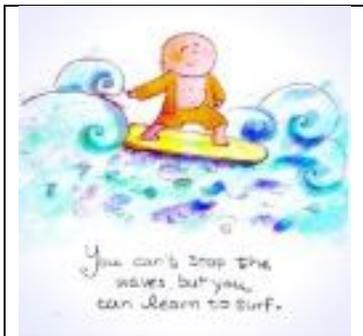


# Letting Go, Again and Again, and AGAIN!!!!!!!!!!!!



Drama Stories can arise with great surprise, might and stickiness! I still find myself caught, stuck, gripped, and sucked down and in, and believing it all! Old, deep, historic stories catch me over and over again. Sometimes I am most vulnerable when I start to believe I've progressed forwards, beyond 'this one'.

And yet, Drama Stories come and go, come and go, like the tide, like the seasons, like clouds in the sky, like leaves passing along downstream.

Below, are some practices that sometimes, to varying degrees, that assist me in recalibrating, coming back to center, to home. Notez Bien: sometimes these do not feel fast enough, easing enough, .... (you know). Sometimes it is just dang hard, just 'like this'.



A simple question to Self: What am I believing right now? (about the situation, the past, present, the future, about the other person, about all partners or men, about my Self). This question reaches straight through to the essence of the Drama Story 'de jour'. It offers me a broader and clearer view of what is here.

Lightly reminding myself, "Hey Friend, this is temporary. Everything is temporary – all that we like and wish to stay, and all that we greatly dislike and wish to escape from – all is impermanent".



And, I have been here before, trapped in the same Drama Story, or perhaps a different one, believing it all to be true and projecting this junk into the future as forever and guaranteed. And, it has rolled in like a threatening storm front, been totally believed and ..... It has rolled out, just like the clouds, the days, the seasons, the years. I have been released from the storm and felt grounded and freed once again.



Letting everything go – the desired, the despised, all of it, just repeatedly letting it all go as temporary and passing through – over and over and over again, lightly, quickly, with a wink, a slight smile, a nod. When I can return back home to this, ahhhhh, it offers ease.

Warm Regards,

Shelley & Becky

