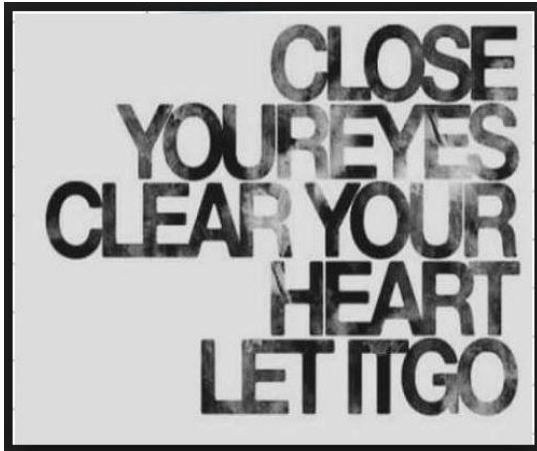


Let It Go!



A few months ago my husband and I attended an anniversary party given for close friends of ours. I love attending this particular family's parties because it is always filled with such positive energies. It is not only positive because of the festive mood but because this family gets along and enjoys each other's company without any pretenses. We are considered an extension "part of the family" and for this I am truly grateful.

This party came complete with a Video DJ (they access videos that accompany some of the songs that they play) and the dance floor, as usual, kept busy all evening. Closer to the end of the evening, one of the young cousins made a special request. The DJ did his intro, saying it was a requested song and started to play "Let It Go" complete with Disney video. Immediately all the kids started singing along and swaying to the melody. They weren't the only ones, though. The adults joined in! Those that were sitting, stood, started swaying and singing right along with everyone else! (I also noticed a few "party crashers" walking in through the side doors!) It was a joyous communing of energy that made my body tingle!

"Let It Go" seems to have sparked an intense positive fire in most people I know, how about you? Kids identify with it in a big way, but they are masters at letting things go. They have living in the moment current within them. They bounce from one thing to another, never missing a beat, reveling in all of it. Emotions are on the same high speed freeway, happy one minute, despondent the next. In a way they never look back (or forward) and worry, they just enjoy living their life. It's as they age that things get sticky. And as adults we have to relearn to live in the moment.

There must be tons of college papers written on Disney films. I've heard the negative arguments. Why must Disney put in the dark and scary scenes?; Why must the princess be saved by a handsome prince?; Why did Bambi's mother have to die?, to name a few. I actually think Disney had it right all along. Without darkness we don't appreciate the light, without lack we don't really appreciate abundance, without sadness we don't appreciate joy. And do you really think the princes could withstand what Disney princesses had to put up with? They gave us hope and the courage to carry on.

The partying family above like most families has had their share of dark/light; sadness/joy; abundance/lack; and deaths/births. But they have found a key of sorts. They go through these experiences, react accordingly, feel them, then Let It Go. Through it all, they hold on to hope. Met with adversity, they carry on.

Why are adults resonating with this particular song, singing the words "let it go" with such strength and heartfelt emotion? Those three little words are giving us permission to release the trials and tribulations of our past, the travails and torments of the present, and the illusory, worrisome future. Let It Go- three little words, seven letters that have the numerical value of seven. According to Krystene, in numerology speak, "The awake and aware 7 understands the chaos of the Universe and is finally at peace." Something to think about!

When you get tied up in obsessive thoughts that are dragging your energy down think of this song and "Let It Go", letting it flow out into the understanding Universe, giving yourself and it the peace it needs. If you meet with obstacles, start singing the song, just the refrain over and over again will do to build up the energy you need to send it on its way.

With Gratitude,

Kai