with more old pain to make space for new love and adventure. From where I am standing now I can see that I was finally done with the lessons, pain and challenges that my old name held. I love my new name so much more than my old one and yet I know that even this name I could outgrow.

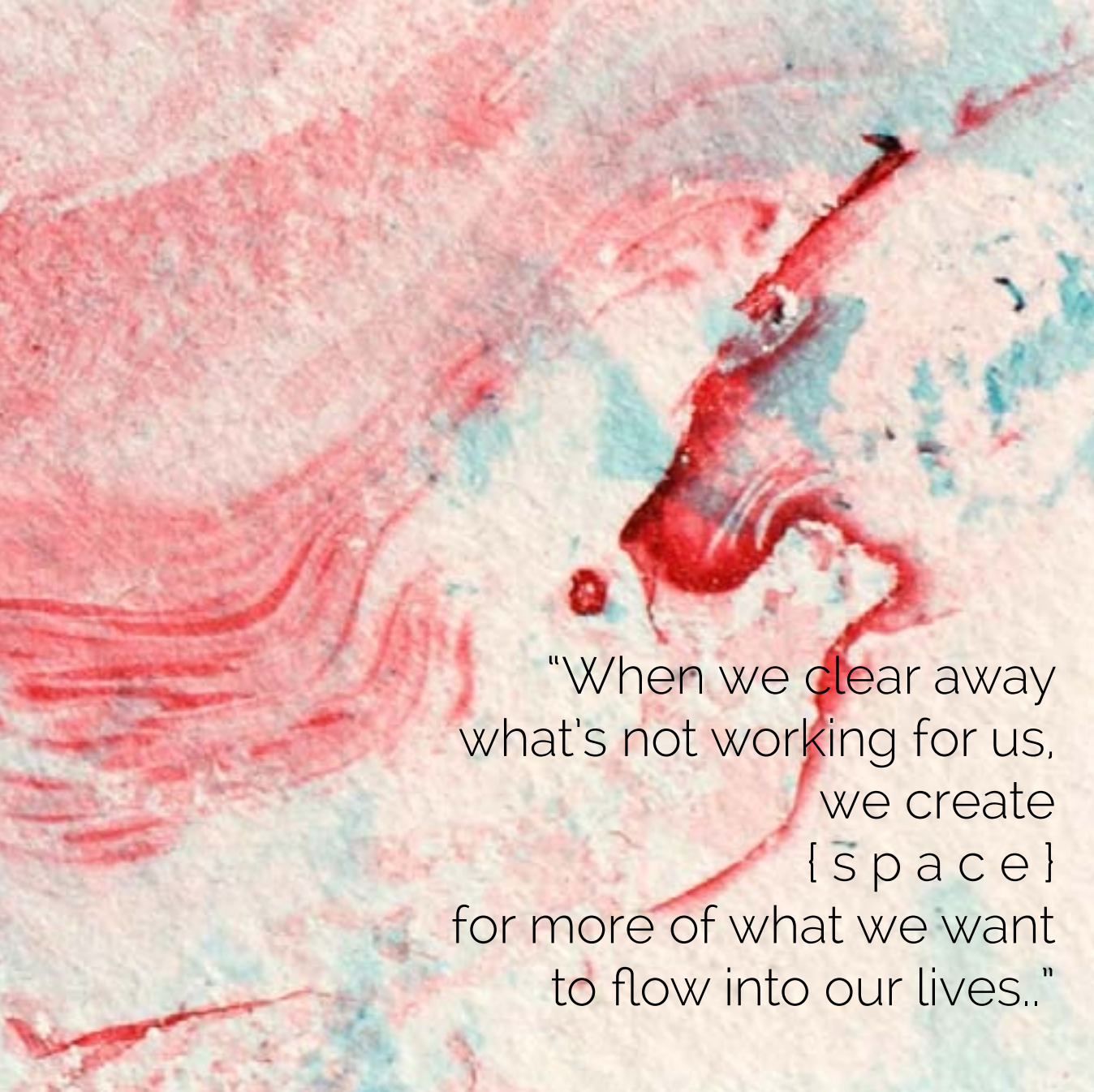
I have gone through a lot of little deaths to release what has been holding me back. Each death has been necessary for

me to become more aligned with what I am here to do, experience and contribute. You might think calling these experiences deaths is a little extreme. For me it's the best way of describing the transformation that has happened. I can never go back to who I've been and this is the most thrilling part of the release to me. The decisions you make to change your life should make you leap so far it will be impossible to go back to a less awakened state.

