

Honoring *and* RELEASING

A Practice by
David Rainoshek, M.A.



Letting Go While Loving

JUICE *feasting*™

CREW

Life Upgrades Seasonally



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An Excerpt from *HyperLearning: A Revolutionary Approach to Learning in the Integral Age*

This is an excerpt from the book, *HyperLearning: A Revolutionary Approach to Learning in the Integral Age* by David Rainoshek.

You can watch David's free 90-Minute Presentation of HyperLearning here:

<http://www.HyperLearning.Me>

As I look back at the entire tapestry of my life I can see from the perspective of the present moment that every aspect of my life was necessary and perfect. Each step eventually led to a higher place, even though these steps often felt like obstacles or painful experiences.

WAYNE DYER

Real Magic: Creating Miracles in Everyday Life

Reduction: Let Go of Limiting Relationships into Freedom and New Possibility with Honoring and Releasing Practices

**This worn-out carpet
recounts a thousand stories
as it unravels.**

- Gary Thorp, *Sweeping Changes*

After having spent years consciously letting go of things, I have developed these practices as a mindful, loving, and life-affirming way of releasing things. I hope you enjoy them, and write about some of your releases on the so that you can inspire others to free themselves into the vital new things that are coming in.

These Honoring and Releasing practices are first to be read to yourself all the way through, and then practiced in spirit with your own personal stuff to release.

An excellent *second time through* on these is to JOURNAL on each of these items in the practice. Writing down what you are processing (preferably on *paper*) is HIGHLY recommended.

The Practice – Ideas, Objects, Old Ways of Being

"I have something to honor and release from my past/present, and I am aware of the reasons for doing so. I am aware that relinquishing this item thoughtfully and with care does not need to take a long period of time or suffering, and am not interested in this "letting go" holding me back from enjoying the beauty I am finding in the present moment.

However, I understand at this time that I need to honor what I have already decided to let go of for my enjoyment of the present moment to be clear, and for the space in me that has filled this part of my life to be acknowledged properly so that I can release it in peace.

This time that I have created for letting go is sacred time. Those who understand and love me are available to support me, and I am fully here.

Honoring the Good Qualities

There are things that were good about this item and I want to honor them and their place in me, as they are a part of who I am.

Regrets and Difficulties

There are things that I may have done better in acquiring this thing, or in taking care of it, and I want to recall those things, and then release them back to the earth, so that I do not carry them with me, or pass them on. I do, however, want to learn from these reflections for the benefit of the present moment and my life in it.

Hurts Experienced in Relation to This Item

There perhaps was some pain in my relationship to this thing. I call on the memory of the hurts I experienced one more time, and recall why I am letting go, not just of this item, but of any negative emotions or thoughts concerning it. I will release back to the Earth these hurts to compost and transform so that they do not get passed on to the new life that I have, and am inviting in.

Positive Things I Want to Pass On

While I am letting go, I recognize that this thing had good qualities, and I would be remiss if I did not express gratitude for these qualities, and try to continue them in my life in positive ways.

Selective Watering

This item that I am releasing is like a tree that I have watered for some time, which I will not be tending now in my garden, as there are other trees, plants, and earth to see after. I honor this tree that I have grown in all its positive and negative aspects, and am mindful of its reality as it transforms back into the earth, is recycled to become something new, or becomes an important part of someone else's life who needs it.

Gratitude in the Present Moment

Having honored what I am releasing, I now take stock of the beautiful garden that I now have in the present moment, which I will continue to water and nourish with great mindfulness, appreciation, understanding, and love."

The Practice – Relationships

"I have a relationship to honor and release from my past/present, and I am aware of the reasons for doing so. I am aware that relinquishing this relationship thoughtfully and with care does not need to take a long period of time or suffering, and am not interested in this "letting go" holding me back from enjoying the beauty I am finding in the present moment.

However, I understand at this time that I need to honor what I have already decided to let go of for my enjoyment of the present moment to be clear, and for the space in me that has filled this part of my life to be acknowledged properly so that I can release this relationship in peace.

This time that I have created for letting go is sacred time. Those who understand and love me are available to support me, and I am fully here.

Honoring the Good Qualities

There are things that were good about this relationship and I want to honor them and their place in me, as these qualities are a part of who I am.

Regrets and Difficulties

There are things that I may have done better in finding, maintaining, and cultivating this relationship, and I want to recall those things and release them back to the earth, so that I do not carry them with me, or pass them on. I do, however, want to learn from these reflections for the benefit of the present moment and my life in it.

