

Day 3 — Along the trail

Course: Climb Your Mountain

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Letting go (honouring the old)

Yesterday you looked closely at your 'mental gear': your stressors, the roles and beliefs that are connected to them and maybe even their cause. When all went well you now know which of them you will let go of, return to their rightful owner or keep as you continue on your journey through life and start creating a more balanced one.

If simply letting go of your most important stressors, roles and beliefs were easy, you would have let go long ago.

In many ways they have made you the person you are today. They are part of who you are. Letting go of them therefore is – in a sense – letting go of a part of you.

Of course letting go of parts of you is not easy.

That's why it is important to honour those parts you are letting go of. After all, though they may no longer serve you there was and still is good in them. Some of your best character traits, skills and likely more, you have because of them.

As discussed in the video, I have created a ritual that is designed to do just that.

You can do the ritual once to honour and let go of all the parts you are letting go of in the same instance.

Or you can perform the ritual for each individual part you are leaving behind. It's up to you.

Step 1 – the rock

Pick one or more objects that represent the part or parts you want to leave behind. This can be any object as long as it is meaningful to you.

When on an actual mountain hike I like to suggest picking a rock. People then often pick a rock that is not just a representation but also has – quite literally – the weight of what they want to let go of.

Since we're not hiking mountains together possible alternative objects are: a leaf, a flower, a pebble, a twig, a piece of paper with written on it the part you are letting go of, a letter you've written, etc.

Bring the object or objects with you on our virtual hike until you're ready to actually leave it by the trailside.

Step 2 – Ho'oponopono

When you are ready to leave your chosen object or objects behind, find a place to do so. As you let go of the part or parts of you honour those parts by performing what is known as Ho'oponopono.

What is it?

Ho'oponopono is an ancient Hawaiian ritual of forgiveness that has been used for centuries to correct, restore and maintain good relationships. The word means (among other things): to put to rights, to restore balance.

The ultimate goal of Ho'oponopono is to not hold fast to faults or to the past, but to instead acknowledge feelings, to confess, repent and forgive transgressions of others and of ourselves.



As you release the part or parts you want to let go of, go through the four steps of Ho'oponopono.

Step 1: Repentance – I'M SORRY

Everything happens in our minds. We attach meaning to things and feelings. We hang on to them long after others have moved on.

We are responsible for the stressors, roles and beliefs we've taken on, though they no longer serve us and perhaps never really have.

Say "I'M SORRY".

Even better would be: "I realise I'm responsible for taking on <insert part you're letting go of> in my life and I am incredibly sorry that something within me caused me to do this."

Step 2: Ask forgiveness – PLEASE FORGIVE ME

Don't worry about who you're asking. Just ask! "PLEASE FORGIVE ME". Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

Step 3: Gratitude – THANK YOU

Say "THANK YOU" – again it doesn't really matter who or what you're thanking. Thank your <insert what you're letting go of> for all it has brought and taught you. Thank yourself for taking in those lessons. Thank yourself for being able to let go. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying "THANK YOU".

Step 4: Love – I LOVE YOU

This can also be step 1. Say I "LOVE YOU". Say it to your body, your mind, your spirit, the Universe. Say "I LOVE YOU" to the air you breathe, to the house that shelters you. Say "I LOVE YOU" to your challenges. Say it over and over. Mean it. Feel it. There is nothing as powerful as Love.

Step 3 – Sacred ruins

As mentioned before there is good in the part or parts you are letting go of. They contributed to making you the person you are today. Think about the qualities, characteristics, skills and more that make up you that you wouldn't have if it weren't for the part or parts you're leaving behind now.

Perhaps you gained strength and resilience because of them. Or you are patient because of them.

Maybe you're particularly good at certain things, because you had to develop specific skills to be able to perform well in your career.

The good that is in the part or parts you're letting go of is unique to you and your situation. Only you can determine what the valuable lessons, characteristics, qualities, traits, skills, etc. are that you will take with you as you continue on your life's journey.

It is important to remember these good things, these valuable things too and not leave them behind by the trailside as you leave everything else.

That is why I ask you to pick another – perhaps smaller – object that represents the good you take with you: a sacred ruin.

As in step 1 this can be any object, as long as it represents in a meaningful way all that is good that came with the part or parts you're leaving behind.

To give you an example one of my sacred ruins is a beautiful small and smooth stone I found on a beach.

Find a quiet space and take time to very consciously 'instil your object with all that good stuff' and make of that perhaps ordinary object you've chosen a sacred ruin.

