

**SEE THE UNSEEABLE, KNOW THE
UNKNOWABLE AND DO THE IMPOSSIBLE**



**KEN D FOSTER'S
RELEASE PROCESS**



Based on NeuroScience and tested over 21 years, You will quickly let go of Chronic Success Blockers, Increase Your Energy, and Awaken to the Dynamic Will of Your Soul.

THE RELEASE PROCESS



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DEDICATION

This work is dedicated to those who are ready to forgive and let go of the past. To those who are committed to having new understanding, increased awareness, and relief from self-sabotaging beliefs, stuck emotions, or habit-bound issues.

To all the brilliant souls who are choosing to release, renew and evolve. To those who are consciously bringing forth their greatest gifts, talents, and abilities. To those who are generating their greatest dreams and making the world a better place for everyone.

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Welcome

Welcome to an exploration of your life and how to forgive deeply, increase awareness, become more balanced and liberated from energetic blocks or wounds of the past.

You are about to undertake an amazing life journey. For some the trek will be challenging and difficult. For others, it will take everything they have to complete the process. Most will be amazed at how much they learn, grow and understand about themselves.

For all who complete the process, they will be blessed with a newfound peace and happiness. You are about to dive into the depth of your past and begin the process of *Releasing, Renewing and Evolving*.

I have learned much over my twenty-one years of releasing and renewing. It is both a science and an art to release and forgive. But it is worth the effort because you will heal whatever ails you.

It is profoundly important work because it connects you deeply with your soul and helps you delete or erase the delusions and illusions that you have bought into, freeing you to radiate the creativity and love that is at the heart of you.

Why Release?

In today's world too many people stay stuck in stagnation – creating their lives from wounds, disenfranchised thinking, and emotional traumas from the past. Weighed down in toxic thoughts that continually create toxic actions, we become quick to judge, make poor choices and create unending problems for ourselves. My guess is that you are aware that there are areas of your life that can use improvement. Most likely you are seeking more harmony, peace, and happiness.

If so, by doing the work you will quickly find the answers to many of your biggest challenges. It will help you increase your awareness, give you uncommon knowledge and release misguided thinking. It will help you let your “awesome” shine and generate a compelling future in the years to come.

I have found in my own life, and through coaching thousands over the years, that if you commit to living in integrity, always seeking the truth, and staying in tune with your Wisdom-Self you will consistently make good choices that create lasting happiness and success.

It is to that end, that I encourage you to complete this program. It will take inner strength and tenacity to finish this work, but it will be well worth it. Here is what people report after completing the program:

- Complete forgiveness and resolution
- Lack of desire to worry, fear or easily anger
- An increased tendency to let things happen naturally
- Frequent attacks of peace and joy
- A tendency to be aware of the unlimited possibilities

In the book “Forgiveness” by Iyanla Vanzant, she reminds us that: “The moment we determine what *is*, should *not* be, we are denying the presence of love.” By doing so, we deny our calling to our higher selves and greater self-expression.

When we can release the past and forgive everything and everybody for anything that has happened, we demonstrate our willingness to move on. We then can accept things as they are, not how we would like them to be. When we accept, we realize there is more love, more joy, more relationships, and more prosperity.

I am hoping that you are excited to do the work! I pray you will keep up the courage and make the time to stay in the process until you complete it. Leonardo Da Vinci once said: “Isolation is the price of greatness”.

He meant we must go within ourselves and isolate ourselves from the world to understand ourselves. We must realize what is inside of ourselves and how we are using our minds if we are to bring out the brilliance and greatness that is our birthright. I commend you for making your appointment with destiny. This is your time to shine, this is the work that will change things for the better.

A handwritten signature in black ink that reads "Ken D Foster". The signature is written in a cursive, flowing style with a large initial "K" and "F".

Ken D Foster

Introduction

Everything that has happened to you up to this point in your life is happening for you, not to you. It is happening to empower you, and make you stronger. Believe it or not there is a plan for you to awaken from the dreams and nightmares that have ruled your life. This plan includes the challenges, hurts, disempowering habits, and limiting beliefs that have blocked you from your abundance.

Your soul is constantly calling guiding you toward growth, change, and the betterment of you. But for many, there is a resistance which is stopping you from having what you are wanting out of life. Many times, this resistance comes from past hurts, dramas, fears, worries, guilt, shame, and resentments. You don't want to feel more pain, so at some level you shut down. As a result, they create physical disorders, mental disharmony and spiritual ignorance or lack of effort to pursue self-realization.

