

The Simplest Way to Release and Self-Heal

“Relax, Release and Let Go”

Introduction

Today, there are many ways to heal and reduce stress - practices originating from early civilisations through to more the modern and “new age” - all adding value when seeking to rebalance body or mind. At times though, the variety can seem confusing - what is the best way to relax and let go of tension or illness? Does healing always require complex practices or seeing therapists? How much can one’s healing journey be self-driven and catered for? The author is not suggesting that healing practitioners don’t add value but sometimes we turn to others for healing when we could do more ourselves. At a time when knowledge is so well-valued, many people remain unaware of how they could manage their “stuff” a little more.

This article examines the process of gathering stuckness, blockage and tension. It looks at some of the reasons why mind-body can manifest illness and stress, and suggests ways of working through stuckness in a manner that engages and empowers.

We All Collect “Stuff”

No matter how ‘evolved’ spiritually or self-aware we are, we all collect ‘stuff’. The minute we start knowing something or thinking we know, we begin gathering energetic, mental, emotional or physical build-up. How one defines the process of becoming stuck, stressed or ill depends greatly on how s/he sees the continuum between physical and energetic worlds. Many of us live in systems that don’t really acknowledge energetic or invisible realms: the focus is more on physical or observable phenomenon. Even when practitioners are aware of the energetic causes of ill-health or stuckness, clients are not always fully told.

Put simply, the world is a world of energy and most stuckness starts on the energetic layer of mind, body and soul. We all receive, grab hold of and store away things - emotional, mental, energetic and physical - which may once have been valid but sooner or later become clutter or blockage. Experiences, witnessing events, nursing opinions or grudges - the more we collect, the more we seem to react to that which life brings. Reacting seems part of being human - the issue isn’t whether we react but how much. In choosing to react however, we elect to become involved with that which we are encountering; we take it in, accept it. In doing so, we can start collecting and owning “stuff”.

The Human Being is a Receptive Vessel that Can Either Allow Flow or Store

Energetically, the human being is a receptive vessel which can act as either a holding chamber or a pipeline. As an energy bubble, a person has a physical form, mind, energetic body and soul. The energetic body is defined here as the aura and other levels of intangible being that constitute a complete person (e.g. emotions, fears, thoughts); the soul is that part of the human being which is divine, tied to the universal, pure in essence and unchanging in nature irrespective of what is going on. When things happen - events, dialogues, witnessing things (e.g. movies, videos, media outputs) or more - they are taken in through the aura and other energetic layers, and held there for at least a second whilst they are assimilated and interpreted. The experience is compared against what’s

familiar and a response generated, verbal or non-verbal, towards the originating source, other people/things and/or ourselves.

A person cannot interact with or respond to anything without first ingesting the experience s/he is having to at least some degree. This is when we can start to own, nurture and/or hold “stuff”, tension, illness, baggage and more. We are all receptive vessels irrespective of how deeply we consider or interact with what life brings us. When we know this however, we can begin choosing whether to accept and hold the things we encounter. Instead of “taking offence”, for example, we may choose not to “take” (i.e. accept) anything at all.

Factors that Contribute to Our Possession of Clutter

a) We Collect and Gather by Being “Me”

Energetically, what makes an individual start collecting clutter or “stuff” is the “me” that exists in his/her world - ego, the degree to which “me” is the only thing that exists, with no possibility for divine or universal help. In such moments, there is no other: only “me” or “I” exists to take on or respond. The experience, gift, load or burden can’t be shared or dissipated - it’s all happening to “me” and “I” am alone. Now, ego isn’t ‘bad’; we all have egos and ego can play both positively or negatively depending on the role we assign it. Understanding what ego does when challenge arises can help us move to less tension-filled platforms.

b) The Problem is “to Me”, “at Me” or “I”

