



## FLIGHT

Letting Go • Ease • Forgiveness

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*What is soaring if not forgiving ourselves?  
Listening to the strength and knowingness we  
carry while allowing our tenderness a seat at the  
table. To be able to say "I am sacred" and "I am  
scared" in the same sentence. To look ourselves in  
the eyes and hold space with compassion. It is in  
our softness that the wind carries our wings,  
lifting us higher.*

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It can be scary to let go of something we've been clinging to for a long time, even when it's something we know is no longer in our best interest. Holding onto the familiar has its time and place, like the bird that's holding onto a branch before it's time to fly away. But just like the birds, we know we can't hold on and fly at the same time.

Ironically, even when we want to let go, sometimes we can't seem to do it, often because we're trying too hard. We can't let go while we're thinking about it, that's just a tricky way for the mind to keep holding on! In practice, letting go is not something to actually do, but it just happens when we've turned our energy and attention completely towards something different and new.

Metaphorically speaking, for us to fly we need to let go of any negative energies, like guilt, shame, regret or unworthiness. These energies don't help us to heal or progress in any way. Forgiving others, and ourselves, helps us to let go. Then we lighten up and move upward. As always it's good to be gentle with ourselves in this process. Even for some birds, the first experience outside of the nest is to unceremoniously fall to the ground. It's a rare awkward moment in Nature, but serves a purpose for the bird to find its wings as soon as possible! And if Nature can sometimes be awkward, then hopefully we can accept a little awkwardness while we're learning to fly, and go easy on ourselves.

## MESSAGE

*The Flight card is a message to look where you want to go and not where you've been. This is the time for you to reach new heights in your life. To move forward you can't hold onto any past hurts or grievances. Please forgive yourself if you feel you need to, even though you've done nothing wrong. Remember, where your attention goes, energy flows. Positive thoughts will carry you higher so lift your attention to the heavens and take flight!*

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