There's many ways to expand, many paths of truth. I recognize that clutch-

ing my comfort zone is not going to bring about a new perspective and then I accept a small death has to happen. I embrace the change that's inevitable if I want to become a bigger and brighter version of myself.

Whatever the next step or little death is to you I hope you embrace it and see it for what it is - something that will make you become even more yourself. You can lose nothing as long as your decisions align with your values and core. A feeling of lightness follows the true little death and all you become is more you!



"When we clear away
what's not working for us,
we create
{ s p a c e }
for more of what we want
to flow into our lives.."

Aligning with the energies of the moon

In 2014, I led 250+ New Student Orientation Leaders at California State University, Northridge through two workshops, one titled, "Let it In" (on receptivity) and the other titled, "Let it Go" (on releasing). As I prepared for the sessions, I realized that I had amassed an unusual amount of related tools through extensive studies in business, education, partnership and practical spirituality.

Building on the success of those workshops, as 2015 approached I was guided to create monthly events in Los Angeles exploring the concepts of receptivity and releasing and connecting the two with the New Moon and Full Moon felt a perfect fit. Particularly given the digital age we reside in and the value available in our being routinely reminded that we are, in fact, part of nature.

Through a mix of ritual, inspired readings and prompted writing, each New Moon we invite, welcome and receive what we want to experience more fully in our lives — and each Full Moon we release that which is outworn, outdated or otherwise no longer serving us.

In doing so, we build spiritual muscle in our abilities to RELEASE and RECEIVE and position ourselves to reside in a place of personal currency. Unhindered by the past, we become more available for the good waiting to flow into our lives.

And, I have great news! While I'd love for you to attend a Moon Circle Gathering in Los Angeles, you don't need to travel further than outside your front door to take advantage of the Moon's Energies and Cycles. You can use the information shared here to create your own

experience each month simply by heading outside, looking up at the night sky and adding whatever elements to the exchange that would make it meaningful for you. If you're not familiar with the Moon's Cycles, a quick Google Search for "Moon Cycles, [your time zone]" will supply a calendar of upcoming dates.

To give you a head start on what it might look like to align with the Moon's Energies, here is a Top Ten List of the limiting beliefs people repeatedly mention wanting to release on Full Moons. And with each of them, is a perspective-shifting affirmation designed to create space for what wants to happen instead.

As you read through the list, I encourage you to put a star by any of the items listed that resonate for you and to note any additional items that arise. And then tuck the list away to revisit on the next

Full Moon, when you'll be energetically backed by the natural world to let things go.

Releasing CONTROL I trust a solution exists.

Releasing FEELING STUCK There's a way for this to work.

Releasing WORRY Here and now, all is well.

Releasing OVERWHELM What next step will alleviate the most pressure? [Side Note: Sometimes the next step is a nap!]

Releasing SHOULD I discern what's mine to do, and what's not, with ease.

Releasing EXPECTATIONS I choose to value progress over perfection.

Releasing COMPARISON I measure my current self against my past self (instead of others) and celebrate my growth.

Releasing JUDGMENT My uniqueness is a gift I allow myself and others to experience.

Releasing URGENCY I choose and honor my pace in the world.

Releasing NOT ENOUGHNESS There is enough, I have enough, I am enough.