When difficulties arise, our first tendency can be to interpret the experience as happening “to me” and this is where we can start to trip ourselves up. An event merely happens: a person simply does or says things - i.e. “it is happening”. When we include end phrases like “to me”, “at me”, etc (e.g. “she said that about me”, “he did this towards me”), we start to energetically own what’s going on. Yes, it may be happening but that may be irrespective of whether it’s you at the receiving end or not. The minute you extend your sentence in this way, you start owning the problem and all the baggage or obstacles that come with it. If it isn’t yours to begin with, you can actually leave it alone. Words and actions belong to those who create them, not the audience they are intended for (irrespective of what that audience may have said or done), and we each choose from a range of possible responses irrespective of who or what’s involved. As such, what you witness in the world is actually “it is happening”, full stop, rather than “at, to or about me” at all.

c) Being the Only One in The Room When Things Happen

Often as difficulties unfold, we can feel as if things are closing in on us. This is all part of ego’s reaction: the view starts retracting, becoming tunnel-visioned to the point where “I” and “me” are the only ones who can/will fix things. In so doing, we have just collected more “stuff”. Does everybody else in the universe want us to become responsible or is our sense of self is so great in that moment that we unconsciously become the only worthy candidate on earth? This is common amongst parents, managers, bosses, elders of all sorts. We can all at times become just a little too familiar and/or wanting of roles of responsibility when we could, in fact, ease up to see if our involvement was warranted.

d) Not Understanding that Source Really Exists and Divine Help is Possible

So much of the above is underpinned by a belief that nothing exists beyond the physical that will or can help out. Even those who practise spiritually can have a hard time remembering that the universe is right beside them when crisis hits. Stress and challenge often seem to make the Divine more distant: we can identify so strongly with “me”, “I” and “them” that the only things we remember are physical and/or tangible ones. The trouble is that this can reduce the chance of getting universal guidance in the very moments we need it most! The closing-in sensation is the exact opposite stance we need to take in moments of difficulty and tension. Whenever you want to maximise universal guidance and flow, you need to allow Source to be real and allow it in at all angles. Only then do we, as creators of our reality, leave tomorrow’s doors truly open.

e) Not Seeing the Divine as Kind or Benevolent

Also important is how we define the Divine, its role and/or interactions with humanity - whether it exists, how close by and what disposition it has towards people. Some belief systems portray the Divine as judgmental, strict or harsh - if you get it wrong, you pay for it - but there are other ways to perceive things. Any system that embraces penalty, punishment or distance between the Divine and humanity can tend to result in a person experiencing more aloneness and/or abandonment in difficult moments. Systems that acknowledge divine presence and benevolence at all times, irrespective of individual performance, tend to result in an experience of being divinely guided more often. What you choose is, of course, up to you but it’s important to realise that how you define the Divine determines the type of universal help you will receive.

f) Ego Needs to Keep “Stuff” Going

Energetically, the ego will remain in the driving seat for as long as it’s allowed to. Ego has a vested interest in its survival and will do whatever it can to make sure “I” keeps going. Now ego isn’t just pride or arrogance - sometimes it’s just an “I” that needs to remain busy. Worrying over things, fretting endlessly, playing out next steps and possible scenarios - such activities help ego stay central and keep us in reaction, self-centredness and imbalance with the world.

In contrast, centredness and connection are states that don’t permit ego, when truly attained. Connection is a state of oneness, universal, rather than “I” or “me” in form. Being connected requires a death or silence which ego loathes, especially when it can’t see any benefits yet in surrendering itself. Its first response to centring is avoidance, however subtle, because it fears annihilation and loss. Once it connects and knows something again, ego is fine but it must quieten itself to get to this and ego can balk at this every time. To the degree that we continue to keep wars, worries, anxieties and other such emotional or mental states going, consciously or not, we are helping ego remain front and centre of our lives. The challenge is to stop, relax and connect to Source to test whether we really need the current dialogue at all.

g) Using Busy-ness to Avoid Our Future

Ego or self also loves to stick to what it knows. It doesn’t really like extending beyond its boundaries because newness can represent unknowns and big, black holes. Ego likes to stay safe and comfortable; it doesn’t like sacrifice; and tends to avoid effort of any sort. As such, ego or self-centredness is often a very good front for fear of failure and/or moving forward towards one’s goals. Rather than deal with the fear and move into newness, we sometimes allow our ego to keep things busy for us. Busy-ness, stuckness, illness and dramas are sometimes ‘just’ another distraction away

from that which we really want. Have a look at your busy-ness - does it really need to exist or is it helping you avoid what you oh-so-dearly want?