Hurts Experienced in Relation to This Relationship

There perhaps was some pain in my relationship. I call on the memory of the hurts I experienced one more time, and recall why I am letting go, not just of this relationship, but of any negative emotions or thoughts concerning it and the person I have been with. I will release back to the Earth these hurts to compost and transform so that they do not get passed on to the new life that I now have, and am inviting in.

Positive Things I Want to Pass On

While I am letting go, I recognize that this relationship and the person I was with had good qualities, and I would be remiss if I did not express gratitude for these qualities, and try to continue them in my life in positive ways.

Selective Watering

This relationship that I am releasing is like a tree that I have watered for some time, which I will not be tending now in my garden, as there are other trees, plants, and earth to see after. I honor this tree that I have grown in all its positive and negative aspects, and am mindful of its reality as it transforms back into the earth, is recycled to become something new, or becomes an important part of someone else's life who needs it.

Gratitude in the Present Moment

Having honored what I am releasing, I now take stock of the beautiful garden that I now have in the present moment, which I will continue to water and nourish with great mindfulness, appreciation, understanding, and love."

Feeling Broken? Shine On...

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

– Charles Darwin



The impermanence and unpredictability of life – be it with things, life engagements, relationships, can leave us feeling broken for a time. We don't feel like the broken parts of our lives can be fixed; the evolutionary or creative impulse feels diminished, absent, lost. In my life, I have found mental pictures, metaphors, stories and *archetypes* – examples that I can picture and feel in my mind and heart – to be what helps reorient me and pull me through to someplace better than I was before.

In Gary Thorp's beautiful book, *Sweeping Changes*, a beautiful real-life practice by the Japanese is recounted:

...you may want to consider the way the Japanese treated the items used in their tea ceremony. Even though they were made from the simplest of materials, clay and basic glazes, these teacups and bowls were revered for their plain lines and spiritual qualities. They were treated with utmost care, integrity, and respect. For this reason, a cup from the tea ceremony was almost never broken. **When an accident did occur and a cup was broken, there were certain instances in which the cup was repaired with Gold.** Rather than trying to restore it in a way that would cover up the fact that it had been broken, the cracks were celebrated in a bold and spirited way. The thin paths of shining Gold completely encircled the ceramic cup, announcing to the world that the cup was broken and repaired and vulnerable to change. And in this way, its value was even further enhanced.

People tend to cover up their mistakes, to restore things to how they were before, to pretend that everything has been fixed and that things are the same as they were before and that their hearts have not been broken. In actuality, things do break. They do melt. They do let you down occasionally. And in the course of time, *you* also break and change; you become “strong in the broken places,” as a country song puts it. You try to learn from your experiences and to share, rather than hide your humanity.

We can all appreciate new things because we sense a freshness about them, a vigor and potential lacking in something old and worn. Yet it is through age and use that objects, as well as living beings, develop character.

Build anew... the broken cracks of your self filled with Gold will cultivate and attract new relationships and opportunities to yourself as other people see your self-evident experience and ability to – out of the inevitable impermanence and chaos of life – create higher levels of order, creativity, understanding, and love.

A HyperLearning Relationship Poem: “As I Lay With my Head in Your Lap Camerado” by Walt Whitman

Over the years, I have read *Leaves of Grass* by Walt Whitman many, many times to remind me of my native passion for life – for cultivating a life of my own and in relationship with others that means more to me than anything else.

A poem I keep returning to of Whitman's is "As I Lay with My Head in Your Lap Camerado," which perfectly illustrates the commitment to fully engaging the Hero's Journey of being truly alive with another person, on the never-ending quest for discovery, growth, adventure, and inspiration. I will finish this chapter by leaving you with this magnificent poem:

As I Lay with My Head in Your Lap Camerado

As I lay with my head in your lap, Camerado,
The confession I made I resume—what I said to you in the open air I resume:
I know I am restless, and make others so;
I know my words are weapons, full of danger, full of death;
For I confront peace, security, and all the settled laws, to unsettle them;
I am more resolute because all have denied me, than I could ever have been had all
 accepted me;
I heed not, and have never heeded, either experience, cautions, majorities, nor
ridicule;
And the threat of what is call'd hell is little or nothing to me;
And the lure of what is call'd heaven is little or nothing to me;

Dear camerado! I confess I have urged you onward with me, and still urge you, without
 the least idea what is our destination,
Or whether we shall be victorious, or utterly quell'd and defeated.