While the affirmations above are a good start and can help create some space in our thinking, it's important to also address what's creating the challenges we experience. So I'd also like to offer you two questions to consider in relation to any items above that you starred or addi-

tional thoughts you added to the list:

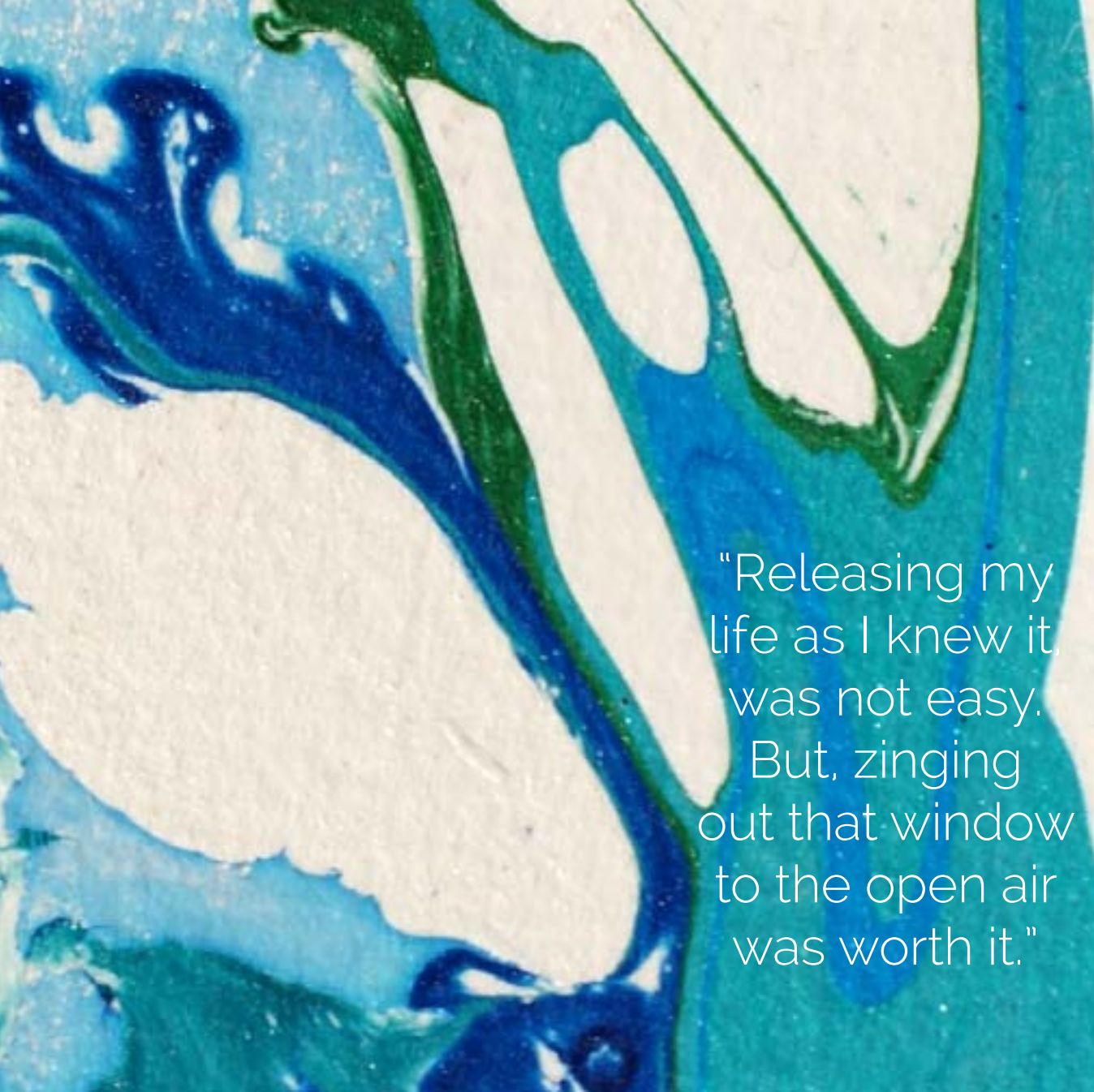
What does it cost me to hold onto this?
How does holding onto this benefit me?

These two questions can unearth and surface aspects of limiting beliefs that take multiple forms, and shed light on them in ways that allow for even greater shifts to occur. When we can see limiting beliefs from multiple perspectives something gets unlocked and we unbind ourselves from seeing things in the limited ways as we once did. Making the release far more potent and results more far-reaching.