h) Concluding A Matter Before It's Finished

Often, when we experience challenge, we can conclude that what we are currently experiencing is all life will ever be. However, drawing conclusions when we're only half-way through a story and can tend to deny us the possibility of things ever improving. We create our reality though - the minute we forecast in a way that's down or negative, we start manifesting that reality and preventing what we want from rolling in.

In the world of energy, life is a sine wave that continually rolls up then down. There is no eternally-down moment in the life of a soul, there's only the bottom of a wave that has yet to roll upwards. We can often forget this when hurt or if things take too long to unfold, concluding that things will never positively evolve. Whilst there are indeed some things in life that may never change for the positive, at least a few of the hurts and disappointments people carry are the result of the above. In moments of healing, it's actually possible to release all manner of things simply by allowing life to be a sine wave and allowing that wave to roll on.

i) Not Knowing We Could Just Let Our "Stuff" Go

A person can gather stuckness, illness, stress, fear and tension simply because s/he is not aware that there are other ways of interpreting and/or responding to what's happening in their world. We all tend to just clock along on what we have learned since childhood, not always realising that more choice or scope may be available. Often we forget that all we have to do when faced with resolving or releasing issues is to relax, take a deep breath, remember the perspectives above and let go.

As human beings, we often perceive our physical body as an essentially-closed mechanism, a container, which is not very helpful energetically because it encourages us to hold "stuff". By visualising the body as an energetic pipeline with flow-through at hand, feet and other levels, with no ability to store or hold, we can start releasing all sorts of things, all on our own.

Ways to Relax and Let Go

There are many ways to relax and let go of the stuckness and tension we experience. The exercises below are great ways to help you release and come back to your connection with Source and yourself. You don't need to do these activities in deep meditation - try them whenever you feel you could relax and let go.

a) Using White Light in Your Energy Work

Working in white light is always recommended as the first step in clearing energies and blockages. It clears all things, contains all colours and is associated with the Divine. In connecting to white light, cast skywards with your awareness rather than horizontally around you. Use your breath in connecting, accept the white light in and allow your entire being to become a lung or bellows for universal will and healing. Allow white light to be more intelligent than you, get out of your head and breathe. Move your awareness around your being so that the white light can come in at all angles to clear things.

b) "I Release All Ego and All Ego Releases Me"

This is a great affirmation for releasing fear or tension or when you feel constricted or hemmed in. Say this whilst casting your awareness around your body, visualising yourself releasing and being released from all that binds and limits you. The act of you releasing all ego is only the first part of the exercise; it's important to allow all of the egos that are hanging on to you to relax and release their grip as well.

c) Put Down Your Baggage and Let It Go

Imagine yourself checking in to a hotel that's owned by Source (or a day spa if that's more appropriate!). At reception, put down all the baggage you carry, whether you know it's there or not. Don't seek to label the bags you produce or to release only the things you know you don't want because that can limit what you hand over. Also give over the things you like or want. This way, you allow yourself a moment of objective distance to see whether you really need to carry, own or hold anything at all. Keep checking in your "stuff" until your entire body - physical and energetic - has released all it can. You needn't worry about losing things either - the universe only ever takes away that which is no longer required. If it's yours to own - good, bad or indifferent - Source will always return it. As such, handover all that you carry, not just the unpleasant, so that Source can verify that it's really yours.

d) Allow Everything to Move and Change Shape

See your life as a chessboard and allow everything on that board - theory, person, object - to become connected to white light coming from Source above. Allow white light to go in and around everything/body, including you, in such a way as all dust and debris is washed away. Allow everything and everybody to free up and release one another using your breath to help you, then allow everything/body to begin moving to the right position moving forward in time. Don't control the movements or panic as things slide - everything/body tends to move where we'd prefer them to be long-term. Breathe, relax and allow Source to help all things/people move to the right distance on your chessboard for peace, love and calm.

