

# The Importance of Fully Expressing Yourself and Then Letting Go

[Jon Rasmussen](#), *Contributor*

Shaman Jon Rasmussen shares this video blog on the importance of fully expressing your feelings in the moment and releasing them in effective ways to stay happy and healthy.



## About the Author

Jon has over 35 years of experience in the fields of ancient and modern shamanism, healing, science, spirituality, and consciousness. He's the author of the book [Dreaming Your World Into Being](#), the CD's [Shamanic Journeys to Empower your Life](#) and [Practical Meditation for the Modern Lifestyle](#), as well as the DVD [Let Success Find You](#). After several near death experiences at an early age, and extensive shamanic training and initiation, Jon leads a life of service for the healing of humanity primarily through the principle of the return of the powerful Feminine as spoken of in the prophecies of his Q'ero shaman lineage. He travels extensively to conduct sessions, teach, and lead ceremony for individuals, couples, families, groups, and organizations. Learn more about Jon's work at [dreamingintobeing.com](http://dreamingintobeing.com) and connect with him on [Facebook](#). You can book sessions with Jon in person or by phone and Skype by sending an email to [jon@dreamingintobeing.com](mailto:jon@dreamingintobeing.com).