

I Release Myself & Courageously Flow Into Clarity

[BY REBECCA ESCHENROEDER](#)

It burns

Something inside aching to get out

The pangs of doubt creep around my ribcage and seek their way
into my gut

Chaos ensues as long as I try to figure it out...

That sense of doubt

Why do I try to hold on? She's ready to escape, but for some
reason, I insist on her staying

I transform into something I am not, molded by the
expectations of myself and others.

No!

I release her!

I release myself!

To allow.

To be.

Courageously flowing into clarity.

Photo by [Joanna Nix](#) on [Unsplash](#)

This article was originally published on [Great Abiding Yoga](#) and is republished here with the permission of the

author.

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

Sip a little more:

Emerge From Your Comfort Zone – It's Time To Fly!

Love Is The Definition Of Her – In Every Language

Find Your Balance & Hear That Voice Of Knowing Within

"Speak your bone truth. Discover
the root of your endless
compassion. Un-learn lessons that
have kept your heart on lockdown.
Embrace what you need. Discard
what does not serve. Bless your
tender kneecaps. Bless your holy
longing. Bless your wild soul."

JEANNETTE LEBLANC

Bless Your Holy Longing — A Love Letter To Women In Transition

THEURBANHOWL.COM



#IRELEASEHER

HOWL WITH US

ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

SHARE THE MAGIC: