

Letting go can also mean disqualifying the people, places, things, and whatever else has held you back from living a vibrant life.

To disqualify someone is to make them ineligible for office, a job, a sport, participation in a sporting event (Kamila Valieva, anyone? Yes - she should have been disqualified, but that's another topic!), or a competition like the Olympics BECAUSE OF an infringement or offense, like breaking the rules of fair play.

Disqualification then cancels out participation.

What if, as a means of letting go, we disqualified certain thoughts, painful memories, unhelpful emotions, bad relationships, etc., from having control of our lives?

If we decide to deepen our letting go experience, it only makes sense that we would cancel and disqualify those things that are out of alignment with our vibrant visions we have for ourselves.

This idea of disqualifying upends the notion that we just have to put up with the garbage.

And by disqualifying that which needs disqualifying to put yourself into alignment, you effectively force a reorganization of your brain:

- You're no longer available for endless requests (or demands) of your time because you've disqualified the idea of anyone ever taking advantage of you again.
- Your self-care becomes a priority because you've disqualified your inner martyr and have actually blocked out time (scheduled it - locked and loaded your planner!) for it.
- Your confidence increases because your stress and worry about people pleasing massively decreases.

In a nutshell, disqualifying that which holds you back makes you available for a high-vibe life.

There is a palpable, dramatic shift - you find a way and Diana Nyad your way instead.

Here are 4 things to look for as you disqualify the things in your life that need disqualifying:

1. Stop resisting and giving excuses - if you're AWARE that something needs to change and you're reluctant to make it happen because of whatever inane reason, you'll emotionally exhaust yourself in the back and forth.
2. Resisting pain turns it into suffering - read that again. The goal isn't to feel no pain, the goal is to GROW from it. Find the lesson - create a Life Lesson from it. Pain is inevitable; suffering is optional.
3. Deal with those feelings and emotions - there is a release valve!

- Physical activity
- Talking it out
- A good cry
- A "closing ceremony"

4. Look for the replacement. Just because you canceled or disqualified something doesn't mean you can't have something else! If you disqualify:

- A bad relationship, you can have a better one.
- A horrible job, there's a new one you're amazingly qualified for.
- Clutter, there's a new home under all that stuff.

Disqualifying whatever you need to means you're open to allowing; that you're AVAILABLE for the next thing.

If it cost just \$1, would you be willing to work through the things you need to let go of by disqualifying them?

You can do this with a dollar store journal (to start a journaling habit).

You can do it for free through meditation, prayer, visualization, and conversation.

To let go means to create new boundaries.

Disqualify the incongruencies in your life, and create new and empowering habits around the things you want!