

## How To Let Go Of Someone/Something

Let me begin by stating that I do definitely not have a definite and scientifically proofed answer – neither to this question nor in general. I am speaking out of my own experience. That's all.

Nevertheless I felt guided to write this article cause I feel that this is a time of letting go and change. It's all about transformation these days and as a consequence – moving forward.

Speaking about letting something (or someone) go is an act of *self-love*.

Very often it has to do with forgiveness and learning, but first and foremost it's an act of self-love.

When you find yourself being stucked and attached to something it can be compared to a chainsmoker trying to stop smoking.

Let's have a look at this in detail, taking LOVE as an example:

Let's say you have someone in your mind and you think you are in love with them. You have the feeling that you guys belong together, are members of the same soulfamily, twinflames, meant to be together.

Awkwardly enough this person is not feeling it the same way – cause otherwise you would happily live together and there would be no need to think about how to let go. Right?

But to avoid any misunderstandings: The need to let go can affect other parts of your life, too! Your job, your money, your body issues....

Whenever you feel something is 'wrong' and not turning out the way you think it should – most of the times something IS wrong!

**The first thing is to realize this.**

Sounds simple, but isn't.

It requires honesty. And being objective. Which is obviously not easy when it's about yourself.

Being **objective** about something **subjective** like yourself is pretty hard. Why? Because we are too close.

If being too close to see (the truth) is the 'problem', the solution is stepping back. Retreat.

But how to retreat? Ways to retreat can be meditation, coaching, mentoring, therapy, writing a journal – there is not only one right way how and what to do.

No matter which way you choose – it will take effort, energy and time! Maybe some money aswell, it depends.

The realization that someone is not the right one for you can cause fear and anxiety because if there is ONE thing in this world that makes us feel scared it's LONELINESS.

We humans are „rudel animals“ - we want community. We want to be united and surrounded by people. We don't want to be alone. Some choose loneliness as a protective mechanism but the truth is that the feeling of being alone and isolated causes immense pain and sadness.

We want that special someone so bad that our vision and „picker“ can get diluted.

And then there is something else that we need to talk about! The power of imagination! We should not underestimate this unbelievable huge force.

Once you come to the conclusion that he or she is „the one“ for you it takes a lot of strength and willpower to get off that track again.

Being convinced that someone is „the one and only“ has massive power over us und therefore over our energy.

Faith can move montains, doesn't it? Well, at least in our imagination. But remember: it's just your

imagination!

You cannot force someone to love you neither can you move mountains just because you think you can.

But you CAN change your thoughts. You CAN open yourself up to the possibility that probably there's someone ELSE out there for you.

Someone who wants you just exactly the way you want them. Someone where there are no doubts and obstacles, no delays, no fights, lies, bluffs, clouds, questions, misunderstandings, etc.

How can you recognize that someone or something is meant for you? How do you know whether it's just in your head or for real?

I guess when it's meant to be, it just happens. It flows. It moves into the exactly right direction within an appropriate time frame.

Maybe the main indicator how you can see that someone is „the one“ and in love with you is, that you can see it.

It's visible.

It's real.

*By the way:* A book that I can definitely recommend to you is „*He's just not that into you*“ by Greg Behrendt. Not only is it good entertainment cause its written in a funny and easy to read way, but also will it tell you the ugly truth about men without excusions!!

Let's sum it up: We need honesty and the will to see and to understand in order to let go. In other words – what we need is AWARENESS.

**We have to substitute imagination with awareness!**

As long as you are only seeing and believing what you want to see and believe, you simply can't move forward! It's simple as that.

If you don't extend your perspective you cannot see over the edge of the plate.

Extending your perspective is an act of **willpower**! Nothing else.

You really need this inner urge to make it happen – to get over it. Without that willingness, you will not be able to move forward.

To let go of something – whether it's a person, a situation, any kind of addiction – you need **Awareness**, the right **Attitude** and you need to take **Action**.

I call this the triple A-Principle.

Be aware of what's really going on (not in your fantasy but in real life) – establish the right attitude and willingness to change – and take action.

