



Twelve Lessons The Journal

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“I AM releasing what does not serve me now with grace and ease”

What are you hanging on to that you need to release?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Why are you hanging on to this?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What would your life look and feel like if you could set yourself free and let go?

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