



# Pause With Purpose

...to refresh

...to grow

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## Let Go ... And Be Free

The story is told of a community of creatures that lived on the bottom of a fast flowing stream. They lived their life clinging to the stones on the bottom of the stream. From their earliest days, they were taught "Never let go, or you will surely die!" So cling they did, though they were bounced and battered against the stones day after day. One day, a rebellious adolescent in the community declared, "I would rather die than spend my life bouncing against these stones!" So, he let go!! And sure enough, he was swept away, lost for sure! Until suddenly, he bobbed to the surface ... and discovered a whole new world more wonderful than he could have ever imagined.

How many of us live our lives like these creatures - clinging tightly to the familiar, simply enduring life, while resenting our lack of freedom and options? We feel trapped, limited, controlled, and frustrated. We might imagine something better, but simply continue what we have always done, believed, known, and practiced. After all, "What else can I do?"

The impulsive, rebellious creature in our story has a message for us. Perhaps our felt lack of freedom is *not* the result of "fate" or other

people holding us down, but rather the result of our own hesitancy or unwillingness to "let go". Maybe we stay stuck in an unfulfilled existence because, rather than moving forward, we expend our strength clinging tightly to the familiar.

Consider for a moment what it would be like to "let go" in the following three areas. First, *let go of the past*. This doesn't mean abandoning our history or heritage or traditions, but rather releasing our tenacious focus on the parts of our past that keep us stuck. This includes, but is not limited to:

- *mistakes and failures* - Let's learn from our mistakes and grow, rather than use them to label us and determine what we can (and can't) do.

- *hurts and resentments* - Forgiveness frees us from the chains of revenge and victimhood.

- *old messages/untruth* - We can challenge what we have passively accepted since childhood to see if it actually agrees with the standard of truth we hold to as adults.

- *old relationships* - Toxic, hurtful, unhealthy relationships can be released rather than continued simply because they already exist.

Second, *let go of unhealthy habits, attitudes, and beliefs*.

- It has been said that true

craziness is doing the same thing and expecting different results. We need to be humble enough to consider that our way of doing things might just be getting in our way and holding us back. Let's ask for, listen to, and respect feedback from those around us as we seek to be our best. Remember, just because *it used to be*, doesn't mean *it has to be*. Stubbornness might just keep us stuck.

- It's time to challenge those beliefs that say we are of the wrong age, sex, status, nationality, economic group, stage of life, or whatever to pursue what is important to us. Let's respect our gifts and dreams, sprinkle them with the water of possibility, and see what grows.

Third, *let go of fear*. Yes, I know, "easier said than done". But this is so important! We can start by honestly locating fear in our life and recognizing how it holds us back. This search will reveal where "protection" and "safety" have produced chains that restrain. Then, guided by good judgement, let's put three toes across the line of fear and discover, possibly for the first time, how strong and competent and capable we actually are.

Letting go ... making space for growth and newness - it's not just the path to freedom, but freedom itself!



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to design, accomplish, and maintain healthy life change.

You can contact me at:

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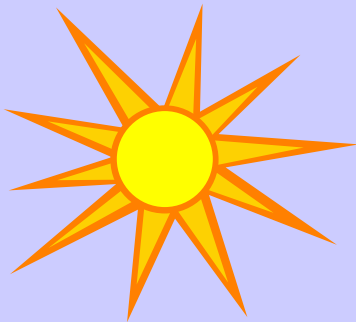
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## Free for a Reason

Have you ever watched runners warm up before a race? Do you wonder why they stretch so much? It's because "tight muscles tear". Runners don't stretch just for the sake of stretching. They loosen and free their muscles to prepare them to work. Such preparation allows the muscles to perform as they are intended to, rather than being bound and restricted.

So it is with life. Freedom is not an end in itself, nor does it exist in a vacuum. When we embrace the freedom that comes with letting go, we empower our selves to more fully use the gifts we have been given to make a difference in the world.

Letting go, freeing our selves from those things in our life that tap our strength, hinder our growth, hide our gifts, or break our spirit, is just a warm up for living our life as it was meant to be lived as designed by our Creator.

So, let go to be free ... free to serve ... free to create ... free to inspire ... free to learn ... free to worship ... free to give ... free to love ... free to .....



"Protection and security are only valuable if they do not cramp life excessively."

-Carl Jung