It does require fortitude to complete this program, but in the end, you will have a greater sense of peace and freedom from self-sabotaging experiences of the past. Maybe more important – by doing this work, you will be further along your path to fully awaken and realize the essence of you.

We all get caught up by broken dreams, broken hearts, and feelings of sadness, hopelessness, anger, or depression at times. Sometimes we don't get what we want, or we are afraid of losing what we have. But if we keep replaying these scenarios in our minds or worse if we bury the emotions, then we stay stuck in habit bound thinking that recreates the past over and over again.

When we start judging that something should be different than it is, we deny ourselves access to see reality clearly. We exchange our power for disempowering thoughts and reactions. The key to a successful life is a calm mind and acceptance of our ourselves the way we are. As we release the past and bring greater love and power into our lives, we experience greater expressions of ourselves, more peace, and more prosperity.

Life is always calling us to notice the pain and suffering in our lives and transcend it. Pain is just a warning sign that something is off. But if we don't pay attention to the pain, it will increase until it becomes a loud scream and finally gets your attention. By the way, I am using the word pain, but I could easily use the words stress, suffering, misery, sadness, depression, or a host of other words to describe pain. If you are consistently feeling emotions that drain your energy, then in my book you are experiencing pain.

We can transcend our pain by releasing the emotional energies that are stuck within our minds and bodies. By doing this on a consistent basis, we are no longer subject to creating a future based on the past, but a future based on new ideas and possibilities that flow where the love goes.

I have learned that the greatest challenges we face in life are where we grow the most. When we are challenged the most, we get to see what is inside of us. When stressed, do you have the tendency to be peaceful and calm and make good choices or do you tend to become upset? If the latter, then most likely there is unresolved pain within you.

Sometimes we become numb to our past wounds and try to bury them. In these cases, the hurts are either internalized and the person internalized the wrong or they unconsciously blame others for the way they feel.

Or, the hurts are externalized and when least expected and the person releases their hurt in the form of anger onto others and blows situations out of proportion for no apparent reason. But there is a reason. It is unresolved wounds; and until you heal the wounds of the past you will bleed them into the future.

Resentments and harms hurt you and the person you resent. Bitterness and unforgiveness set their hooks deep within our psyche, they are chains that bind us and keep us captive to past wounds.

Until you can let go and totally release the energies that are stuck in your mind and body, you will be held a prisoner of these wounds and you will only see life from a perspective of your wounds. You will miss the joy, peace, happiness, and abundance that Spirit has in store for you. It is time to let go it go.

How to Use the Book

In each section you will find an introduction along with several questions. The questions are designed to help you dig deep into your subconscious mind and acknowledge the areas you are choosing to release.

As you acknowledge the thought, emotion or energy, you will be neutralizing them through the process. You will not be forgetting the past, but you will be releasing the energy or emotion around the circumstances.

You will need a note pad and a pen for the work ahead. Also, you will need the right attitude. With the right attitude of *"I can"*, *"I must"*, and *"I will"* complete this work, it will be easier for you and most likely you will complete it quicker.

Find a quiet place where you will not be distracted. For most it will take three to four hours to complete the process the first time. If possible, strive to complete the process in one sitting. If you can't do that, I suggest you block out a two-hour period over two days or a one-hour period over four days to complete the process.

By dwelling deep into your mind and by striving to complete the process quickly, you will find your consciousness and your daily life transformed.

The Vision for a Brighter Future

Your past does not equal your future, unless you create your future from the subconscious beliefs, choices and experiences buried in your mind. Past thoughts can make us mentally, emotionally, physically, or spiritually shut down. The way to a new future is not to bury the past, but to acknowledge it and then release it permanently.

Before we start releasing, I want you to realize what it has cost you to hold onto the past ways of thinking. Why, because if you can't acknowledge what it has cost you in terms of time, energy, effort, and making poor choices, then chances are you may not complete the work. Start by asking the following two questions:

- 1. *What does it cost me in terms of time, energy, relationships, money, stress, or peace of mind to hold on to past emotional upsets, fears, or resentments?***
- 2. *If I don't completely release the past, what may it cost me in the future?***

Now just for fun, let's assume you will *complete* the Release Renew Evolve Program. Answer the following four questions:

- 1. *What could my life be like, if I let go of subconscious regrets like: areas where people hurt me, or I hurt them, or resentments from the past?***
- 2. *What would my life look like without any self-doubt?***
- 3. *If I lived a life without guilt, shame, or remorse, what would happen?***
- 4. *What would my life be like if I lived courageously every day?***

Introduction to the Energetic Clearing Technique™

It has been said that “What you don’t know won’t hurt you”. But this is incorrect. When there is pain, suffering, lack or limitations there is something that needs to be acknowledged, understood, and overcome. If you can’t acknowledge it, you most likely won’t change it and what you don’t change will continue to hurt you.

