

THE 10 TOP THINGS TO RELEASE

By Robert Silverstone

When we turn our attention to releasing and letting go of attachments that we have developed, bad habits, negative behaviors, thoughts, doctrines and dogmas, where do we begin? What are the top 10 things we need to let go of in order to begin living a full, rich, meaningful, liberated and powerful life?

Studies have shown that we have about 66,000 thoughts a day, that up to 80% of those thoughts are negative and that 2/3 are fear based. So, let's start with ...

1. Fear

Fear is an extraordinarily powerful emotion. We become frozen in fear, paralyzed in panic or waterlogged in worry. One of the facts about fear that most of us fail to see is that fear itself, cannot exist in the present moment. Fear gets its power from the future. No matter what it is that we fear, it hasn't happened yet and it is highly likely that whatever it is will never happen! Fear is an irrational thought that affects us all in one form or another and to a greater or lesser degree. How do we release fear? We get busy! We turn our attention to the present moment, we do some deep mindful breathing, and move into action ... now!

2. Outcome

While we are looking at investments in the future, let's consider how much of our energy, how many of our thoughts are focused on expectation or one particular outcome? So specific, so focused is our expectation on one particular outcome that we are closed off to the possibility of a different or even better outcome resulting from the action steps we have taken or the desires we have sent out into the universe. Attachment to outcome is a significant drain on our already strained energy and needs to be released in favor of trusting that no matter what the outcome, it will be in our highest and best interests.

3. Doubt/Uncertainty

Another energy drain that resides in the future is doubt or uncertainty. When we go through life carrying this negative energy, we project that energy in all our words, thoughts and actions. What would a confident, doubt-free day feel like? What if we try it! We may be surprised how uplifting and light a day without doubt or uncertainty can be. If we like it, we might repeat it ... as often as we like!

4. Anger

One of the greatest sources of energy drain is anger, along with its cousins of resentment and frustration. Once again, it's worth keeping in mind that anger can only draw its power from the past and cannot exist when our attention is fully in the present moment. Some time between our next breath and our last, we will release all our anger. Which breath we choose, before our last, is up to us. If we do not choose to release our anger, it will all most certainly be released with our final exhale.

5. Disappointments

Many of us have wasted so much of our valuable energy dwelling on disappointments of the past. Whether those disappointments have shown up in the form of loss, mistakes or failures does not matter. What matters is that we take the learning and growth opportunity

from the experience, let go of the attachment to the disappointment and celebrate the AFGO (Another Fantastic Growth Opportunity)!

6. Guilt/Shame

We have all said or done things in the past for which we are less than proud. In many of those instances, it may have been necessary for us to have had those experiences in order to adjust our behavior. Feeling guilt and shame fail to serve who we are today and most certainly do not serve who we are choosing to be. What if we let them go right now? Let's breathe them away and celebrate the ABLE (Another Brilliant Learning Experience)!

7. Drama

We all love drama. The movies are full of it. So are the newspapers, magazines, books and TV. Some is fictional drama and some factual drama. There are endless stories that, in some cases, pull at the heart strings and even touch the soul. Unless we plan to write a book or make a movie, it serves us well to let go of our drama, those stories that we keep repeating of past experiences, troubles, losses, gains, mistakes and failures. It's all in the past and what serves us best is that we start living our lives right here, right now!

8. Opinions of Others

How many of us dress a certain way, drive a particular car, take a specific vacation, or support a certain charity for the approval of others? There is only one opinion that ever really matters and is appropriate ... that of our Self ... our higher or inner Self. If we let those opinions of others evaporate and turn our energy within, where it matters the most, we will tend to operate with more confidence, with more honesty and with greater authenticity.

9. The Victim

The victim shows up in our lives in many guises. Whether it's blame, judgment, criticism, complaining, making excuses or gossip, they all contribute to feed the victim in us. Letting go of any and all these negative behaviors will serve to increase our positive energy and have us operating in prosperity consciousness, where we all rightfully belong.

10. Control

One of the most challenging things to give up and let go is the need to be in control. That is, the need to be in control of external matters, those people and situations that are clearly beyond our immediate control. The only control we have or can administer is over our own behavior. How we behave will have an impact on the behavior of others in our proximity. Attempting to control others will lead to dependency or addiction. We will become dependent on the need to control others. While some of those *others* will fall victim under our control!

Just when we think we've released it all, there's always more!

11. Addiction

Whether it's drugs or alcohol, gambling or sex, thrill seeking or money, we all know in our hearts that addictions are not good for us. Serious chemical addiction and other 'holics are obvious and may need treatment by qualified professionals to facilitate release. But, what of those addictions that are more subtle? What about addictions to people? ... to being in control? ... to the adrenalin rush? ... to the chase of a mate? These are forms of addiction too and need to be considered for release.

12. The Reason Why

Many of us spend most of our lives, and an inordinate amount of our energy trying to figure out why events have occurred in our lives. We seek understanding as a part of our human characteristics, but when the reason why something has happened is not immediately (or ever likely to be) apparent, we need to let it go! Some things, many things, are simply not meant to be known as to the reason why they occurred. Acceptance that, no matter what, it is what we needed, and trusting that there is a valuable lesson that came with the experience is what is most important.

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*For more information about this topic, The GROW Principle<sup>®</sup>, or the author, please visit [www.robertsilverstone.com](http://www.robertsilverstone.com) or contact Robert Silverstone at [robert@robertsilverstone.com](mailto:robert@robertsilverstone.com)*