



**OKSAPE**

**THE LETTING GO  
BREAKTHROUGH**

## A Radical Shift in Perception

### READ THIS SLOWLY. LET IT SINK IN.

You think you need to **let go** of something.  
But the truth is—you were never holding on.

What you call "holding on" is actually **fear of who you would be without it.**

A relationship. A past wound. A belief. An identity.  
You don't fear the loss—you fear the void. The unknown.

But here's the truth:

- 🌿 **Nothing that is truly yours will ever leave you.**
- 🔥 **Nothing that leaves you was ever truly yours.**

### WHAT YOU MUST UNDERSTAND:

1. The past is **not real**. It only exists as thoughts in your mind.
2. What hurt you was **not the event itself**, but your story about it.
3. If you keep **identifying** with your past, you will keep **reliving** it.
4. Letting go is not about forgetting—it's about **seeing clearly**.

### THE BREAKTHROUGH PRACTICE

#### 💡 **Step 1: Identify the Illusion**

Write down exactly what you think you need to let go of. Be specific.

#### 💡 **Step 2: Question the Story**

Ask yourself:

- **Is this happening right now, or is it just a memory?**
- **If I had amnesia, would this problem still exist?**
- **Who would I be without this belief?**

💡 **Step 3: Feel the Fear, Then Drop It**

- What if there is **nothing to fix**?
- What if I am **already whole**?
- What if the only thing keeping this alive is my own attachment to it?

💡 **Step 4: Make a Choice**

Right now, in this moment—can you allow yourself to be **completely free**?  
Not tomorrow. Not when you “heal.” **Now.**

Take a deep breath.  
Feel the weight **evaporate**.  
Because it was never real to begin with.

## FINAL INSIGHT

- ✗ You don't need more time to let go.
- ✓ You need a shift in perception.

The past is gone. The future is unknown. The only thing real is **this moment**.

And in **this moment**, you are already free.

🔥 **Now go live like it.** 🔥