Let’s be real. There are many difficulties, challenges, hurts and losses in life which can leave a lasting resonance or imprint on our psyche. If these hurts, disappointments, wounds and negative programming are not released they will impact you mentally, emotionally, physically and spiritually. Also, you will tend to out-picture them in all areas of your life, causing undue stress, worry, upsets, drama and inappropriate reactions.

Wouldn’t you like to permanently get rid of all your disempowering stuff? Well, I want to remind you that you are an infinite being capable of making new choices and releasing anything that is standing in your way. You have all the brilliance you need to create an amazing life. In fact, you are destined for greatness!

The process you are about to go through has come out of decades of my personal research. It has been tried, tested, and revised many times to help you get the quickest and most effective discharge of negative imprinting possible. Most people report immediate relief from all kinds of stressors, and clarity of thinking within twenty-four to thirty-six hours.

It is called the **Energetic Clearing Technique™** or **ECT** and it is one of the most powerful and effective tools available for rapidly releasing and clearing the blocks to health, happiness, and fulfillment. Through the power of intention, focus, and faith you can use the **Energetic Clearing Technique™** to:

- * Deactivate emotions including: anger, guilt, shame, blame, remorse, and resentments
- * Release stress, hurts, conflicts, drama, and misunderstandings
- * Release fears, worries, phobias & blocks to success
- * Improve peace, expand joy, and increase energy
- * Increase charisma, self-confidence, and a deep sense of well-being

Free Choice

You were born with free choice and you will be using that free choice to let go of disempowering thoughts, beliefs and choices from the past including:

Adverse Energies	Comfort Zones	Broken Dreams
Anger	Commitments	Escapes
Beliefs	Conclusions	Fears
Buy-ins	Contracts Destructions	Guilt
Harms	Lack	Negative Destinies
Hatred	Limitations	Negative Emotions
Illusions	Meanness	Non-Reality
Judgments	Misguided Loyalties	Oaths
Justifications	Morphic Fields	Poor Choices
Preservations	Set-Ups	Unforgiveness
Remorse	Shame	Untruths
Resentments	Unreal Stories	Upsets
Secret Agendas	Stuckness	Worry

In truth, what you will be releasing is what I call: **PONs**, or **Points of Non-Reality**. As a result, you will be seeing reality much clearer, be more aware, be open to receive more, ask better questions, and make better choices.

As you complete this Release Exercise you will find that your spirit is awake with a sense of peace, love and joy. You will then be able to see life from a new point of view. This may seem a broad claim, but don't let your mind get in the way of experiencing life on a new level.

Remember, the best way to live life is in the present moment; neither focused on the future nor dwelling on the past. The easiest way to reconnect with Spirit and be in the present moment is to let go of all resentments, harms, guilt, blame or shame from the past and any future worries, fears or concerns. To this end, this exercise will immediately propel you into the present moment and help you to bring forth your greatness.

The questions are designed to help you tap into your subconscious mind, so it is important to *take some time* in each section and ask the questions repeatedly until you have brought your "stuff" from the past to the surface mind. Don't be afraid to revisit the past. Sometimes the most devastating of times can be our holiest moments.

These are the times that can lead to deep transformation and soul evolution, but you won't get there unless you are willing to bring up the past wounds, look at them, see your side in creating them, and then release them.

By doing this work, you will come closer to finding out who you really are with the genuine understanding that you have what it takes to survive anything that is put in your path. In fact, you can thrive in any circumstance when you view it from a place of learning, growing, and evolving your consciousness.

It is important to *write out your answers* to the questions. Just asking the questions and thinking of the answers mentally will not get you the maximum results, which is complete release.

Phase One: Prayer for Guidance

Create a safe or “sacred space” for yourself where you will not be interrupted. Then say the prayer below or use your own words to connect with God. If you cannot relate to using the word “God”, then connect to a power greater than yourself.

