

WFWP USA: The Mindful Path - Release

Marilyn Halpern
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"The trees are about to show us how lovely it is to let things go." - Anonymous

The autumn leaves can be an inspiration for us to contemplate our personal journey. What do we need to let go of in order to become our best selves?

Dr. Elise Bialylew provides easy reminders to help us release from unproductive loops in our thoughts and actions that can hinder our overall happiness.

1. Be aware.

Notice when you are thinking or doing something that is negative or creating emotional or physical discomfort. Then ask yourself: is this thought or action moving me toward or away from what I value and how I want to be living?

2. Let go.

If you discover the thought or habit is moving you away from who you want to be and how you want to live, simply let it go. Unhook from the toxic radio station in your mind that is sending you unhelpful messages. Realize you have a choice. If it is impossible to unhook or change, at least, be aware you are making a choice to keep ruminating or doing what is harming you.

3. Be gentle with yourself.

Take a moment to bring compassion to yourself as you recognize and uncover the underlying emotion, habits and actions that are fueling these negative, unhelpful thoughts or behaviors streams.

4. Understand how your mind works.

Remind yourself that the nature of the mind is to think. It is constantly producing thoughts, some of which are creative and inspired and others that are holding you captive and bringing you down. Realize that you don't have to act upon every thought that comes into your mind. Lifelong negative patterns can create unhealthy habits. Our thoughts are at the root of letting go of what has held us back so we can be ready to thrive in the future.

Mindfulness, the capacity to be aware of what is happening from moment to moment, helps you guard your own mind so you can carefully choose which thoughts you let influence your choices and your life. As we let go of what is draining our happiness, we can make space for thoughts, habits, memories, and people who are elevating our vitality.

May the beauty and tranquility of the autumn leaves inspire our continued awareness and growth.

Marilyn Halpern is the founder and executive director of Aspen Care Services. This locally owned business provides medical power of attorney, care management and professional guardianship services in the Denver Metro area. For more information visit - www.aspencareservices.com or www.aginglifecare.org. Photo credit: Daniel Roberts

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