



***Energetic Possibilities***  
**A Possibility Path Course**  
**Lesson 8**

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## Allow

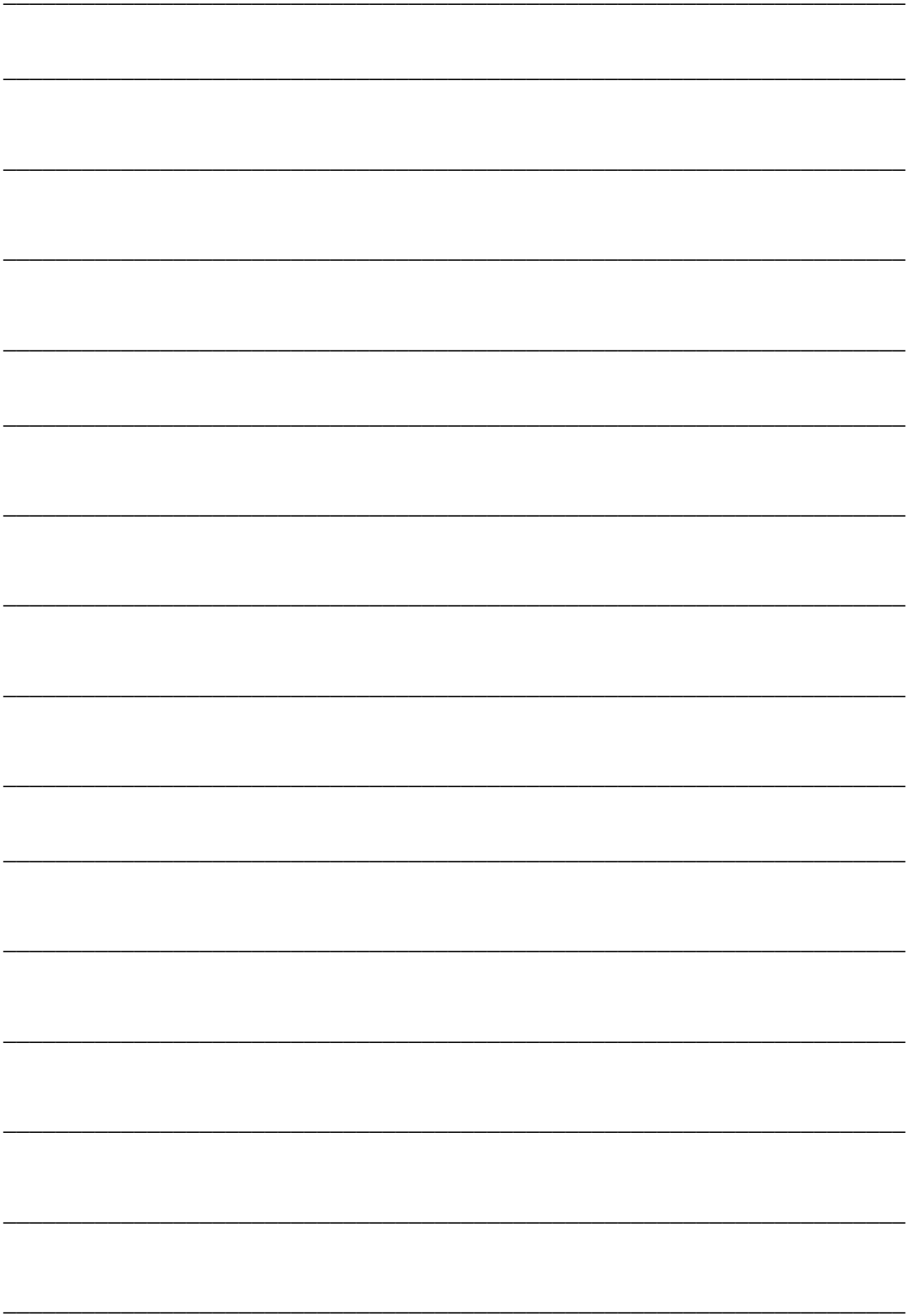
“Just allow.” they say. “It will be okay. Just allow and the abundance will flow. Allow. and it will all go well, it will all be well.” But somewhere deep inside us a voice says if we truly allow we will not just allow the good things, feelings, and people in. We know it will let in the pain too. It will let in the hurt. It will let in the grief. It will, we will allow bad too. We will let in the shadows and the boundary-less and the manipulative. We know from past history, from past trauma, heck from common sense that if we truly open up and allow, that we will have to face, deal, and feel all that too. This is true.

For to truly allow does mean we allow it all! There is no picking and choosing. There is no all good all the time all day every day moment of Nirvana in these human bodies. Life is a balance. And when we allow, we do allow it all. This can be truly scary. We spend most of our lives avoiding pain, running from grief, trying to stop feeling anything bad. We spend a good portion of our days and a lot of time and money doing things so that we don't feel these things we consider “bad.” But, what if they aren't bad? What if they are life?