After saying the prayer, take six deep breaths. Breathe in slowly, hold your breath at the top of the breathing cycle and *tense* your entire body. Then exhale slowly and allow yourself to release any tension you may have.

“Dearly Beloved Spirit,

I trust in you and know you are present listening to me right now. Guide me to bring forth all that is keeping me from experiencing your love, joy and abundance. Help me to be honest and thorough in this exercise.

Give me the courage to see the root causes of my resentments, fears, worries, harms, guilt, and anything else that is keeping me from realizing my true self. Bless me with thy wisdom and grace so that I may know the truth.

Heal in me whatever needs healing. Heal my memory. Heal my heart. Heal my emotions. Heal my body, mind, and spirit. Help me to release all imbalances. So that I may feel thy presence and know thy will.”

Phase Two: Triggers

The following list has been put together to help you identify some of your experiences and feelings while you are working with the Energetic Clearing Technique™. Take some time and go through the list now, tuning into to each word and allowing yourself to feel the associated emotion. After you have done this, go to Phase Three.

Abandon
Accused
Anxiety
Addicted
Abuse
Afraid
Anger
Arguing
Accidents
Apathetic
Arrogance
Attacked
Avoidance
Betrayed
Bitter
Boxed-in Bored
Blamed
Bullied
Burdened
Busy
Cheated
Coerced
Cold
Complaining
Compulsion
Conceited
Conflict
Controlled
Coward
Crazy
Criticism
Cruelty
Death
Deception
Defeated
Defensive
Depressed
Desperate
Destructive
Detached
Discounted
Discouraged
Disgusted
Dishonest
Displeased
Distrust
Disturbed
Dominating
Doubtful
Drained

Drama
Dread
Emotional
Empty
Entitled
Envy
Exaggerate
Excuses
Exploited
Exhausted
Failure
Fake
Fatigue
Fears
Foolish
Furious
Grief
Guilt
Heavy
Helpless
Hopeless
Horrible
Hostile
Humiliated
Hurt
Impatient
Impulsive
Inaccurate
Inadequate
Incomplete
Indifferent
Indignant
Insecure
Intimidated
Intense
Intolerant
Irrational
Irritated
Jealous
Lazy
Let down
Lonely
Loser
Lying
Mad
Mean
Mediocre
Melancholy
Miserable
Moody
Mournful

Needy
Neglected
Nervous
Numb
Obligated
Obsessed
Offended
Outraged
Overlooked
Overweight
Overworked
Pain
Patronized
Persecuted
Pessimistic
Poverty
Prejudice
Pressured
Prideful
Provoked
Punished
Put down
Rebellious
Regret
Rejected
Repelled
Repressed
Resentful
Ridicule
Rude
Ruthless
Sad
Sarcastic
Scared
Sensitive
Self-Shamed
Shattered
Shy
Shocked
Sorry
Struggling
Stuck
Stupid
Threatened
Terrified

Phase Three: Resentments and Regrets

Resentments, as defined for this work, is the bitterness you feel when a person, place or circumstance has harmed you or wronged you. It is judgement or critical thought that is played over and over in your mind until it becomes embodied. When you *re-ment* you are Re-Sending or Re-Playing the same negative thoughts repeatedly in your mind.

Resentments are important to release because they can create emotionally challenging conditions. When they are unresolved, they can have a variety of negative results on the person who is holding the resentment. Some of the symptoms can be touchiness, oversensitivity, edginess, meanness, anger, or hatred. There can also be long term effects – such as hostility, cynicism, criticism, sarcasm, bitterness, lack of personal or professional growth, unhealthy self-image, lack of self-esteem, self-doubt, trouble trusting others, loss of confidence and overcompensation, to name a few.

Our resentments can reveal themselves by clear signs, such as pretending to be calm while seething with anger, or pretending to like someone but speaking to them in a sarcastic or demeaning way. It can also be self-diagnosed through the appearance of agitation or dejection-related emotions, such as feeling inexplicably sad, depressed, or becoming angry for no apparent reason.

Instructions: Let your mind free flow, do not try to hold back answering any of the questions. If you can't think of an answer go on to the next question and then come back to the questions you didn't answer.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships, to the present. Make sure to include yourself if you have resentments or regrets about your behavior.

- 1. *Who or what do I resent?***
- 2. *Who do I blame?***
- 3. *What do I regret doing, or not doing?***
- 4. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: “*What was my part in creating this?*”**

Phase Four: Harms and Punishment

We can be harmed in many ways and from many sources such as family members, business associates, friends, teachers, etc. But most of the time we harm ourselves by critical thinking, overreaching, making poor choices and not seeing reality clearly.

