

Let It Be!

When I was growing up—like most kids—I typically had multiple cuts, bruises, gashes, sores and boo-boos that would scab over. And, again like most kids, I picked those scabs. *Why kids compulsively pick at scabs until the wound bleeds again and again I don't know!* What I do know is that my Mom's mantra was, "Let It Be!" For years she tried to convince me that the sores would heal quicker and not leave a scar if I would just "Let It Be!" Of course, her words fell on deaf ears and I continued to pick the scabs, make them bleed and create scars! Mom's know a lot of useful information; sometimes we ignore them because we just need to discover them in our own way and in our own time. LET IT BE is one of the things I'm still discovering.

I regularly trade readings and healings with my friend, who some months ago saw a picture in my space that I believed I needed to make restitution by suffering for a past life experience—in spite of clearly having made ample restitution in that life time. I periodically looked at, worked and played with the energy to release the picture. It persisted.

A couple of months later, the same picture surfaced again during one of our sessions. As I sat in my space, running my energy and receiving the healing and information, in a split second of certainty and clarity, it came to me to just LET IT BE! Accept it. Accept it fully. Let go of the resistance. Let go of the judgement and just LET IT BE!

In another split second of certainty and clarity combined with neutrality, I created a gold sun above my head and threw a speck of PERMISSION TO SUFFER into it—and added "until I wake up Friday," which was about 72 hours later. I began filling in with that gold sun of permission to suffer when my friend, who was in her reading/healing space and communicating, stopped mid-sentence, opened her eyes and said, "*What did you just do? Your ENTIRE space shifted!*"

I told her what I did: I let go of resistance to what is and I gave myself a gold sun filled with PERMISSION TO SUFFER. She was amazed at the effect it had on my space. With no space, no time and no effort, I gave myself permission to suffer and, as a result, was able to release the need or belief that I needed to suffer, creating space in my space for whatever energy would serve me best in present time.

When we go into judgement or have resistance, we get caught up in the energy of the resistance or judgement itself, which then keeps us trapped in the experience, preventing us from moving through the experience as we learn and heal what we came to learn and heal.

One of my favorite quotes, comes from a series of little books titled THINK and THINK AGAIN is *“To end personal suffering, accept what is.”*

By allowing myself to move out of resistance and judgement about the picture or belief in my space that I needed to suffer, I was able to LET IT BE—to accept what is—and, in so doing, I could really have it and then let it go.

“To end personal suffering, accept what is.”

One of my students recently had a similar experience during one of the Psychic Teacher’s classes. It was a perfect example of what happens when we lose our neutrality and get stuck in judgement energy—and how sometimes we are resistant to looking beyond that judgement, believing that the judgement itself is the lesson.

The assignment that week was to teach an Energetic Boundaries tool for 15 to 20 minutes. The purpose of the Psychic Teacher’s program is to assist students in releasing invalidation and judgement pictures related to their past and present teacher’s space.

The student—I’ll call her Jenny—spoke the final words of her presentation and before I could say a word, and without taking a breath, she blurted out how awful she was and how unprepared she sounded and how it didn’t come out right and how she forgot some things and how she felt that it was really not clear and . . . and that was all before I could say “time’s up!” She was so caught up in the judgement and invalidation energy that I had to say her name three times before she stopped flogging herself with judgement.

I encouraged her to stop talking, close her eyes, take some slow, deep breaths and LET IT BE in her space! Be with what is. She calmed down and was then able to use her tools to clean out the judgement and invalidation energy that came up for her during that assignment. She then filled in with neutrality, validation and present time. The other students followed along, taking that opportunity to blow

any matching pictures they were ready to release. A few minutes later Jenny opened her eyes; she looked and felt completely different.

By LETTING IT BE she was able to move out of the judgement and invalidation and get the healing, lesson and growth she sought from the experience, and it showed in her space.

A few years ago, I found out that my friend of 35 years had again started smoking a year earlier. I was surprised because she had visited me during that time and I was not aware she was smoking. She said she used a patch and didn't smoke around anyone when she was here because she didn't want anyone to know. She had so much judgement and shame around smoking—she had previously quit for over 15 years and her sister had cancer. She was adamant that she didn't want anyone—not her students, co-workers, boss, friends, family—not even me—to know that she was smoking again. She started crying, saying that she tried and tried to quit—even attended Smoke Stoppers again, which is what worked for her years earlier when she quit. NOTHING was working and she was disgusted with herself.

Months later when we spoke on the phone, she told me she was still unable to quit and she was still hiding her habit. No one except me knew she had been smoking for over a year now. She talked about not being able to let go of this habit she really hated. I asked her how she was going to let go of something she didn't own. Huh? How can you let go of something that you won't claim you own? She was silent.

We talked at length about how she might move from resistance and judgement into neutrality. How if she could just LET IT BE—own it—she would THEN be able to let it go. Soon after, she stopped resisting the fact that she was smoking and started telling other people. This helped her gain some neutrality and, as a result, she was able to move into her certainty and clarity that it was, in fact, time to quit. She did—but not until she could just LET IT BE!

Also from *Think and Think Again* . . .

If you could really accept that you weren't okay,
You could stop proving you were okay.

If you stop proving that you were okay,
You could get that it was okay not to be okay.
If you could get that it was okay not to be okay,
You could get that you were okay the way you are.
You're okay, get it?

And when she LET IT BE she got that she was okay.

This past Thursday I finally got out of bed at noon feeling, well, not so well. My chest felt heavy with every breath, my head felt light and my stomach felt queasy. Hmm . . . I had planned to help a friend paint that day as well as continue with my holiday preparations. I went downstairs to begin my morning ritual which includes a triple shot latte; however, this morning, instead, I put water in the tea kettle and turned it on. I felt so lousy I didn't want my morning latte. Ut Oh! I knew then that I wasn't going anywhere to paint and called my friend to let her know.

She invited and encouraged me to come to her office for some healing—both physical and energetic. I agreed. Knowing how slow I was moving, I proceeded to drag myself back upstairs to shower and dress so I could get there by 3.

While I was in the detox footbath, she did an energetic healing on me and saw that I had literally broke through the wall of protection I created as a young child. There was the wall and there was the big crack where I had broken through. A lot of emotions came up during the healing and the heavy feeling in my chest subsided. I could breathe much easier.

I told her I found it amusing that my sermon for Sunday was titled LET IT BE, and how I really got the message today that if I was willing to LET THIS BE, I could move through this energy and illness in a day.

And then I felt feverish and extremely tired. I told her I had plans to do this and that today and how I knew that none of that was going to happen because all I could think about was hot tea, chicken noodle soup, oxygen with aromatherapy, a movie and my couch.

Knowing that resistance is futile, I left and made my way home to all of those comforts I was craving.

I woke up again around noon Friday, and felt tremendously better. Good enough for Aussie to take me for a 45 min. walk in the beautiful 62 degree, sunny weather and good enough to go help my friend paint for a few hours and good enough to finish writing this sermon! Good enough felt great!

And good enough is always good enough, no matter how good good enough is!

In her book, “Your body’s telling you: Love yourself!” Lise Bourbeau has this to say about judgement:

When you love yourself, you accept yourself as you are at any moment—in all your humanity—with fears, weaknesses, beliefs and aspirations that are all facets of who you are. You do not judge yourself or your actions as right or wrong, correct or incorrect, but accept every moment as an experience from which you will learn.

I often remind my students—and I know that we often teach what we most need to learn—that RESISTANCE IS FUTILE! And that when we can accept what is—when we can LET IT BE—we are free to move forward in our learning, healing and growth we came to do..