

The Summer Solstice Dismiss List

During the time of diminishing light so, too can we think begin paring away the extraneous bits of our lives, the flotsam and jetsam of things that do not serve and only hinder. May this Dismiss List serve you well creating a framework from which to let go.

As we reach the zenith we focus on what no longer needs growth but rather restriction. Keep this Dismiss List somewhere handy so that you have a thoughtful reminder throughout the second half of the year. You could also use this list of a mindful journaling plan through the months or all at once.

How you decide to use the Dismiss List is up to you but use it I hope you do!

12- Justice *I dismiss these things that destabilize me:*



13- Death *I dismiss fear of letting go by saying goodbye to:*



14- Temperance *I dismiss intemperance by saying I've had enough of:*



15- The Devil *I dismiss temptation by being determined to:*



16- The Tower *I dismiss the need be controlling of:*



17- The Star *I dismiss negative thinking, and self-criticism by illuminating:*



18- The Moon *I dismiss confusion and doubt in my life by accepting ambiguity in:*



19- The Sun *I dismiss false friends and shallow presence by enriching:*



20- Judgement *I dismiss judgments and criticisms (of myself and others) by discerning:*



21- The World *I dismiss fear and scarcity thinking by doing:*

