

## SEVEN: LETTING GO OF LIMITING ATTACHMENTS



Surprisingly, after walking the Butterfly Peace Path labyrinth with guidance from THE FOUR CHAMBERED HEART Amara was overcome by sadness that weighed heavy on her spirit. During her walk she imagined carrying a backpack filled with three large rocks that made it difficult to move ahead with freedom and flexibility.

Amara's further awareness revealed that each rock represented a past relationship involving unfinished business, disappointment, lack of trust or feelings of betrayal. Her inability to achieve "honorable closure" was at the core of each experience.

Amara realized that to maintain a full, open, clear and strong heart she would need to come to a place of honorable closure with each significant relationship that was holding her back. Making the commitment to do so, she walked for the next three days to find a sense of inner peace with three individuals from her past. For each person Amara asked herself four important questions for honorable closure.

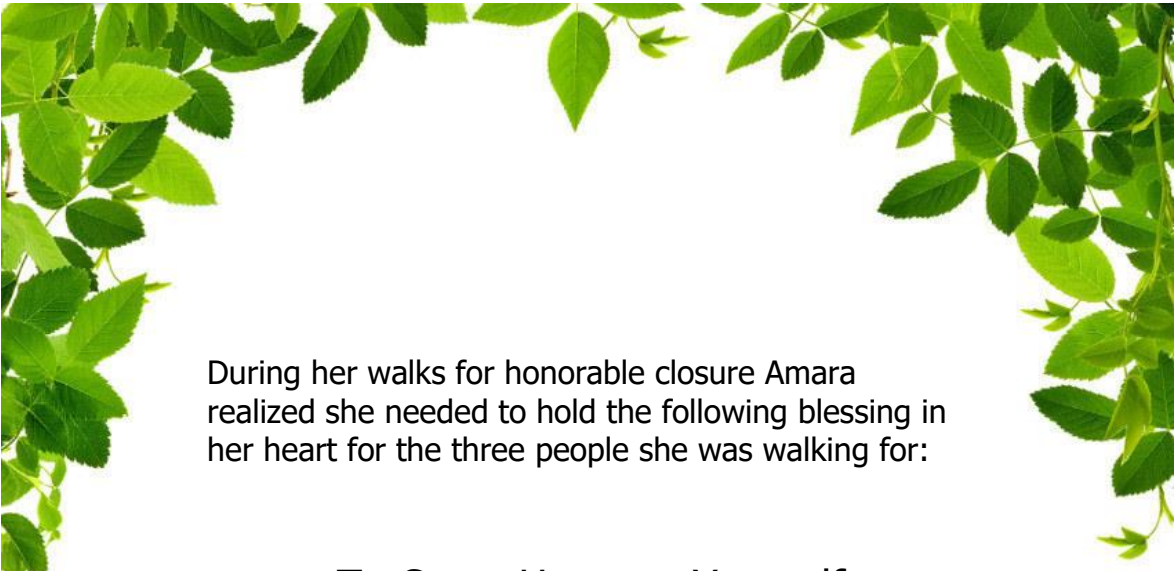
**Along with Amara, walk for honorable closure and journal about your insights and discoveries.**



## HONORABLE CLOSURE

1. What am I grateful for in this relationship?
2. What have I learned? How am I changed as a result of this experience?
3. What challenged or stretched me?
4. What do I need to say or do to be complete? Is there anything that needs to be forgiven or rectified before I move on?

Honorable closure comes from the work of Angeles Arrien Ph.D. See also: Skillful Endings: The 4-Step Process to Skillful endings: <http://lindaacurtis.com/wp-content/uploads/2013/07/Honorable-Closure-Ebook-Final.pdf>

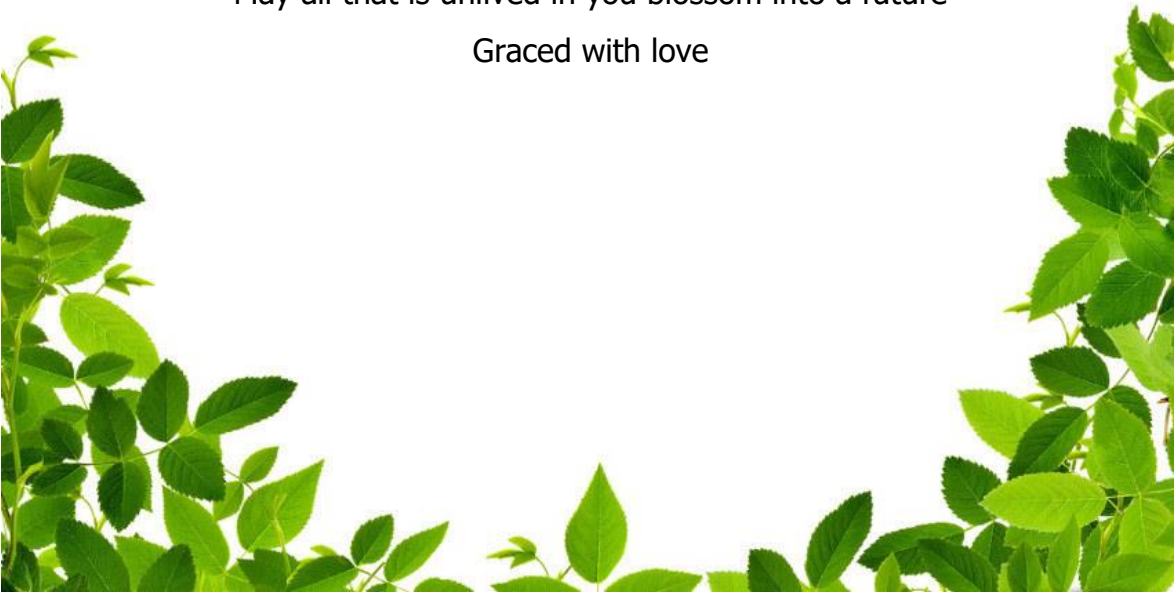
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During her walks for honorable closure Amara realized she needed to hold the following blessing in her heart for the three people she was walking for:

## To Come Home to Yourself

by John O'Donohue

May all that is unforgiven in you be released  
May your fears yield their deepest tranquilities  
May all that is un-lived in you blossom into a future  
Graced with love

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## NEXT SMALL STEPS

What will you do? By when? How will people know?