


# Release and Let Go

A young boy with dark hair, wearing a dark blue long-sleeved shirt, is shown in profile, blowing bubbles. He is holding a green bubble wand in his right hand. Several clear, iridescent bubbles are floating in the air around him against a clear blue sky. The boy's face is slightly puffed out as he blows.

I release and let go  
of any emotion that  
no longer serves me.

I release and let go of anything  
that I may have done to anyone  
that may have hurt them, or ..  
anything that anyone has ever  
done to me that may have hurt me

I forgive and forget ..  
I release and let go..

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Examples of what you might say to release the heavy dense energy  
that has been weighing you down and slowing you down.  
It is toxic energy that will eventually cause illness if not released.