

MONTHLY FOCUS

Month Five : Letting Go

with Nat Sharratt

"Anywhere that there is a block of the flow of Spirit in and through you, you must release and dissolve that into the greater unconditioned energy flow." - [Transcending by Nathaniel Sharratt](#)

The fifth monthly focus is **Letting Go**.

Clearing the consciousness. Cleaning the inner environment. Taking out the trash. Releasing what is causing dis-ease. Sacrificing what is no longer working.

These are all ways you can relate to the process of letting go.

To receive what is new and of a more uplifting nature, you need to let go of the stale energy that keeps you down. You open your hand to let go of what you are holding onto, and then you have an empty hand to receive what is new.

For this month, we are going to focus on letting go of the unconscious blocks that are often the underlying causes that motivate us in areas that are not for our upliftment.

To do this, we will use the tool of freeform writing. This is a very powerful tool to release blocks and patterns that are stored in the unconscious. It is an effective way to let go of disturbances. My friend and teacher, John-Roger, taught me this and it has been one of the key tools I have used for decades, and I keep using it because it works. The results are noticeable.

Here's how you can start implementing the monthly focus today:

1. **Read the detailed instructions for freeform writing** (below)
2. **Decide how often you will do freeform writing for this month.** Make it realistic. If you aren't already doing this, then maybe do 5 minutes each day, or 15 minutes 3 days a week, or 1 page every day. This will be your minimum. You can always go longer and write more!
3. **Track each day** you do this on a tracking sheet (tracking sheet included below). Print it up, write "Freeform Writing" in left column, and mark in the box for each day you do it. You can also continue to track other monthly focuses.

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Here are **recommended guidelines** on how to do **freeform writing**:

1. Light a candle if safe to do so
2. Sit somewhere comfortable where you won't be disturbed (phone off, etc)
3. Use a pad of paper (that you can rip paper out when done)
4. Use a ball point pen (a pencil can break and lose the flow)
5. Ask for the protection of the Spiritual Light, that only that which is for your highest good will come forward to be released, and that anything cleared may be dissolved into nothingness from which it came.
6. Write whatever thoughts come into your mind. Your thoughts may come faster than you can write, and it's fine if you don't write the whole thought before you are writing the next one. You aren't giving over to the pen or anything outside of you, you are in control the whole time. You have a thought and write that thought. Sometimes the thoughts stop making sense, just keep writing what is coming forward, as some things can be held in the unconscious in seemingly strange ways. If you don't know what to write, write "I don't know what to write." If the thoughts are skipping around faster than you can write them, then write what you can to keep up. Instead of "that guy in the red shorts playing soccer gave me a weird look when I passed the ball" it may go through your mind so fast that all you get on the paper is "red soccer weird ball". That is okay. Just keep writing what comes into your mind.
7. When complete, stop writing, **DO NOT** read back what you have written. The point is to get the garbage OUT and reading it can put it back in, and if you do that it is REALLY hard to get out again. Don't let anyone else read it either.
8. Immediately rip up the papers and burn them (safely). When burning them, use all relevant safety precautions. (Remember to blow out the candle!)

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9. Get busy doing something else to distract your mind so you don't go back and think about what you wrote

If you want more information on freeform writing and its benefits, you can learn more in John-Roger's book, *Spiritual Warrior*.

