

HOW TO LET GO

7 ways to get through the grieving process



1 THERAPY

Most cities offer free and low-cost options, and if you do have to spend some money, what could be more worth it than your own healing and happiness?

2 DIET & EXERCISE

You already know this. Moving your body releases endorphins that help you feel happier. Avoid toxins, get your heart rate up, and take care of yourself, and you'll heal so much faster.

3 PRANAYAMA

A regular practice of conscious deep breathing can reduce anxiety, stress, and depression. Dive into a study of the ancient art of pranayama, which has been healing people for centuries.

4 SOBRIETY

Drugs, sugar, alcohol: these coping mechanisms are only making things worse. I'm not saying you have to be stone sober your whole life! Just that, while you're dealing with the grief, consider keeping a clear head.

5 GARDENING

Getting your hands in the soil has been scientifically proven to make you happier. Go out and plant something. If you don't have a garden, go help a friend.

6 PHENOMENOLOGY

Phenomenology is the practice of getting in touch with the ever elusive moment of *now* and opens you up to the moments of happenstance that could have easily been missed. Go exploring. BE in the world.

7 CREATE

My entire Decolonize Yourself Creative Immersion, a 60-class intensive that teaches you how to heal yourself, find your purpose, and manifest your best work, is built around an acronym of the word "CREATE." Because creating, expressing, and manifesting new things is the very best way to let go of that crusty old trauma.

And remember: there is no short cut.
Healing takes time. You got this!

#decolonizeyourself