

Release/Elimination/Letting Go

Elimination/Renunciation:

The faculty by which we release false beliefs and accomplish a mental cleansing. The ability to release, remove, denounce, deny, say no, and let go. The power of cleansing, renunciation, and repentance.



Why do we let go?

What do we let go of?

How do we let go? (What has worked for you in the past?)

Releasing exercise:

Fill a flat, shallow tray or pan with salt.

With your finger, write in the salt what you are releasing.

Wipe it away, saying: I let you go. I make room for God's Good in my life.

I AM Release. I release all guilt and unforgiveness toward others and myself. I let God's peace into my life. I make room for my good! I AM Release.