

November ~ Release

The power for November is RELEASE.

RELEASE is the ability to let go, remove, and denounce.

The location of RELEASE in the body is the lower abdomen. Close your eyes for a moment and see that area around your belly.

The color representing RELEASE is russet or brown. Visualize a russet colored glow bathing your lower abdomen. Affirm: *I release anything and everything that no longer serves my unfolding good.*

And from Rev. Bronte Colbert:

In the quiet of thought, I ask for guidance on what and how to let go. I clear out, eliminate, and give away what I no longer need. I remove physical clutter—the unused items and things I’ve outgrown. Then I release habits, dependencies, unhealthy boundaries, and relationships that are not for my highest good.

I release any unforgiveness or judgments that tether me to the past. Instead, I affirm a vital, positive life in the present. My experiences, in all their variety, have led me to the beauty of today.

I let go of negative thinking or limited ideas about myself and my capabilities. I release doubt and fear. I break free from any feeling of inadequacy or lack. I shed the habit of criticizing others or myself.

As I continue to release what no longer serves me, I make room for delightful circumstances and opportunities.

And from Isaiah 43:18-19:

Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

Affirm: *In letting go, I create space and energy for the new.*