

Letting Go & Moving into Freedom

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Happy Labor Day 2024! Fall weather is quickly approaching, and it's a wonderful time to let go of all the emotions that have been holding you back in your life. Why should the leaves be the only thing to change with ease? We can too!

I've recently been hooked on a mentor's advice - Kyle Cease- where he does a wonderful job of explaining how we are not our patterns. I've often spoken about our stuck frozen inner children that hold onto "old" emotions. But this extra step from Kyle has changed everything for me. And I'd like to share it with you as well.

What if every time we feel an emotion we don't prefer - like anxiety, sadness, anger, shame or fear - know that first you are safe to feel it. Then understand it is not yours. It is coming from your pattern or paradigm (aka your inner child). It is that stuck frozen inner child who has the pattern or paradigm, and created it to feel safe. Your pattern is very three dimensional. It can feel like you're trying to walk through mud or quicksand when you're living from this place. When I say that **you are not your pattern or stuck inner child**, I am reminding you of the the Truth of who you are - **you are a blessed Infinite Being with unlimited potential**. This is the five dimensional you! And also the Truth. This dimension of you is your soul's highest frequency, and it's you living in conscious awareness to the Truth.

So when you have those feelings you don't prefer, how do you get rid of them? I think that's the wrong question. You are feeling it because it's ready to come up and be healed, which is a great perspective to take on for yourself. So what if we look at the emotion, see it with love, and say, "That's ok, **you're** allowed to feel anxiety" (or whatever emotion you are feeling). Catch what's being done here. You're not saying, "I'm allowed to feel anxiety" since it is not yours, it is your patterns. It's important to say "You". The moment you put this into practice, the emotion calms down as it's being heard and loved. Check out what's happening here.

1. You are giving your pattern permission to be, instead of resisting it.
2. You are loving your pattern and welcoming its emotion.
3. The moment your pattern feels loved and welcomed, it no longer puts up a fight and begins to disappear. You feel calmer and more centered.
4. As an extra step to what Kyle recommends, I suggest once you feel better, to invite all the little children inside of you who felt that pattern, to merge back into your heart as you use your breath to help integrate them. In doing this, you bring back much of your soul's power back to you, and you feel better!

I want you to see how simple this process is and how loving you are being to yourself. Everything can heal within you when you shine it to the light, when you put love over it. What if our patterns are what create dis-ease in our bodies? How healthy could we become if we practiced this on a regular basis! What if our patterns are what cause us pain and misery and the feeling of being stuck? We think we are our patterns, and we live as though we're walking through a thick layer of mud. Essentially, we live in the 3D instead of the 5D Truth of who we are.

If you can make this simple process part of your daily life and habit, you will change and become more of the truth of who you are with ease - just like the changing of the colors of leaves in fall. You are not your pattern. You are not your circumstances. As you connect more and more to your 5D Self, everything can change for the better. The old falls away.

We don't ever say to ourselves, "I walked today, so I'm done for the rest of my life". We choose to walk each and every day or a few times each week to stay healthy. In the same way, our patterns need to be felt and loved. Let me know how this goes for you! Enjoy the freedom and release!

