

Letter of Release

We go through life holding on to past experiences beyond what is necessary because we may not be aware that we can heal and release them. It isn't necessary to keep carrying with you all the baggage that has been created throughout your life.

We want to bring completion and a sense of peace to the traumatic events and experiences we are still holding on to. Your experiences with the people in your life create energetic attachments, that unless consciously released, remain and deplete you of your energetic resources, which is what you use to create your life.

These attachments are with those people in your life who you have had unhealthy and hurtful experiences with. It could be parents, siblings, friends, or anyone else that a painful emotional charge was created between you and has continued to resurface again and again, bringing up those feelings and the experience of it in your current moment of life.

When you can release the lower emotional energy and allow yourself to be free of its negative influence on your life, you actually experience improvement in your relationships, health, finances, spiritual growth, and all areas of your life. You may not realize what not being aware of these attachments, of holding on to these old experiences, does to your entire life and energy. They keep you from being able to be open to the fullness of the opportunities and possibilities that want to show themselves to you in your life. These attachments create a "cloud" that makes it challenging for you to see through it and receive what is available to you in bringing more joy, love and abundance into our life.

That can all change by doing the following exercise to allow yourself the release of the emotional charge relating to another person. To finally release you from the energetic attachment that remains when you are able to find peace with it and let go of the emotional charge around it. You no longer need to allow these to be running the background of your life and keeping you from fully experiencing the good you desire.

In this exercise, you will be writing a letter to the person who you have a drama filled, painful, hurtful and unhealthy relationship with. You may have experienced many with this person, or just one, but you want to choose one instance for this exercise that stands out relating to this person.

The following will allow you to write a letter to that person and express your feelings and your side of the situation that still has you energetically attached to them and reliving, or re-experiencing, the experience with them. This is meant to allow you to finally bring a sense of peace to your connection with them around whatever it is, and allow yourself to be free of it in your life and energy so that you can experience more of the good that is available to you.

Take a few deep breaths, allowing yourself to be open, receptive and relaxed as the energy moves through you as you connect, clear and release through this exercise.

Writing Your Letter:

- Have a piece of paper, or a journal, to write in and a pen or pencil to begin.
- You are going to be writing a letter to whoever you feel has hurt you or you still experience pain and upset when thinking about them or connecting with them.
- Close your eyes and allow yourself to imagine this person in front of you. If that is still too painful to do, then just bring their name to mind. You want to allow the energetic connection you have with them to be felt to the point that you recognize it is there, but also knowing you are ready to release it now.
- *This person can be living or deceased to do this exercise. If you still have unresolved emotional issues with your parents or siblings, or whoever, and they are no longer living, you can still use this process to help with experiencing forgiveness with them.*
- Once you have made your connection, you can open your eyes and begin to write your letter. You want to include in your letter all you feel about the situation between you and the other person. Write the letter as if you were talking to the person. What would you want to say to them? What would you express about how you feel to them?
- Allow the letter to be a "venting" opportunity for you to express your feelings! They are just listening to what you have to say. Intend to really let everything out that you feel and would like to say to that person. Be willing to use words that do that even if they are lower vibrational words or words you don't normally use. Let it all out with the emotion that is behind it and is keeping it still there!
- Once you have finished writing everything you feel and want to say, down to the littlest details and parts, fold the letter up and place it under your pillow or your mattress or somewhere near you overnight. You want to "sleep on it" and however you feel is the best way to do that, then place it there.
- ***Be aware that you are not going to be giving this letter to the person.***
- In the morning, after "sleeping on it" it is time to re-read your letter and see if you still feel any emotional charge towards the person you wrote your letter to.
- If you can read the letter and you don't have any emotional upset or charge around it, then you can go to the next step.
- If you still have any emotional charge or upset that comes up as you read it, even the slightest amount, then sleep on it again. When you can read the letter and the emotional charge is completely gone, then you can move on to the next step.
- Once the emotional charge around what you have expressed and the person are gone, you'll want to destroy the letter. You want to destroy it completely so that it dissolves and dissipates any remaining energy and sends it out to be transmuted

into love. You can burn it (in a safe way of course), tear it up and throw it in the ocean or other body of water, or however you feel you are destroying the letter and the energy it used to hold. Let it go now with the letter.

- Now that it is gone, allow yourself to bring that person to mind one more time and notice how you feel. Allow yourself to feel a sense of peace relating to them, knowing your connection with them is complete.
- You will know you are complete and have moved into when you no longer have an emotional attachment to that person. When the thought of them can pass through your mind and you don't connect to it by holding on to it or entertaining it anymore. You are free.

When you have finished your letter, and shared everything you want to in it, take a few more deep breaths knowing that the energy relating to that person and situation is no longer within you but is not in the letter outside of you to be released and transmuted into love and peace.

Each time you read the letter, if more than one is necessary after sleeping on it, take a few deep breaths before and after.

When you are complete and feel the sense of peace you are looking for, repeat "**Thank You**" **3 times**, allowing yourself to feel gratitude and appreciation for the peace and love you can now feel relating to this person and the situation with them. Know that you are freeing yourself from the attachment that was there so that you can live the life you desire.