

Understanding Sadness

washing away the old...

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washing away the old...

SADNESS

When we understand what sadness supports us with in relationship, we can finally let go what is not working in our lives.

Washing away the old...

Sadness guides us through the process of washing away those things that are ready to be set free. When we honor the gift of sadness we get to recognize what is no longer useful, supportive or life giving.

Sadness supports change and transformation.

When we allow sadness, we are being in the flow, releasing what wants to be released. Sadness cleanses our body, mind and reality. It washes away the grime, so that we can clearly see what would truly benefit us for growth and evolution.

Sadness supports us in letting go of the old, admitting our losses and welcoming in the new.



Washing away the old...

Sadness In Relationship:

Sadness occurs when it's time to release outdated contracts with others.

In our quest for authenticity, sadness will support us in washing away the protective mechanisms that are keeping us stuck.

Sadness supports us by loosening up the hold that we have on our beliefs or ideas that have been binding us to unhealthy patterns.

When it's time to let go... sadness will bubble up. When a relationship has run its course and it is time to move on... sadness will come in to dissolve your old agreements.

ASK: What must be released? What must be rejuvenated?

