

Simplify Your Decisions

By Gianna Rosewood

"What is the answer? I have tried everything to get a job or to purchase an affordable home. I don't understand what is going on. I went to college so that I could get a better paying job and provide for myself. Yet, nothing is coming my way." This situation upset me so much that in a fit of anger, I hurled a book across the room, and watched it hit the wall of my rented apartment. Then I flung my arms up in the air and shouted, "God, what do you want from me?" This episode of desperation took place 20 years ago. Had I been armed with the Release Technique, living with so much uncertainty would have been easier.

Since I began working with the Release Technique two years ago, I feel more relaxed and clear about my decision-making process. To help myself, I use one of the many practices the Release Technique teaches. It is to "Let Go of Figuring Things Out." Here are four basic steps to follow to help with this process:

1. Discriminate. Step back from any given situation and become aware if you have gotten answers but have chosen not to listen. Maybe the ego (the voice in the head that weaves tales of doom and gloom) is sending signals of fear and uncertainty. Or, maybe you have listened, and you continue to stay in the loop of trying to figure out the perfect answer because the multitude of possibilities to pursue feels overwhelming. Trust yourself. Take your eyes off the goal. If you feel there is one step you can take towards a goal, do it. Remember, there are no miss-steps.

A few weeks ago, I was given a clear understanding of this concept while taking a hike in the mountains. I found that my body was getting tired. I then became aware that my focus was on the goal (getting to the top of a steep hill). I then shifted my awareness to my feet and began to focus on each step. As I became very present with each step, I found that my body had tons of energy. Getting to my goal became effortless.

On the other hand, if you truly do not have an answer, let go. Discriminate and know that if you did have an answer, it would be sitting on the tip of your tongue. The answer would be as certain as your name, address, and telephone number. If this is the case, make a decision to let go.

2. Make a decision to let go of trying to figure things out. How do I just decide to stop? It doesn't seem easy but it's important to understand that when we struggle to figure things out, we usually go into a cycle of negativity. A feeling of negativity is just that (a feeling). It is not who we are. Our true self (source energy) is peace, love, and joy and is always present. This source has clear answers. And it is possible to decide to switch into remembering our true self. For instance, I have conducted workshops where I have instructed participants to pair up and talk about their worst day ever. Next, I instruct them to shift and talk about their happiest day ever. I then ask participants "How did they switch so quickly from

feeling the negativity of their worst day to experiencing the joy of the happiest?" The answer is, "It was possible because they made the decision to be present in class and follow my instructions." Instruct yourself to make the decision to look fear square in the face with your unlimited true self.

3. Move out of disapproval.

Once the decision has been made to let go of figuring things out, focus your attention on how you feel in your body. More than likely feelings of disapproval for not having an

answer will surface. These feelings block source energy. To release the feelings of disapproval, first, move into allowing the

Continued on Page 8





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