

# Release Letter

Date: \_\_\_\_\_

Name: \_\_\_\_\_

To My Spiritually Intelligent Self:

I, \_\_\_\_\_, hereby grant you, the part of me that is spiritually intelligent which I might call my Super-conscious mind, and all other parts of myself that might want to hold onto judgments, total permission to release all of the mis-understandings, unfounded beliefs, misinterpretations, and misguided emotions, wherever they may reside, whether in my body, my unconscious mind, my DNA, my conscious mind, my subconscious mind, my unconscious mind, my chakras and even my soul, and I ask all those who want the best for me to assist in this releasing process.

I, \_\_\_\_\_, thank you, my spiritually intelligent self, for creating the experiences that created the situations causing my judgments and realize that on some level that the situation and the people involved have been my teachers and have offered opportunities for me to learn and to grow. I accept the experiences, without judgment and do hereby release them forever.

I, \_\_\_\_\_, do hereby forgive \_\_\_\_\_

I release him/her to their his/her good and set him/her free. I bless him/her for having been willing to be my teacher. I sever all unhealthy attachments to this person and send him/her unconditional love and support. I am FREE!

I, \_\_\_\_\_, do hereby forgive myself, and accept myself just the way I am and love myself unconditionally just the way I am, in all my power and magnificence.

I, \_\_\_\_\_, do hereby release myself to my highest good and claim for myself freedom, fulfillment of my dreams, wishes and goals, clarity, love, full expression, creativity, health and prosperity.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_ Date: \_\_\_\_\_