



Episode Transcript – 010 – New Series Intro: Letting Go

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

Hi, this is Jenn Shallvey and I'm back to record on the podcast. Today I'm simply checking in saying hi and reconnecting. The time since I have last shared with you in this format, a lot has transpired, and I don't even need to say it because it is an understatement to say that our world has shifted beyond all comprehension. So because of that, I have gone back to basics and re-thought re-imagined how I could use this podcast as a vehicle or a means to help others. And the way that I came up with was to simply just do some new topics, which meant that I have not thrown everything out from before, but I re-imagined all that. And so I've gone and I've sat with this and I've brainstormed lots of ideas and the one that has percolated and come up the most, and this has been not just in my own reflection, but also in conversations with people over these last months, is a theme. And so I'm going to just introduce that theme today and give you a heads up around how I am going to bring that into a series of some sort in the next several episodes.

So the topic that I want to explore in more depth is the idea and concept of letting go. And I love those words because they are thrown around almost without any conscious awareness sometimes by people who just say, let it go. And then there's other people who say, no, this is a really deep, sacred practise of letting go. And I actually see it as both or everything. And it all depends on you, where you're at and what you need right now in terms of letting go. And so for some, the idea of letting go is a task, a simple idea of just doing something and for others, it's a profound shift and inner transformation on a journey of personal growth. So I'm here to explore the topic in the context of what can only be described now as an ever changing world. And the fact that our world is changing so much, means that everybody, I mean everybody, is being faced with the need to let go.

So it's letting go of ways of working ways of living. It could be stuff or things. It could be people. It could be past life experiences and ways of doing things. It could be society and culture. There are so many levels of letting go that are present. So the idea of it is first to say, well, what does letting go mean? And then to look at the different aspects of letting go. And I also want to explore what it is not. And there's no textbook definition here. I'm not trying to teach you something. I'm not trying to regurgitate information for you. I'm simply here sharing a concept for your reflection, for your benefit, for your own internal growth experience or whatever it is you need.

So what does it mean for the purposes of what I'm going to talk about? It is shifting from a place of needing something in your life to no longer needing it. Or in a sense it is about moving through from



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a place of dependence to not being dependent or attachment to non-attachment. So there's a shift in some sense of a state or a way that you are living with working with being with now or in the past, that is going to move into a new place. And because I'm being very vague in the generic definition here, it gives you scope to fit in what works for you.

I also believe, and from lots of experience here, that there are levels of letting go. And one of the best ways to describe that is conscious versus unconscious. And I feel that when we deliberately do the work to let go, we have a very different outcome than if we just happen to have let go of something, because we developed a different way, and we forgot to notice that the old way isn't there anymore. Both occur. And I think you get very different results because of that. And you also may need, or may not need actual support in order to get through those different ways.

And I mentioned the idea of attachment because sometimes attachment is not necessarily the same as holding onto something in the terms of letting go. It matters why you're holding onto something. And I think that's actually worth exploring when we get to the different subtopics around what are you holding onto versus what are you letting go?

And so in thinking about this, I went, okay, well, there's so many sub areas to look at, what's a good way to explore this and so I picked a few different topics. And you'll see them coming up in the episodes. Just to give you a heads up around what different topics I've got, they include things like stuff, the physical items, the things that you have in your life. That we probably have heard a lot already because it's so easy to say, 'Oh, I'm decluttering or doing that', but there's something more to that. So how do you let go of things in your life? And we'll go into the story and reasons why we have some things in our life.

Another one that I'm going to explore is letting go of place and place can be anything from geographical location to a home or a workplace. There are locations in our life and our work that hold us. And sometimes, either through our own choice or the choice of others, we have to move on from those. And I'd love to explore that as well, because that's happening to people now, too. Especially with people in work in particular, where we had workplaces as an anchor for us. And now I know so many people don't have that anymore and they have to have changed their home to be a new place. They have to let go of some of the things in that transition.

Another one that may be a bit more tricky to explore, depending on who you are, is people. And that means everything from friends to family, to colleagues, to relationships, the whole gamut is included in that bucket of people. So maybe that episode might be a bit long because there's so many parts of that. And again, we have the choice and non choice in that. And how do you deal with that? And there's lots of psychological aspects to that as well.

So then we go into some deeper concepts of letting go, which when I get to those, hopefully by listening to the other three topics, you will be prepared for these. Um, I think they're deeper because I know that they require much more inner work. And I know that through experience and through my mentoring and work with other people. And that is first of all, life phases, when you're letting go of one phase of life and moving into another. So just think of all the different phases of your life and where are you at right now. What I want to do is touch on that and how do you let go of the last phase or the old phases, but not in a, Hey that's not me anymore, but in a acknowledging way, and then moving in and embracing the next phase.



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Even more of a, I think inner transformational challenge is the last topic that I will explore that is aspects of yourself. This is deep. I don't know if everybody's going to want to go there. So you may even want to skip that episode if it's too challenging, but I encourage you to get to that one when I released that one. And that is the parts of you, who you are, your identity, and there are all these aspects of yourself. Here's where the conscious and unconscious definitely come out to play because we are often defined by our own external factors. We are also carrying around stories within us that are shaping who we see where we are, and those are aspects of ourself. Then there's also aspects related to the roles we we take on in the world and so forth. So I love to explore that as well as a way to help you in working with letting go and moving into a fuller, more authentic you.

So in summary, I'm going to take you through a series that goes from what I would consider the easy to the more challenging aspects of letting go. I'm going to go from the very external to the very internal, and that's the journey I'm going to take you on and walk with you and support you all in.

So I welcome any further feedback or questions or ideas. As I release those episodes I also encourage you to engage with me on Instagram, which is where I hang out now or through my online website. Just send me a note, whatever. And I'd love to know if you have any questions or thoughts on that. So for now, just a quick update, and I'll leave that with you and look forward to and enjoy the upcoming series on letting go. Thank you.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.