



The Soulful Sunday Subscription
September 15, 2024

Reclaiming Balance by Letting Go of Control

This week, we dive deep into letting go of the need for control and embracing the beauty of balance. Life doesn't always unfold according to plan, and that's okay. Letting go doesn't mean giving up; it means creating space for what's meant to be. This week is about releasing control, finding balance in chaos, and nurturing your inner strength.

Grounding and Releasing Control (5 Minute Practice)

Find a quiet space where you can sit comfortably for a few minutes.

Close your eyes and take a deep breath in, holding the breath for a moment. Slowly exhale and imagine tension leaving your body.

As you breathe in again, visualize the word "control" in your mind. Think about all the areas in your life where you've been holding on too tightly.

Exhale slowly, and as you do, picture that sense of control gently releasing from your body—like leaves being carried by the wind.

Repeat this breathing process for a few minutes, releasing control with each exhale. Allow your body and mind to feel lighter with each breath.

When you're ready, open your eyes and take a moment to sit in stillness, feeling the calmness in your body and mind.

"I release control and trust the flow of life"

Reflecting on Control

Use the following journaling prompts and exercises to explore where you've been holding on too tightly and how you can invite balance into your life.

Where in my life do I feel the need to control everything?

What happens when things don't go according to plan? How do I react?

Why do I feel the need to control certain areas of my life? What am I afraid will happen if I let go?

Releasing Control

What is one thing I can release control over this week?

How can I embrace the unknown and trust that things will unfold in their own time?

Finding Balance

What does balance mean to me?

How can I create more balance in my daily life, especially when things feel chaotic?

What are three small actions I can take this week to nurture myself and invite more peace into my life?

- 1.
- 2.
- 3.

Affirmations for the week

I release control and trust the flow of life
I am grounded and balanced, even in the midst of chaos
I let go of the need for perfection and embrace the journey
I trust that everything is unfolding exactly as it's meant to
I am worthy of peace and balance in my life

Closing Thoughts

Letting go doesn't mean losing control—it means trusting that things are happening in the right way, at the right time. Allow yourself to be flexible, to flow, and to create a sense of peace within, no matter what life throws your way. This week is about finding strength in balance and giving yourself permission to let go.

Thank you for being a part of the journey with me.

Have a great week!!

Charity