And, there's even more good news. When we learn to release what's outgrown, outworn or otherwise no longer serving us in our daily activities through a monthly practice like aligning with Moon

Cycles, it makes it easier to let go of bigger things that we have fallen out of resonance with, like jobs, relationships or where we live. And as we do so in habitual ways, our resiliency grows. And as our resiliency grows, we become willing to take greater risks in our lives in support of what matters most to us.

I invite you to experiment with the list and questions posed and see what new space you can create for yourself, and in our world, simply by stepping outside your front door on a regular basis and befriending the Moon in new ways.



"Releasing my
life as I knew it,
was not easy.
But, zinging
out that window
to the open air
was worth it."

Four years ago I released my life as I knew it. Release sounds relaxing, doesn't it? Like a deep exhale. Like a balloon floating off into a vibrant blue sky. From my perspective, that was not what release felt like. My release was more like a balloon when you let the air out. Zooming around, bouncing off of things, making fart noises until it ends up in a far corner. When you finally retrieve the balloon, it still has a little air left, and suddenly it zings out an open window.

Four years ago, I was living what I thought was my dream. I had a kind, handsome husband and three smart, beautiful kids. I had a great job with a great salary and lots of potential. I had a cute house with a big yard and nice neighbors. And, I was miserable. I was so overwhelmed with responsibility, that I couldn't remember the last time I had

laughed. Somewhere along the way, I had decided that my job was to care for my family the best I could. Whether I was happy or not was not important. Because, you see, my husband chose not to treat his mental illness. Our kids were incredibly sensitive, which created an intense environment full of tears and frustration. My five year-old son proclaimed he didn't want to be a dad when he grew up because he didn't want to sit home in his pajamas all day and do nothing. Our eldest daughter wouldn't play anymore even though she was still only eight years old. Our city's school district had lost its accreditation, and I was trying to home-school our children in the evenings after our full days at work and school. Our house was built in the 1800s, and something always needed to be repaired. I

was building a new business for my firm which was exciting, but exhausting. In the midst of my chaos, my friends had all but faded away. Since my husband was estranged from his family and my family lived hours away, I was isolated. I had been trying so hard to keep it all together for so long, that I had become emotionally, spiritually, and physically exhausted. I just didn't care about much at all anymore.

Marie Kondo suggests purging your home by holding each item and asking if it sparks joy. If it doesn't, then it needs to go. I decided to approach my life that way. My kids sparked joy. Little else did. I resolved that anything that didn't benefit my three kids was not something I wanted to keep. In a small corner of my mind

I hoped that I would become important enough again to choose things that benefited me as well. Our marriage had become so painful to the whole family that I couldn't remember a time it felt good. My husband wanted time to himself. I took the opportunity to let our marriage go. Then I realized I could cut back to part time work to focus on helping my kids recover and build resiliency. I took the opportunity to let my career go. I looked at my finances and realized I had another choice. If I took a job working longer hours and travelling more for the next seven years, I could make enough money to pay off all the debt from my ex-husband, plus the nanny required to raise my children while I was working. Or, I could declare bankruptcy, have it cleared off my credit in seven years, and raise my