e) "Your Behaviour is Nothing that I Have to Own"

Whenever you're feeling overwhelmed by the behaviour of others and/or feeling as if you're carrying "stuff" that isn't yours, affirm the above. Connect to white light and allow all cords, hooks and ivies to detach from your body/being, falling away for the universe to clean up and take care of. As with all affirmations in this article, experiment with whatever variations you can come up with. Allow your body to tell you what the words are and breathe to get the best results.

f) Deflate Your Ego; Deflate Your "I" and Put Divine Back into the Centre of Life

Whenever you sense that ego or the fearful you is hogging all of the picture or narrative, allow yourself to move it to one side. Allowing ego to become just a part of you, instead of everything you are, can reduce the tension significantly. Having moved ego off-centre, allow the resulting space to fill immediately with universal will and guidance. Repeat this several times until you're certain that you've relegated self-ness to the side. When you get to nothingness or zero tension, you've completed the exercise.

g) "I Allow G-d to Help Me with Absolutely Everything"

Sometimes, we limit Source's ability to help us with things. We may be able to espouse the theory of infinite wisdom and assistance yet, for whatever reason, as receiving vessels we may still be limited in our receiving. This all comes down to the words we use to describe what's possible. Check your inner dialogue when you are stressing - to what degree are you limiting the type of help or abundance you receive at that moment?

In allowing the Divine to be as real as the physical, check your inner statements about universal help and dialogue. Allow the universe to be right beside you, irrespective of your performance as a spiritual being, and allow Source to be forever willing to help you. Affirmations like "I relax and let go, let go and let the universe take control" can really help. The nearer, more capable and willing you allow Source to be, the more you'll experience guidance and assistance.

h) Exercise, Stretching and Breath Work

Any exercise that encourages aerobic breathing - running, swimming, cycling, vigorous walking - can help clear the body of tension and stuckness. Ego often resists initially but once the aerobic breath kicks in, the internal dialogue evolves, the body releases and you start realising why you've been stuck or tensing.

Stretching, yoga, slow-moving pilates, etc are also great ways to release and relax. Anything that allows you to stretch - to your own rhythm rather than pushing too fast or hard - will help you to release tension and realise what's contributing to bodily build-up. Consider using exercise as part of your spiritual development routine as it's another great way to keep clear and healthy.

i) Prayer, Study, Trees and Birdies Also Change the Frequency

Getting out to parks and beaches can clear the body and aura really well. In changing your surroundings for a moment, you can trick the self out of its narratives. This can involve just sitting in nature or being more active - all forms of outdoor activity can help you greatly whenever you feel out-of-sorts. Also examine the degree to which you use your mental faculties with discipline. If we allow the mind to wander aimlessly, ego will chatter away all day in all directions. We can begin to worry or forecast events in a way that we don't need to, blocking any chance for the universe to help or guide us. Prayer, reading, creative endeavours, study can all help to occupy the mind in a way that adds value and focuses a person forwards on tomorrows that can be, rather than dwelling on fear or limit.

Conclusion

In concluding, it's important to realise that the body really is a receptive vessel and needs to be treated as such. A great deal of stress and stuckness we experience arises out of our internal processing and dialogues - fears, worries, over-analysing and lack of faith can all give rise to stuckness and obstacle. Often we don't know that we can change our way of narrating what is happening in a way that sees things quickly evolve. Tension and blockage are often things we affirm, even if all we do is continually observe that "it is happening". When we're ready however, we can start connecting to help self and ego move to the sidelines. For as long as the mind is permitted to wander, we can continue to experience unnecessary tension and build-up. Relaxation, clarity, move-through and healing is possible in so many ways but only once we take responsibility for the way we process and perceive things. Consider the ways you keep yourself harnessed to limit, burden, lack or ill-health, and try the exercises above (or others) to see whether you could perhaps have life "magically" roll forward.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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