

## Letting go of past experiences.

All the experiences that have come to you do not define you they are not you they are experiences, set out to test you be thankful for the good experiences that have happened in your life it is time to simply let go. The experiences that have latched on to you, you cannot change it has happened. When you dwell on an experience you are recreating it into your life this is why you get the same experience over & over in your life, you can choose to let it go. When you keep going back you're living in the past, don't bet your self up over it your subconscious mind reel is just trying to warn you it's possible that something triggered the thought of that experience but it's done, it's gone it's in the past. Take a deep breath in through your nose and as you breathe out replace that thought of the experience with a thought that makes you feel happy feel the happy feeling. Feel how free it feels to be in that happy thought in the now, the present moment.



The great thing about life is that we get a new day,

If you are unhappy about the way, you have treated someone, choose a new way learn from past experiences and how to do things better practice communicating better. It's your life, your journey! If you can see life as a journey, there are no mistakes only experiences. It's how we deal with the experience. You get to choose your actions and your actions determine the outcome. Walk the new road, back your self in, it's up to you to change you.

We are all connected, it's important in the bigger scheme, that you can start making these changes we are all here on earth to learn to grow.

Pick an experience and think about it for a moment, think about all the component of the experience how does it make you feel?

Does it make you feel sad?

Does it make you feel angry?

Do you have guilt?

Do you have regrets?

## **Visualization technique:**

Bring the feelings to the surface, let all those feelings come, this is a simple exercise I would use with martial art student, visualize getting a sack, a draw string sack in your mind visualize putting all those feelings in the sack, put the whole experience in all of it. Now pull the draw strings tight and place the sack over your head and visualize rotating it above your head in a winding motion as fast as you can. Now let it go, seeing it fling up to the universe, don't worry there will be someone there to catch it. Feel how it feels that is gone! Feel good, doesn't it? Now it is gone, it's not yours anymore, feel the love coming back to you feel that love coming into your heart that amazing divine love that great light coming through the clouds filtering through the tree branches, I want you to think how you will never allow that same experience into your life I need you to make a promise, to you, I need you to make that promise to you!

You feel happier, brighter, a new sense of you and how you will handle experiences moving forward in your life, you can not control how others act, you can control and decide how you react.

What we think matters, be conscious of this now, every thought is like a stroke of an artist brush, what you think you create, what you believe in thought just as the current of the ocean draws the ocean back out will come crashing back to your shore, to your door! Keep practicing visualization techniques aside all in your life don't forget the journey, you are here on a journey when it gets hard seek the light and warmth of the sun, take time to feel the love it generates to you coming to you from a greater source, it's the connection between here & there. It is the light & love hidden in plain sight; you feel rejuvenated, lighter, happier ready for every new day every thought now like a master you are creating the perfect life you want!

Take your shoes & socks off ground yourself to the earth reconnect to the frequency of the earth.

Author – Sue Salty Sha - 2019

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