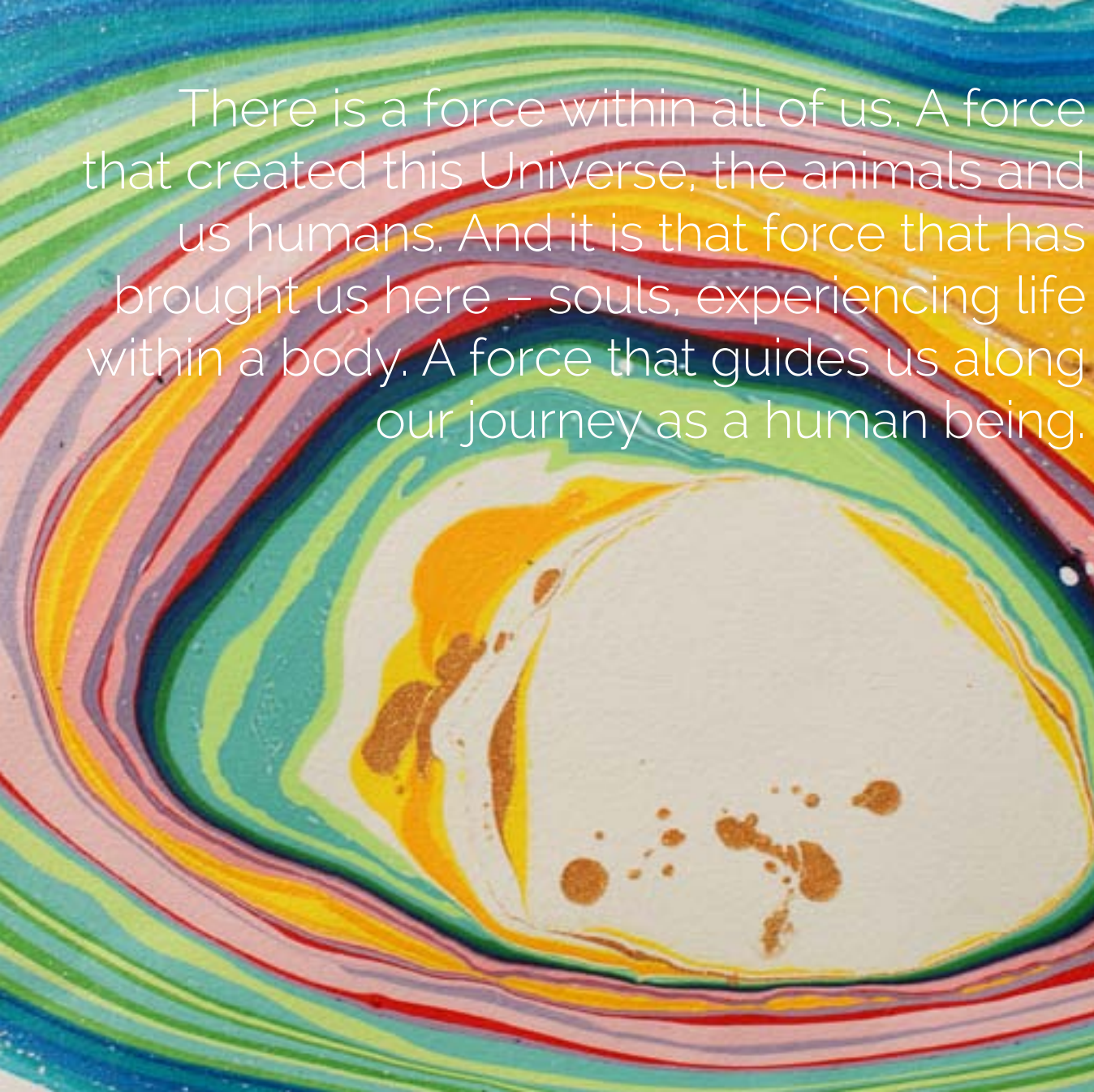
children myself. I took the opportunity to let his debt go. My lawyer advised me to let my beloved house go into foreclosure with the bankruptcy since I was upside down on the mortgage. I took the opportunity to let my home go as well.

One by one, I released all of those incredibly important pieces of my heart, soul, and mind. Then, I began to create. I took my kids and found a house that required little maintenance. It was in a neighborhood with good schools, so I didn't need to homeschool in the evenings. I started my own business to control the hours I worked. The kids and I travelled together, and they noticed as I began to lighten up. I deliberately started designing a life that would allow me to rest and create the energy needed to

fan that little spark of joy into a flame and make it spread.

Sometimes the word opportunity is mistaken for a paved road cleared of obstacles. Opportunity is really just a chance to make a choice. I made some scary choices as I let go of things that seemed so important. I was paralyzed by fear at times, but the memory of my misery and watching my kids deal with their pain kept me moving forward. Life kept happening too. Car wrecks happened. My father passed away. My money ran out. But each time, something swooped in and gave me another push forward. I tried things. Sometimes they worked. Many times they didn't. When something didn't work, it just became a bounce on the way as I zipped off into another direction.