Many teachings talk of resistance as being the root of all suffering. When we resist the feelings of loss, fear, or pain, it turns into anxiety and depression. By letting out the feelings, by truly feeling them, we release them. We allow them to teach us without devouring us. We allow them to be a part of life without overshadowing our lives. We accept the duality of the feelings in life and in doing so can live life fully, passionately loving and living in all of life's fullness!

For life is full. It is full of the rain. It is full of sun. It comes and goes and moves in a fluid fashion. When we can fully allow it all, we move with life's energy. We move with









### 3. BRING THE ENERGY IN

Take a few more deep breaths and let the stuck feeling be. Now imagine the feeling of allow. What does "ALLOW" look like, feel like, appear to you, right here and right now? You may see it, feel it, or just know it. Just imagine and breathe as the image of Allow comes to you.

Now take a few more deep breaths and allow this energy of this image of ALLOW to flow over you, through you, in you, with you. What happens when you imagine this? How does it feel?

What changes when you truly just allow? Does the energy that was stuck before change?

**WRITE** down your notes on how this all feels to you.

**I ALLOW IN THE FULLNESS OF LIFE...**

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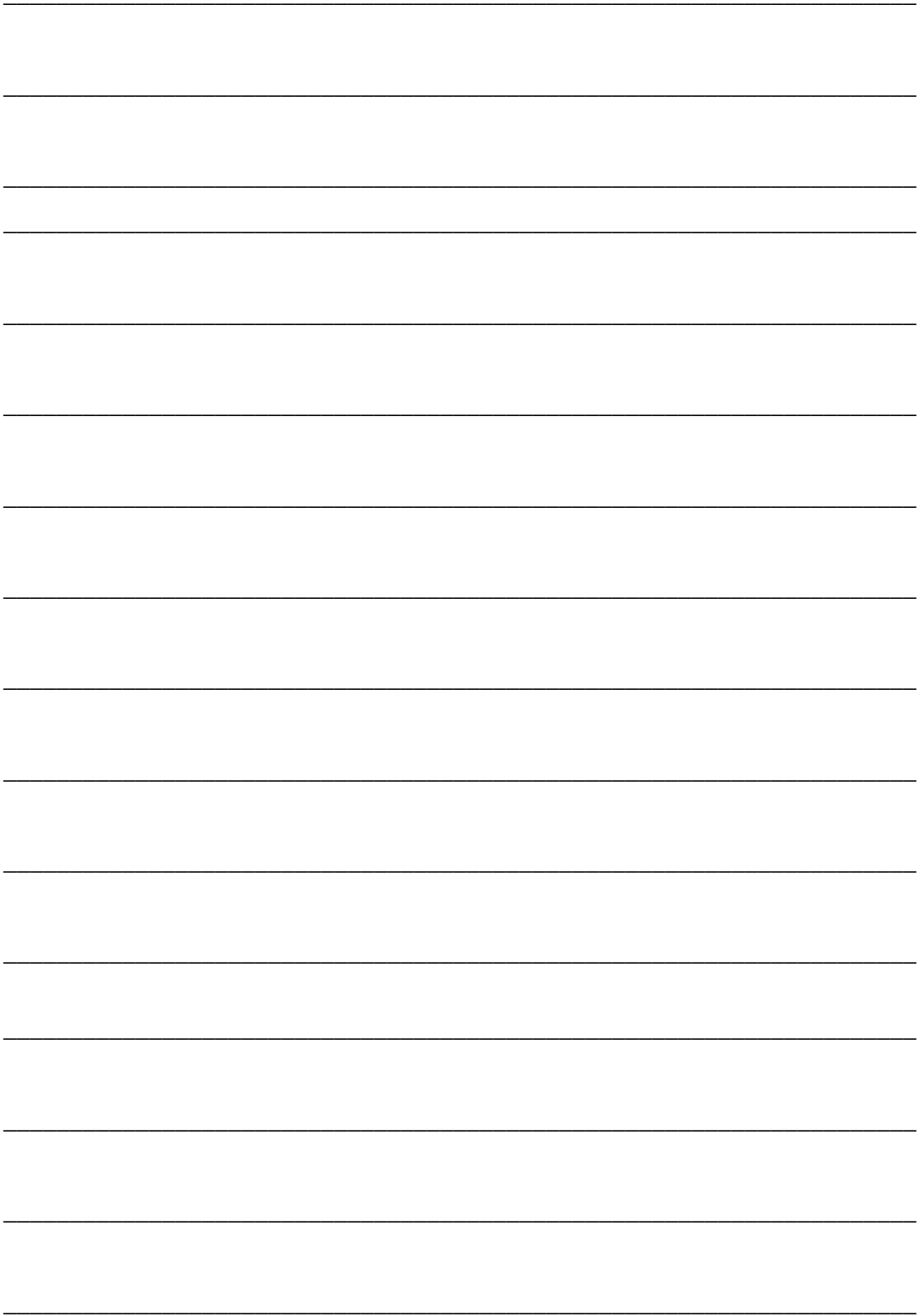
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## Energetic Possibilities - 2020

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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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