

LETTING GO



A GUIDED JOURNAL FOR
honoring the season of release



MONTHLY
REFLECTION
journal



There comes a moment when holding on becomes heavier than releasing.

You can feel it in the body first – the tight shoulders, the shallow breath, the way old stories circle like restless birds that never land. At some point, the effort of clinging costs more than the surrender itself. And just like the trees in October, we're reminded that letting go is not a failure, but a sacred part of the cycle.

This season teaches us in whispers and in colors. The leaves turn, blaze, and finally drift downward, not because they have ceased to matter, but because their purpose has been fulfilled. They return to the earth, becoming nourishment for what is yet to come. Nothing is wasted. Nothing is truly gone.

So often we imagine letting go as a loss – a tearing away, a breaking apart. But what if it's an opening? What if it's the quiet invitation to trust that your soul knows how to release what has grown too heavy, too small, too brittle to carry forward?

The Akashic Records remind us that your essence is constant, eternal. What falls away are only the layers that no longer serve the truth of who you are. The masks, the expectations, the old versions of yourself that once kept you safe but now keep you bound.

This October, I invite you to listen for what is ready to be placed down. Ask yourself:

Where am I gripping out of fear?

What stories or beliefs have grown louder than my own heart?

What freedom might I discover if I trusted the natural rhythm of release?

Within these pages, you'll find space to explore those questions – not with urgency, but with gentleness. Letting go is not about erasing. It's about making room. It's about clearing the ground so your soul can breathe and your next season can begin.

With love,

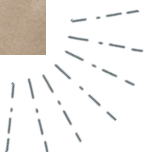
Lisa Witzel
AKASHIC RECORDS CONSULTANT





Let your words fall like leaves, one by one.

You don't need to force meaning or chase the "right" answer. Simply notice what feels ready to be set down, and let it drift onto the page in its own time. Release the need to polish or perfect. Trust the rhythm of your own unfolding.





What am I holding onto that feels heavier than it needs to be?

What part of my past am I still gripping, and what would it mean to finally let it go?

What expectations from others am I ready to release?





What am I still carrying that no longer belongs to me?

Where do I feel resistance to letting go, and what does that resistance sound like?

What identity have I outgrown but still wear like old clothing?





Where in my life am I carrying responsibility that was never mine?

If my hands are finally empty, what am I free to receive?

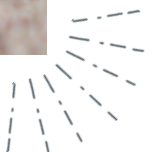
Which small act of release could I practice to remind myself that surrender is safe?





Think of these affirmations as steady companions on the path of release.

They are here for the days you hesitate, the days you wonder if letting go will leave you bare. Let these words remind you: release is not the end, but the doorway to something lighter.





In release I find
relief and renewal.



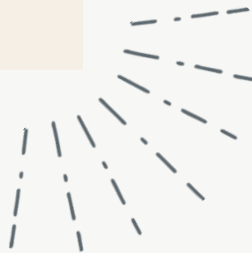
I choose freedom
over clinging to
the past.

Surrender
is an act of love
for myself.

My hands are open
to receive
once I let go.



What is meant
for me will
always remain.





I release
what no longer
belongs to me.



I am open to
what's coming.

I can love
something and still
let it go.



Letting go
creates space for
something new
to bloom.

I honor change as
a natural
part of life.





THE ONE RELEASE I'M READY FOR

Of everything I'm holding, what feels most ready to be set down? Write it here, even if it's small, even if it's just a whisper. Naming it is the first act of release.



THE ONE FREEDOM I'M CARRYING THIS MONTH

As I let go, what lightness or freedom do I want to hold onto? Let it be just one line, a reminder of the space I've created.







A moment to honor what has fallen away, and what is quietly taking root.

Let this be a place to gather the whispers of your own becoming. Noticing what you've put down, and the strength you've uncovered in the process. With softness, with love, with trust in what comes next.





MY SOUL INTENTION FOR THIS MONTH

What am I ready to release? What weight is asking to be placed down with love?

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

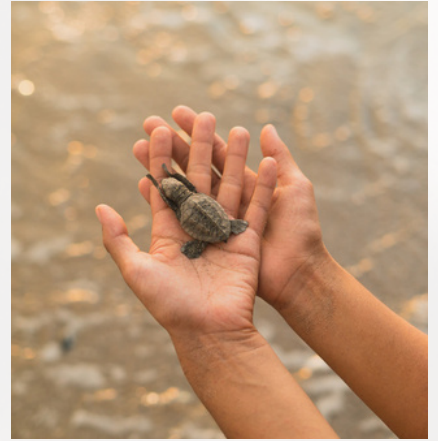
As I let go, what new energy or possibility feels ready to arrive?

Check-in

This month, I released...

- ☐ An old story
- ☐ A heavy expectation
- ☐ A fear that softened its hold
- ☐ Something I thought I needed
- ☐ Resistance to change
- ☐ A truth I can finally expect





RELEASE IS AN ACT OF LOVE.
It opens the door to peace.





If you've felt the weight of something ready to be released, or the whisper of freedom calling, this may be your soul inviting you deeper.

A one-on-one Akashic Records session is a space to lay down what no longer serves you and uncover the wisdom that has always been within.

Together, we'll open the Records with compassion, exploring what you're ready to release, reclaim, and step into with love.

You don't need to bring answers — only your heart, your questions, and your willingness to meet yourself in a new way.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Witzel
AKASHIC RECORDS CONSULTANT





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