

# Yeah, you know ... JUST LET IT GO

Kathryn MacKenzie  
Integrative Well-Being

How many times do we hear it said as kind advice, from people who care about us...You need to let it go. Try to let it go. Even from ourselves (note the small s in self-ego) ... I just need to let it go. I just need to learn how to let it go. As if it is a simple act.

How the \*#! \* do we “Let it go?”

Well, let’s begin to understand the act of letting go, if tried only at a mental level, will be very challenging to accomplish. Sure, we may be able to rationalize away a teeny tiny incidence or block it out of our mind. Truth is, most of the stuff in life which would benefit us to “let go” of, doesn’t feel small and insignificant. It weighs heavy on our minds, often looping with no resolve, or creeping in at vulnerable times. It feels sticky. Next thing we know, there is a long list of “let it goes!” And then we freeze.

The missing component to be effective in this release process is our body. Our body is the constant in all life experience. Prior to cognitive brain development, the body was there. Before there was the capacity to understand, reference and reason, the body was there. During trauma (small t to capital T), even when we have disconnected, disassociated, numbed out, frozen, been shocked or under anesthesia ...the body was there.

Can we expect to really “let go” if our body is not playing an active role in the process? Our body is not a bystander to our life experience, it is how we experience being alive, how we exist in this physical reality. Thinking and emotion are secondary to the response of our body to the environment and everything-everyone in it.

To “let go” must include an expression from the body to *ALLOW* a letting go. The charge of experience(s) which created the responses/reactions we feel, require a discharge of energy locked into place at the time of the experience. This is the same for the accumulation of small t’s (e.g. everyday stressors/ disappointments/ unmet wants) or the capital T’s (e.g. terror/ loss/ abuse/ neglect/ crises).

Without the ability to bring our bodies and minds together, well, results in what many of us, and our world, are good at ... “a mind f\*#!.” Telling ourselves to “let go” in endless variations and criticisms:

- it’s good for me
- it’s healing
- it’s what I have to do to move forward
- it’s the right thing to do
- it will alleviate my sadness, anger, suffering

- *insert your personal favorite here*

At the very least, the body needs the opportunity to repattern the nervous system to lessen the charge. This happens when the nervous system is provided the time and given the permission to reset into a healthier state. TRE, Tension & Trauma Releasing Exercises, is an easy to learn and AMAZING tool to access the nervous system allowing the body to do what is most beneficial at that particular time. With TRE we learn to listen to our body's language of sensation and impulse, gaining the ability to move beyond a separate body mind approach.

We must unite the *bodymind* if we really want to "let go." Our body must express, release and reset what is held in/onto from experience. This allows our thoughts and emotions to settle in and draw from a place of greater clarity, one freer from the old familiar ways of responding and reacting.

The body's protective mechanisms are beyond our conscious control. The body's wisdom is not. It is available to those willing to take time and listen within; to follow its wisdom towards release and reset to *homeostasis*.

By tapping into the innate mechanisms within our bodies we open the real possibility of transforming "letting go" into "letting BE." To reconnect with ourSELF and come *home*.