

WITHHOLD LIST

The following exercise will help you release energetic weight and pent-up energy. I learned this tool at the Foundation for Spiritual Development, a self-development school in San Rafael, CA.

Take a piece of paper, divide it into two columns, and write on the top left "What happened" and on the top right "Who needs to know."

Then, get grounded, sit in stillness for a few moments, and connect with an incident that you still feel triggered about. It could be anything. Maybe it is a painful memory from your childhood or an uncomfortable situation with a neighbor. Maybe it is anger toward yourself. Whatever it is, try not to analyze it but, instead, let all that charge and built-up energy flow through you onto the paper. No need to worry about spelling or how it all looks. Actually, the messier the better!

Focus on the energy behind the writing more than the writing itself. Keep writing. If you run out of room, start from the top again and write over what you already wrote. You will know when you are complete. Write until you find yourself taking responsibility and seeing yourself clearly—what happened that led you into reacting or feeling hurt? Could I have avoided that if I had done something differently? Can I forgive myself for not recognizing the gift in this experience?

Then, write in the right column "who needs to know." This is where you usually list all the people mentioned in the "what happened" column, yourself and/or the Divine (or your True Self). You do not go tell them about this, you simply bring them to this space by acknowledging them.

After you are done, sit in this place of acceptance for a moment. You may write a prayer or an intention on the backside of the paper, asking this energy to be released back to where it came from. And then burn the paper. If you don't have a place to burn it safely, use a paper shredder or shred it to pieces by hand. This is important to do right afterward to allow the resentment to leave your body-space completely.

You will be surprised how powerful this simple tool is! Watch yourself next time something similar happens, or you run into the person you felt a charge with. By releasing resentment this way, we free ourselves to move through life differently. It creates space. It's not any different from de-cluttering your garage or house. After all the noise dissipates, you move through the room differently. You actually breathe differently, too. When you purge your body, mind, and spirit from the debris, you are free to create.

