

The Power of Release

I am thankful for The Power of Understanding giving me the wisdom needed to discern and decide what is the right spiritual path forward for me.

Affirmation: *I release anything and everything that no longer serves my unfolding good.*

Release (Elimination)—The ability to let go.

The disciple is Thaddeus. He represents the expulsion of negative thinking.

The corresponding **color is russet** and the location is <https://youtu.be/8T6-4UFdeJQ> the abdominal region.

MY SPIRITUAL JOURNEY:

As we step into November, we give thanks for our ever expanding spiritual awareness, for the opportunity to share our spiritual journey with a like-minded community that embraces the truth that we are all reflections of perfection. How has being part of this community impacted your life? How have you participated in supporting others?

MY SPIRITUAL JOURNEY CHALLENGE:

Make a list of all the ways you feel connected to your abundance and divine good. Ask yourself how gratitude has impacted your abundance and divine good. If desired, reach out to one person that you trust and ask them what they feel is the most important lesson they have learned about gratitude and abundance.



Let Go and Grow

By Winifred Wilkinson Hausmann (excerpted from *Your God-Given Potential*)

“When morning dawned, the angels urged Lot, saying, ‘Arise, take your wife and your two daughters who are here, lest you be consumed in the punishment of the city.’ But he lingered; so the men seized him and his wife and his two daughters by the hand, the Lord being merciful to him, and they brought him forth and set him outside the city. And when they had brought them forth, they said, ‘Flee for your life; do not look back or stop anywhere in the valley; flee to the hills, lest you be consumed.’ ... But Lot’s wife behind him looked back, and she became a pillar of salt” (Genesis 19:15-17, 26).

The story of Lot’s wife is an extreme example of one who has failed to develop the God-given faculty of renunciation. Because this woman simply would not let go of her old life, even under the pressing emergency of the destruction of the two cities of Sodom and Gomorrah, she suffered not only mentally but physically. She missed her opportunity to start a new life in a new place.

Mentally, she was trying to hold onto the past, with all its negation, and her whole being was preserved in limitation as a result of it. (Salt was used in Old Testament times as a preservative.)

It is easy to fall into the pattern followed by Lot’s wife, but if we are going to develop our spiritual faculties, **we must include along with the others the power of renunciation or elimination**—the ability that enables us to cleanse and purify the whole being.

Some people ... are more interested in using affirmations than denials. They may consider the whole concept of renunciation a negative rather than a positive approach. But this is not true.

Affirm: In letting go, I create space and energy for the new.



As elimination is necessary to the completion of the digestive process in the body, so renunciation is important to the completion of the establishment of divine order.

Receive and Release

Charles Fillmore explains: “It is just as necessary that one should **learn to let go of thoughts, conditions, and substances in consciousness, body, and affairs, when they have served their purpose** and one no longer needs them, as it is that one should lay hold of new ideas and new substances to meet one’s daily requirements.

“Therefore it is very necessary that the eliminative faculty be quickened in one, and a right balance between receiving and giving, laying hold and letting go, be established” (Metaphysical Bible Dictionary, pp. 652-653).

As elimination is necessary to the completion of the digestive process in the body, so renunciation is important to the completion of the establishment of divine order ...

As the channel of elimination must be kept open if the body is to continue to receive nourishment, so the channels of mind power must be kept open for the digestion of greater ideas through the release of old, outworn, negative thoughts and feelings ...

Renunciation must work in conjunction with all of the faculties, as we replace old, wrong habits of thought and feeling with the new concepts and understanding that will be the basis for spiritual growth and development. As we would remove weeds from our flower or vegetable gardens in order to give the desired plants room to grow, so we must remove weed-thoughts from our minds to prepare room for our budding spiritual assets.



A Meditation on the Power of Release

By Rev. Bronte Colbert

In the quiet of thought, I ask for guidance on what and how to let go.

I clear out, eliminate, and give away what I no longer need. I remove physical clutter— the unused items and things I’ve outgrown. Then I release habits, dependencies, unhealthy boundaries, and relationships that are not for my highest good.

I release any unforgiveness or judgments that tether me to the past. Instead, I affirm a vital, positive life in the present. My experiences, in all their variety, have led me to the beauty of today.

I let go of negative thinking or limited ideas about myself and my capabilities. I release doubt and fear. I break free from any feelings of inadequacy or lack. I shed the habit of criticizing others or myself.

As I continue to release what no longer serves me, I make room for delightful circumstances and opportunities.

What do these videos say about Gratitude?

What do these videos say about Release?

