

How to Finally Experience Ease and Creative Flow
Without Feeling Trapped
in Overwhelm or Procrastination

A Practical and Profound Solution!

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Let Go and Know®

HOW TO LET GO OF STRUGGLE AND KNOW WHO YOU REALLY ARE



Action Steps:

1. The next time you feel yourself putting something off, remind yourself that there is a spiritual/energetic reason behind procrastination: you get to connect with yourself! You get to release the frozen energy that's holding you back, instead of pressuring yourself!

Give yourself some time to name what is arising for you now. What have you been putting off? What has you feeling overwhelmed?

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By following the steps below, you will be marrying the masculine and feminine energy within you so that you can let go of what is holding you back and start to receive your ever-present intuitive guidance. You can live more from creative flow, rather than from the energy of overwhelm or procrastination - or whatever you are experiencing.

The Feminine Way:

- Acknowledge what you are feeling (frustration because you're procrastinating, for example).
- Go out in nature if you can, and ground yourself.
- Breathe consciously: in through your nose, and out through your mouth. Imagine you are breathing in peaceful, light energy and breathing out stress. Let go of judging yourself for not being where you think you "should" be (it's due to conditioning, it's not your fault).
- Go within by closing your eyes (if it's safe to do so), and placing your attention within you (rather than outside of you). You might like to put your hand on your heart.

These steps calm your central nervous system and stop the energy of overwhelm.

You may feel an emotion arise. Allow any emotion up to be released – cry if you feel like it. This time is about feeling, rather than intellectualizing; you are in your body, rather than in your mind (thinking

about the past or future), you are present. So don't think, don't pressure yourself.

- Allow yourself to just *BE*. Invite in the knowing of what you love, and let it flow over you. Step into timelessness by feeling the profound love and support from your higher self and Source that is always present within you. You will begin to open up to a state of flow. It is from this state that you receive creative ideas and intuitive guidance.

The Masculine Way:

- Now, act upon that guidance. Do it!
A C T I O N is healing.
- You could commit to setting aside 20 minutes a day, to do what your intuitive guidance is prompting you to do. It could be a creative project, writing a book, for example, or you could use this time to create what will bring movement, fun and fulfillment into your life. Do whatever you are drawn to do: from writing posts for your business from your heart that really connect with the reader, to clearing clutter from your space. You'll know what to use this 20 minute for.
This time is a gift you give to yourself.

2. Set aside a few minutes when you won't be disturbed to write about (of just sit with) the following step.

Allow the awareness to arise about this:

you may have responded to trauma by procrastinating (etc.). It can be a stress response; it can be like a type of armor we put up. The question I am putting to you is this:

Who are you behind your armor?

3. Vision time!

Write down your vision. Have fun and invite the energy of expansion as you do this exercise.

Tune in to your heart, not your ego (not what you think you “should” do...).

Give yourself the gift of tapping into what it is that you'd LOVE to do/be/have.

How would you love to feel every day?

What creative project would you love to explore?

Use all of your senses to really feel into this!

From now on, use your vision as your north star.

Using it as a reference will help you to make decisions more easily. You can ask yourself:

“Does this (choice) align with my vision?”

You can receive clarity about moving forward if the choice feels light and expansive, and is in alignment with your vision.

Dare to act upon your vision now!

My wish for you is that you let go of what's holding you back, and start to live from the truth of who you really are!

If you're ready to live from freedom, ease, peace, and joy, and be yourself, then connect with me!

I can guide you to discover your purpose, and unlock your power and expression, so that you can live the creative, connected and fulfilled life you were born to live, without seeking, trying to fix yourself, over-give or be in anxiety or doubt. Woohoo!

Email me at: info@LetGoAndKnow.com



Marianne's Book: [From Longing to Belonging](#)

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