Only by sitting and reading good books and listening to podcasts, pick a card readings, horoscopes, to what your best friend thinks about it, etc – is simply not enough!!!

You need to take ACTION!

You need a plan!

For some this 'plan' can involve professional help: Maybe you can do a trainings/ seminars about how to heal your inner child, how to get over a seperation or trauma etc.

If you wanna start all by yourself first of all, try Meditation!

For me personally it's definitely a wonderful way to feel and increase my awareness. I am a Yoga Teacher and I love teaching and doing Yoga **but** when it comes to healing my inner demons, I need Meditation.

I need to sit down every day for at least 5 to 10 minutes (best case scenario is 20 minutes) and meditate. When I meditate I try to reach out to my higher self, I try to unite with Spirit and Light. Since I am a spiritual person it goes quite easily.

I never needed specific guidance or teachings to learn how to meditate.

I know that not everyone is like me, so if you need more help in order to build up a solid practice I recommend guided meditations which you can easily find on YouTube or in your nearest library/bookstore in form of CD's/DVD's.

*By the way: I have uploaded a free guided meditation, too in case you didn't know. You can find it on YouTube!*

I believe that once you've made the commitment to yourself to change and to move forward, to let go, to accept whatever it is that you are dealing with - you will get your answers.

You will find your teachers and ways. Doors will open up for you. Cause the Universe has your back.

It may cost a little energy, yes, but it's going to be worth it for sure!!

**To all the skeptics out there:** I can definitely understand if you have your doubts when it come to a subtle thing like Yoga and Meditation. I really do.

And I am afraid that no matter what I am saying in order to convince you, it wouldn't really help. Why? Because of the power of imagination: If you believe that things like that don't work, I guess nobody can change your opinion.

But when you came here to find help, guidance and support – at least give it a try!

Just do it.

*It may not help you but it will definitely not harm you neither, right?* So go ahead and give it a try.

Invest something into yourself.

Sidenote: In order meditation works you need at least a month (30 days) of constant practice!

You're worth it.

Which is bringing me to the topic of **SELF-LOVE**: Self-love is a big topic and issue to write about in itself. To break it down let me just ask you one question:

– **Is the current situation I'm in/ the person I'm with making me happy?**

Is it making you happy?

Do you feel valuable, appreciated, respected when it comes to this person/ situation?

Does your person make you feel happy, appreciated, respected and loved?

(Once again: you can substitute *person* with *situation*)

Simple questions, rights? And now look at your answers! How does your situation make you feel?

Remember: If it feels like there's something „wrong“, chances are that there is something wrong indeed!

And because Spirit wants you to be happy, this feeling that there is something wrong, comes up purposely so you know that you are on the wrong track.

Your feelings are your inner guides trying to talk to you.

I cannot point out enough how important it is – especially as a spiritual person – to work on your self-love!

You deserve love. You are a lovable person. *You have the right to be seen and heard and respected and appreciated!*

Don't ask the Universe: „Please let XYZ love me“. Ask the Universe: „I am open now for someone who loves me“ or „I will now attract someone who is my perfect match“!

See the difference? If you ask for a specific person to love you, you probably make it quite hard for

the Universe to fulfil your wish – especially if this person doesn't love you.  
The Universe always works for the highest wellbeing for everyone involved. Not only you!  
It's not only about you and what you want – it's about what's best for *everyone* involved.

Substitute imagination (fantasy) with AWARENESS

Substitute passivity with ATTITUDE and ACTION

Be honest

Be objective

**Don't wait for anyone to rescue you!**

And always remember: You are a lovable person. Everyone is perfect in their own imperfect way.  
Everyone develops in their own time.

Don't put yourself under pressure thinking you have to achieve a goal here or whatever.

Take your time to digest this message.

And than: **Take action!**

Recommended guided meditations:

- Dr. Joe Dispenza „*Morning Meditation*“ (It's called „Morning Meditation but you can do it anytime of the day :-))
- „*Calling in your Soulmate*“ by me, Diarra – available for free on my YouTube Channel

Sending you love & light

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