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Letting go can feel challenging at times. Ego loves to keep us trapped in a false sense of control, which keeps us prisoner to our unhealthy habits and situations. However, it is true that surrendering situations are the gateway to healing and positive change. Being willing to let go is like opening the door to positive change. Soon the momentum builds and surrender feels less scary. I hope you will find these affirmations helpful during times of letting go.

LETTING GO

~ I am willing to let go of old habits and thought patterns that do not serve my highest good. I lovingly replace them with thoughts that inspire, motivate me and support my heart's desires. ~

~ I am willing to let go of that part of me which is _____ (irritated, hurt, angry, bitter, frustrated, disappointed) when I think of _____ (you, this situation, etc...). ~

~ I am willing to let go of addictive behaviors. I open myself up to receive the healing energies that are available to me and remember that my true source of happiness and fulfillment is my connection to my own spirit and most importantly God/Source. ~

~ I acknowledge and am willing to let go of any mistakes that I feel I have made. I ask they be undone in all directions of time keeping only the Love, the Light and the Lessons and releasing everything else to be completely healed. ~

~ I am willing to let go of sadness, sorrow and grief and believe that living a purposeful, joyous life honors myself and my loved ones. ~

