

Let Go®

Let go and feel your goodness.

Right now God is here, pressing against your skin, bubbling up from your belly, dancing through your limbs.

Where else would She be?

Right now let the Universe breathe you, finding you over and over again with each inhalation, and filling you up with joy.

Taste it.

Your ribs move, your lungs open, and holiness enters.

Now your ribs drop and the breath is gone, dancing away as you exhale, like a teasing child playing hide and seek.

Then once again the Universe *breathes you* in an eternal sacred rhythm.

You are the refuge for this Universe.

You are story this Universe writes.

You are the painting this Universe colors.

You are the music of existence.

Recognize your magic, remember your mystic power.

Let go and know that you are life and divinity and oneness.

Boundaries are for your mind.

Spaciousness is for your heart.

Oneness is for your soul.

It has all already happened.

There is nothing to fix.

Wake up to this moment and this breath, and all mysteries will dissolve.