

LET IT GO YOGA TEACHER TRAINING

Let It Go Yoga Love Letter

Each LOVE LETTER has six parts. Begin by expressing your anger, resentment and blame and allow yourself to move through the other levels until you get down to the love. To get the most out of the process: write each sentence several times until the topic is exhausted. There could be pages of "I hate it when." We have found it more powerful if you write it out rather than use the computer. It can be shared with the person you are writing to (this is done without interruption as it states below) but also could be ripped it up or burnt it in a ceremony. Create a meaningful way to let go.

1. ANGER AND BLAME

I hate it when...

I don't like it when...

I'm fed up with...

2. HURT AND SADNESS

I feel sad when...

I feel hurt because...

I feel awful because...

I feel disappointed because...

3. FEAR AND INSECURITY

I'm afraid that...

I feel scared because...

4. GUILT AND RESPONSIBILITY

I'm sorry that...

I'm sorry for...

Please forgive me for...

I didn't mean to...



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5. INTENTION

I want...

I need...

6. LOVE, FORGIVENESS AND UNDERSTANDING

I forgive you for...

I understand that...

I love when...

I love you because...

REMEMBER: IF YOU WANT TO FEEL BETTER....WRITE A LOVE LETTER!!!

Sometimes, depending on the relationship, it is helpful, (but not mandatory) to read the letter out loud to the person addressed, without interruption. This will open honest communication. Often it is best to tear it up, burn it or let it go in some meaningful way for you. This is a powerful tool to get in touch with your emotions, to discover what it is you need from the relationship and allows you to release stress in a positive way.

