4 Ways to Boost Your Energy by Releasing Regrets

Patricia Spadaro is the author of ***Honor Yourself: The Inner Art of Giving and Receiving.***

The beginning and the end reach out their hands to each other.
—Chinese proverb

Do you still feel sad or sorry about an ending in your life—a relationship breakup, a harsh word from a friend, a job you didn't get? Holding on to the past means that you're operating with less than 100 percent of your energy in the present. Regrets divide your attention and sap your energy. It's like trying to water your garden with a hose that has holes in it.

One way to nurture yourself and reclaim your energy is to plug the holes and say goodbye to those energy-draining regrets. It's essential if you want to live fully and share the best of yourself with others. Rather than facing endings with bitterness, regret, or even hatred, try these four energy-boosting tips for letting go and moving on.

Look at endings as promotions: Many endings in our lives are really promotions. For over a year, a friend of mine resisted accepting that a relationship of many years was really over. Her partner had treated her terribly and she deserved much more. Finally, she came to see that she was much better off without him. In reality, she had been promoted—and he had been fired. Once she embraced that ending (and her "promotion"), new opportunities, including wonderful friendships and even a new job, entered her life. Look at endings as the new beginnings they really are.

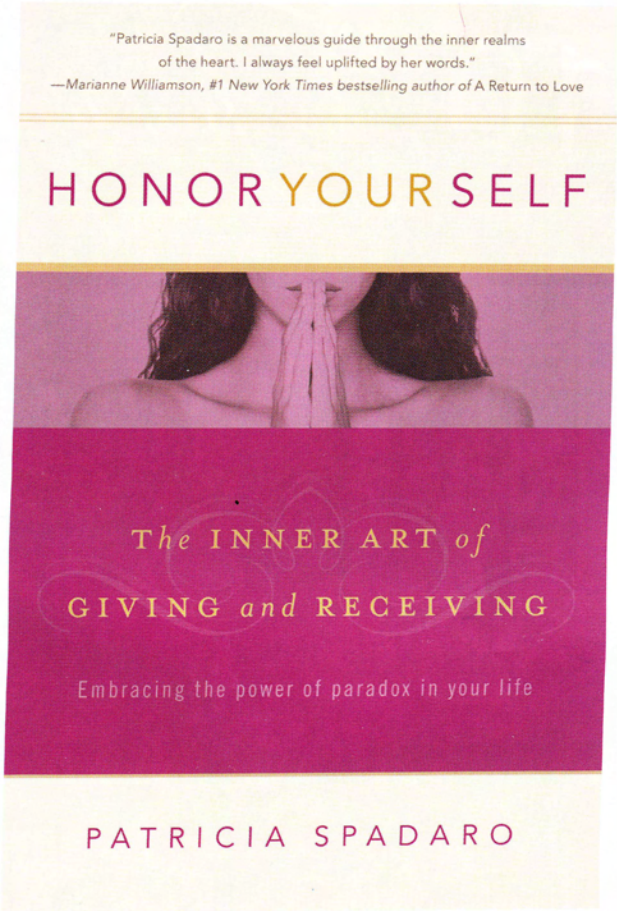
Write a new story: One incident in your life, no matter how painful, is still just one incident. It doesn't define your entire life—unless you let it. You have the power to create the rest of the story. When you choose to focus on healthy new choices for yourself, you are saying, "I am greater than what others say about me or do to me." You are the author of your own life. How will you write your next chapter?

Extract the lesson: The experiences in our lives are often designed to guide us in the right direction or provide us with a new life skill. We've all encountered a situation that we

later realized was an extraordinary blessing. No matter how uncomfortable or painful the ending is, get in the habit of asking yourself from the start, 'What information or insight am I meant to receive from this situation? What skill am I learning that is going to help me navigate challenges in the future?'

Relax and release: One of the most effective ways to let go is to create a personal ritual of release. Do it with the intent to free yourself and move on. Create a ritual that has meaning for you. Make it physical to give it finality. For instance, you can hold a shell or stone, mentally pour your feelings into it, and then hurl it into a stream. Or you can write down your feelings on paper along with a simple statement of surrender. You can ask for help in letting go and finding peace. Then safely burn the letter, watching it and the issue dissipate in smoke. Let those ashes remind you of the phoenix. From the ashes of its own ending, a new phoenix emerges. Know that you, too, have the phoenix inside of you.

Patricia Spadaro is the author of ***Honor Yourself: The Inner Art of Giving and Receiving.*** *She has also coauthored several books on personal growth. Her books have been translated into 18 languages and are available around the world. To learn more about Patricia Spadaro, visit her at www.HowToHonorYourself.com*



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