The other day I was singing a ridiculous song and dancing in my 10 year-old son's room trying to wake him up for school. Later that morning, I watched from the porch as the two little kids hopped on their bikes and happily rode down a tree lined street to a school they love. My eldest daughter has started laughing and playing again. Their dad is healthier without the intense stress of family life, and they all have fun together. I have all sorts of travels and adventures with my kids, and I am creating a business that I love. Releasing my life as I knew it, and my dream of my life, was not easy. It was not a smooth, gentle upward drift. But, zinging out that window to the open air was worth it.



There is a force within all of us. A force that created this Universe, the animals and us humans. And it is that force that has brought us here – souls, experiencing life within a body. A force that guides us along our journey as a human being.

In May 2014, my journey of releasing & letting go of control started.

In May 2014, I had reported two bosses because of sexual harassment and bullying. A couple months later I was laid off – after months of fighting with the help of my lawyer for my rights.

What had started respectful and right, ended disgusting. But, it released me from very old and dysfunctional structures.

From that moment, my old life started to fade away and I was pushed into this journey that has been ruling my world since then – a journey towards myself.

After the intense investigations, the

company decided to put make-up on that disgusting affair - instead of truly cleaning the mess those two men had caused for years in that department.

Both men were part of the management and management board, so the company decided that they were almost none consequences for them. They were afraid of the reaction of the public [it is a big Swiss company with a lot of taxes from the Swiss people involved]. So they decided to dispose me. They wanted to kick me out, without any salary and without a certificate of employment.

I opposed.
I fought.

And while I was fighting new doors

started to appear.

In summer 2014 while I was praying for help and guidance, one morning, still not yet completely awoken from sleeping, I heard a deep voice saying to me: Paint. That morning I was given the gift of painting.

From that morning, I started what today is veronicatrombini.ch -my business and my artwork: energy work and energy paintings.

Till there I had been a passionate dancer. Now – for the first time in my life – I was painting.

And I was painting a lot.

I had become an obsessed painter.

Along those difficult times, doors still

continued to open.

And with every step I was making, I actually was forced to release myself from my old life.

In autumn 2014 - out of nowhere – I was invited to perform as a dancer and artist in China in winter. A dream had come true: Dancing on stage and traveling to foreign countries.

In January 2015, after 20 years in corporate life, being an executive assistant in the biggest companies of Switzerland, I was definitely laid off, but this time with a salary and my certificate of employment.

I now understand, that my soul had put me on a road to find out who I truly am

– by giving me circumstances in the outer world, that forced me to travel new paths.

I had been set free from a life, system, job and people, that no longer served me.

And from that moment my soul took over.

Since then I followed that calling one step after the other – even though sometimes and still the journey looks very difficult, challenging and even borderline. I am just doing one step after the other.

Today that gift given to me in summer 2014 has flourished into something worldwide unique.

Today I am an Artist and Business Energy Consultant and Soul Mentor with the calling of helping women entrepreneurs on their unique entrepreneurial journey – with my unique gifts of seeing beyond the veil and of making visible what is invisible.

I am still on the road to myself, but today I am the most truthful expression of me – thank to two disgusting bosses and a coward Swiss company.

If there is a learning in these past years, then this.

There is a force within all of us, a force that moves and gives birth to planets and stars. A force that created this Universe, the animals and us humans. And it is that force that has brought us

here – souls, experiencing life within a body. A force that guides us along our journey as a human being.

And our only job here on Earth, is to allow that force.

By releasing and letting go of our need to control our lives.

By living and expressing self-responsibility.

By responding to our self, we answer and live that force.

And sometimes when that energy stream of that force within us, can't flow anymore, it forces its way through – by bringing circumstances into our lives that set us free.

And give us life back.



the force

Behind this project are curageous souls that blaze their own trail in the wilderness of life.
Each one is a wonderful inspiration.

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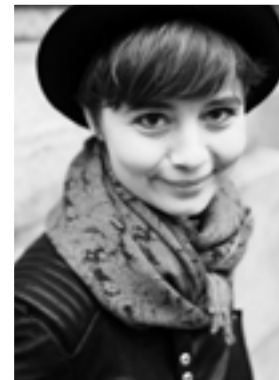


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thank you

...to all my contributors - I could not have done this without you..

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