YouTUBE Link: <https://www.youtube.com/watch?v=Gt60gHVRtFg>

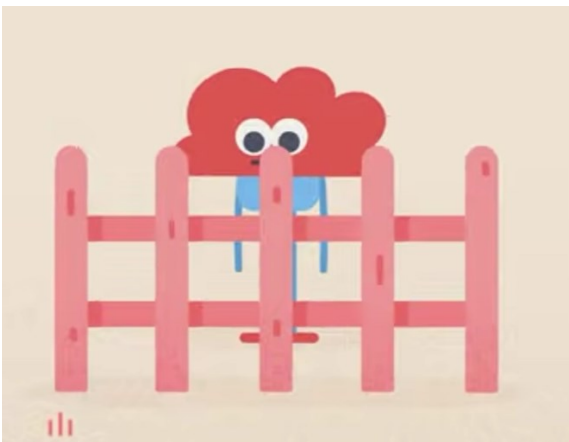


There is Nobility in Compassion

This is a small video with one small moment of truth where one man Billy is familiar with the value of time and shows gratitude approximately lifestyles with the aid of helping others whilst he can!

YouTUBE Link: <https://www.youtube.com/watch?v=R8lgo8W6FEE>

Layla the Ladybug | Letting Go of Worldly Things



YouTUBE Link: <https://www.youtube.com/watch?v=wyl8l9miy4w>

Headspace | Meditation Tips | Letting Go of Effort

Are you trying too hard? We're often taught in life that the more effort we put in, the more we'll get out. It turns out meditation is the exception to that rule. In this animation, Headspace's co-founder, Andy Puddicombe, looks out how we can train our minds in the kind of relaxed effort that we need in order to meditate. Learning to meditate really does mean giving your mind a break. Learn the essentials of meditation and mindfulness with a Headspace subscription. You'll have access to hundreds of guided meditations, from bite-sized minis for when you're short on time, singles to add some extra mindfulness to your day, and hundreds of sessions for everything from stress to sleep. Designed to help guide you on your meditation journey.

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<https://positivelypresent.com/2023/10/the-13th-annual-gratitude-challenge.html>



The goal of the Challenge is to focus on (and share if you want!) something (a photo, illustration, quote, etc.) every day, using the prompts to help you feel more appreciative. Feel free to get creative, make up your own prompts, etc. Gratitude is what it's all about – no need to be a professional photographer or artist, or even keep up every single day!

Join in at any time.

The point of the Challenge is to focus on staying thankful for 30 days. You can start the challenge on November 1 and do it for the whole month, or you can start the challenge any day that works for you and follow along at your own pace. I see people discovering and partaking in the Challenge all year so don't feel limited to the 30 days of November!

Use the hashtag #Gratitude30.

Let Go, Let God

I bless myself when I let go and let God.

If I find myself ruminating over a concern or a weighty decision, I release its grip on my attention by letting go and letting God.

When I let go, I am placing my trust in divine mind, the source of infinite potential. I believe there are solutions and remedies of which my limited, human mind simply cannot conceive.

When I let God, I am trusting the grace of God will bless my life in the most wondrous and even surprising ways.

Letting go and letting God is how I live my faith. I surrender to spiritual truth—the presence and power of God—and believe the best outcome is going to be so much better than anything I can imagine. I affirm: *I let go and let God* and relax into knowing I am deeply loved and abundantly blessed.

Do not let your hearts be troubled. Believe in God, believe also in me.—John 14:1

Release

My heart is light as I release old thoughts and practices.

When I clean out my closet, I let go of what I no longer want or need. Putting my things in order helps me feel free and gives me a feeling of possibility.

I remember this feeling when I consider my life's path. I may discover that I want to leave certain behaviors or ways of thinking behind. As I release old thoughts or habits that no longer serve me, I open to new ways of being, to joy and peace, to purpose and fulfillment. I feel liberated and energized.

Letting go feels good and immediately lightens my spirit. I release old burdens that weigh me down. I let go of feelings that bind me to the past. I feel healed in my mind, body, and soul. I am ready to move forward with a light and peaceful heart.

Positive Words of Affirmation

A	L	C	N	T	K	I	N	D	A	U	C	N	I
U	U	O	E	L	I	R	B	E	L	I	E	V	E
L	F	U	H	A	R	M	O	N	I	O	U	S	N
O	R	R	F	R	V	S	B	R	A	V	E	U	L
A	E	A	V	G	N	O	R	T	S	P	B	C	N
C	W	G	O	P	T	I	M	I	S	T	I	C	O
C	O	E	E	N	I	U	N	E	G	I	A	E	P
O	P	O	E	J	O	Y	F	U	L	N	T	S	P
M	N	U	W	T	H	R	I	V	I	N	G	S	E
P	E	S	F	C	T	S	B	S	B	O	H	F	V
L	G	E	N	E	R	O	U	S	C	V	E	U	O
I	T	S	U	R	T	I	T	B	E	A	P	L	L
S	I	N	L	T	O	K	A	Y	H	T	O	N	E
H	E	C	E	L	E	B	R	A	T	E	H	H	P

- GENEROUS
- BELIEVE
- OKAY
- INNOVATE
- HOPE
- KIND
- COURAGEOUS
- OPTIMISTIC
- ACCOMPLISH
- POWERFUL
- LOVE
- STRONG
- SUCCESSFUL
- TRUST
- THRIVING
- HARMONIOUS
- JOYFUL
- GENUINE
- BRAVE
- CELEBRATE

Play this puzzle online at : <https://thewordsearch.com/puzzle/1033293/>



Don't look Back,

You're Not

Going That Way