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“You can’t reach for anything new if your hands are full of yesterday’s clutter.”
– Louise Smith

Ponder This:

Holding on is often a reflex—a way of clinging to the familiar, even when it no longer serves us. But letting go isn’t about losing; it’s about creating space.

When you release old stories, limiting beliefs, or relationships that weigh you down, you make room for growth, joy, and alignment with your true self.

Letting go requires courage, but it’s also one of the most liberating acts of self-love.

Ask yourself:

- What am I holding on to that no longer serves me?
- How does this “clutter” impact my energy, emotions, or opportunities?
- What might become possible if I released it?

Suggestion: *Journal on these questions, allowing yourself to explore your feelings honestly.*

Experiment with:

For the next week, try this release practice:

- **Identify one thing—big or small—that you’re ready to let go of.**
 - It could be a habit, a belief, or even an old item in your home.
- **Take a symbolic action to release it.**
 - Write it down and shred the paper, donate the item, or simply take a deep breath and say, “I let this go.”

Notice how letting go creates space—not just physically, but emotionally and energetically—for new possibilities to emerge.

Remember: *Letting go isn’t about giving up; it’s about giving yourself permission to grow. When you release what no longer serves you, you step into your power, free to create a life that truly aligns with your desires.*

Till next time.

Lots of love,

Rachel

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