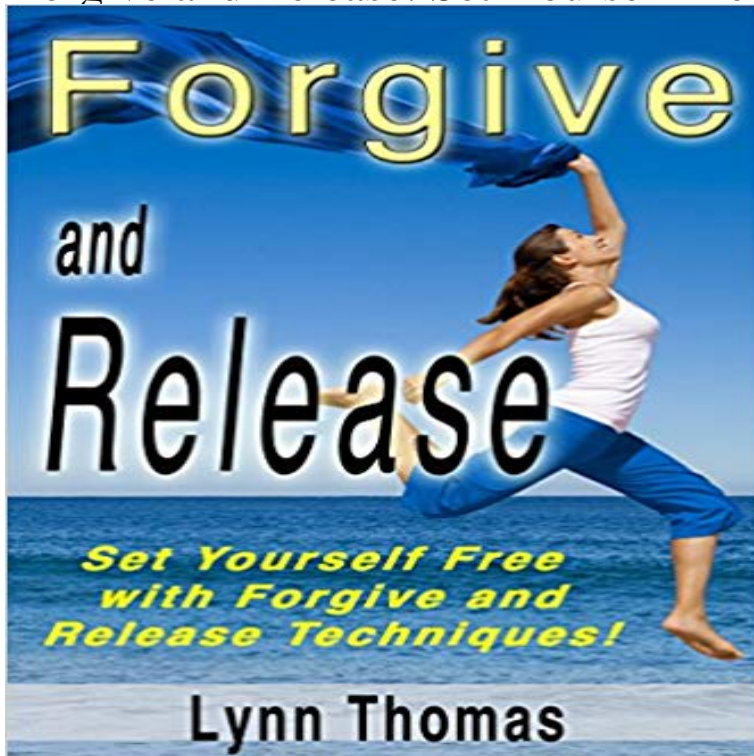


## Forgive and Release: Set Yourself Free Techniques



When her father passed away, the author realized that she needed to forgive him in order to get on with her life, and to release him on his soul journey. This publication shares her process and how she replaced hurt and resentment with forgiveness, release and soul inspired Love. Children begin by loving their parents; after a time they judge them; rarely, if ever, do they forgive them. ~Oscar Wilde. Do you feel resistance toward forgiving someone? Perhaps you feel that his behavior was totally unacceptable and the very thought of forgiveness makes your blood boil! At times, that still small voice within might say, Let go and forgive, but your ego stands firm and shouts, Dont do it! Dont let him off that easy! And sometimes its not what a person did, but what they did not do. We may resent that they did not live up to our expectations. This strand of indignation adheres us to the other person like glue, hardening and thickening over time into a hefty emotional cord, having a negative effect on our life! Forgive all who have offended you; not for them, but for yourself, Harriet Nelson. Forgive and Release Using Powerful and Actionable Release Techniques from the author of SoulPoweredLife.com. These powerful techniques have brought about forgiveness and release for others . perhaps its time to set yourself free. This publication includes: Forgive to Release Stop Strengthening the Cord Defining Forgiveness Hurt People Hurt People Changing the Inner Dialogue Release Negative Emotions 7 Ways to Forgive Letters to My Father Forgiveness Tools Your Release Letters From My Father Become a Forgiveness Warrior

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