



The Soulful Sunday Subscription June Week 1: Release

Happy Sunday!

Welcome to June! Summer is almost here, bringing with it the promise of warmth, light, and renewal. As we prepare for the beginning of a new season, it's the perfect time to focus on releasing what no longer serves us, making room for what we most desire.

This Week's Theme: Release What No Longer Serves You

Just as trees shed their leaves, we too can let go of old energies, worries, and regrets. This first step in The Soulshift Framework is profoundly powerful, setting the stage for a journey of fulfillment and purpose. Discover more about [The Soulshift Framework](#) and understand why the act of release is so essential.

✨ [Listen to this week's practice here](#) ✨

"Let go of the battle. Breathe quietly and let it be. Let your body relax and your heart soften. Open to whatever you experience without fighting." - Jack Kornfield

Below you will find journaling prompts to help you release with the summer breeze

[Music from today's session](#)

Cleansing the Soul with the Summer Breeze Journal

"In the process of letting go, you will lose many things from the past, but you will find yourself." - Deepak Chopra

1. List the thoughts, memories, and feelings you want to release. How do/did each of these negatively impact your life?
2. Describe any specific events or people you feel necessary to let go. How do these releases symbolically clean your mental and emotional space?

3. Were there any difficulties you faced as you attempted to let go of these burdens? Explore what these challenges might be teaching you.

Going Deeper

4. Visualize your life without these burdens. How might this newfound freedom enhance your daily life and overall well-being?
5. What new qualities, relationships, or opportunities are you now able to welcome into your life? How do these align with your inner values and aspirations?

6. Consider the impact of your release on your social circles and close relationships. How does changing your own energy affect those around you?

Letting go does not mean losing the knowledge we have gained from the past. It means freeing ourselves for the journey ahead, making room for new experiences, wisdom, and growth.

Affirmations and Intentions: Affirming our intentions helps solidify our commitment to personal transformation and renewal. Write down affirmations that resonate with your journey of letting go, supporting your path to inner freedom.

I willingly release the past and embrace the joy of the present.

Every release creates space for more light, love, and peace.

I am making room for what truly aligns with my highest good.

Create your own affirmations focused on embracing the positive changes following your release. What declarations can you make to support your emotional and spiritual liberation?

7. Set specific intentions that focus on filling the space created by your releases. What practical steps will you take to ensure these intentions manifest in your life?

Keep this journal as a living document of your transformative journey. Regularly revisit your written reflections and affirmations to remind yourself of your progress in letting go and creating space for new blessings. Remember, every release is a gateway to enriching your spirit and life.