

The Color of Change Letting Go

By Karen Hand

Take in a nice deep breath... *(sync up with client's breathing)*

Exhale completely as...you settle in comfortably...

Take in another deep breath...and as you exhale...Notice how your body can let go completely now...

And as you continue to breath in deeply...and breath out completely...

You can wonder about the nature of change...

Every exhale is a natural reminder to let go...now

Making way for the next inhale where you fill up with the breath of fresh air...

Then let go...an automatic cycle of change that is so easy and feels so good.

As you continue to breathe in deeply and exhale completely...

Your body can relax while your mind expands into greater possibilities.

Opening your mind is easy as you let your imagination wander...

And, you can go deeper by playing with color.

When I say a color, you can imagine anything that comes to mind...going twice as deep with each color.

There's no right or wrong here...everything is possible in the imagination...you can let your imagination play...

Let's start with Orange.... *(give the client about 10 seconds of silence between colors. Silence is its own deepener)*

Red....

Yellow....

Green...

White...

*Any easily identified colors will work.
Sometimes I use holiday-related colors or
pastels, etc. to match the metaphor*

It reminds me of the wisdom of trees...

And the natural beauty of change...

Mother Nature provides a wonderful example of change with the seasons. The brilliant splash of color in autumn is a reminder of how beautiful change can be.

The trees are showing off how good it feels to let go...

Here's a silly game for the mind...

Imagine you're a leafy tree...maybe you're an oak or a maple or even a weeping willow...any leafy tree will do.

In any way that you can...notice your tree...the roots anchoring you it to the earth...the trunk standing strong, the branches reaching toward the light...

As the energy of life passes through your core...your trunk and the branches...you...the authentic tree...life changes.

Now, take a moment and allow any limiting beliefs that may have worked their way through your core...to pop out on your branches as leaves. They may even pop out with a burst of exciting color...ideas develop for the best possible reason...and stay within the core as long as they are useful.

But, when the leaves pop out...the energy is reaching the limit to its usefulness...

Like a tree...You can let go...knowing that your authentic self...your trunk...continues to stand strong.

New energy will continue coming your way...and you will always have the ability and the right to accept what works for you and...let go of what has reached its limit of usefulness.

You have unlimited ability now to place those limits where they belong...way out on a limb... Let them surface out there on the branches...and then, let go of the hold they once had over you. Let them fulfill their destiny...let them go...

Imagine letting go of all of those limiting beliefs...floating gently down now...down to the earth...to be blown off by the wind.

Let them go...all of them now...

As the limits are cleared...notice your tree...you are there...standing tall...branches reaching to the sky empowered to naturally move through the cycle of growth and renewal.

You are always doing the very best that you can with the information you have at hand. And as soon as you know better, you do better. Color yourself changed...

Take all the time you need with that and then come back to full wide-awake awareness with the belief that you can be the very best you that you can be.