Often, when we feel attacked by others, we get defensive or attack back. Many times, we hold onto these harms and they fester within our minds. If that happens it can lead to anxiety, depression, anger, rage, withdrawal, or a host of other behaviors that disempower us.

It might also help to know that those who hurt you were most likely wounded themselves. And wounded people inflict pain on others. The good news is that as you heal, you will be able to see these people in a new light. You wouldn't be mad at a person who was sick and hurting in a hospital with a disease; neither should you be angry with someone who is holding dis-eased thinking within their mind. They are also sick and hurting.

Instructions: Let your mind free flow, do not try to hold back answering any of the questions. If you can't think of an answer go on to the next question and then come back to the ones you didn't answer.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships, to the present. Make sure to include yourself if your behaviors have harmed yourself or others.

1. ***Who has harmed me?***
2. ***Who have I harmed?***
3. ***Who has punished me?***
4. ***Who have I punished?***
5. After you have taken your "personal inventory" with the above questions, go back over each one and then ask this question: ***"What was my part in creating this?"***

Phase Five: Anger, Guilt, Shame, Remorse, Worry

There is nothing more detrimental to your spirit and success in life than unexpressed anger, guilt, shame, remorse, or worry. Have you ever felt threatened, covered it up and projected it on to someone else?

What you resist, persists. Projections are warning signals that something is unresolved in yourself. The great psychologist Carl Jung said: *“When an inner situation is not made conscious, it happens outside as fate. When the individual remains undivided and does not become conscious of his inner opposite, the world must perforce act out the conflict and be torn into opposing halves.”* In other words, if you do not know and own the darker aspects of yourself, you will project your own negative repressed elements on other people, and it will become your reality. So, let’s look at these five elements and release them.

Instructions: With this exercise, like the ones before, let your mind free flow, do not try to hold back answering any of the questions. If you can’t think of an answer go on to the next question and then come back to the questions you didn’t answer. With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family, or relationships, to the present.

- 1. *Who has made me angry?***
- 2. *What do I feel guilty about?***
- 3. *Who has shamed me?***
- 4. *Who have I shamed?***
- 5. *What do I wish I could do over again?***
- 6. *What do I worry about?***

After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: **“What was my part in creating this?”**

Phase Six: Fear

Fear is given to us as a warning sign that something may be dangerous. It helps us move through the environment without being hurt. But unhealthy fear can stop us from achieving our dreams. It can be buried deep in the subconscious mind and will arise when you need it least.

You may have a fear of failure, fear of intimacy, fear of heights, fear of death, fear of living, fear of success. These types of fears will limit your life, so be thorough in answering the questions to bring all fears you may be harboring to the surface mind where you can consciously release them.

Instructions: With each question, start with your childhood; then grammar school, high school, college, armed forces, work, friends, family or relationships, to the present.

- 1. *What do I fear?***
- 2. *Who do I fear?***
- 3. *Where has fear limited my life?***
- 4. *What do I get out of being fearful?***
- 5. *Where has my fear hurt others?***
- 6. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: “What was my part in creating this?”**

Phase Seven: Failure

Everyone has failures and most of the time we learn from our mistakes and let them go. But sometimes large or repetitive failures stick in our consciousness and are hard to get rid of.

The mind is all-powerful. If used properly we have the capacity to tap into the creative power of the universe. We can change our lives. We can generate amazing results. But, if we let past failures permeate our mind, the mind stops working effectively.

As a result, we become powerless to change our destiny. This can be cleared up quickly if we use our determination and willpower to get rid of anything that is holding us back.

Instructions: Today is your day to release all past failures. So be thorough in answering the questions below and bring all failures to the surface mind where you can consciously release them.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships, to the present.

- 1. *In what areas of life have I failed?***
- 2. *In what areas of life have I let myself, or others, down?***
- 3. *What has my failure-thinking cost me?***
- 4. *What has it cost me to keep thinking about my failures?***
- 5. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: *“What was my part in creating this?”***

Phase Eight: Grief

Grief is defined as mental suffering or distress over affliction or loss; painful regret; deep sorrow. Everyone has felt grief in their lives. It is part of living, but when grief is not acknowledged and moved past, it can stay stuck in the body and mind for decades.

Unresolved grief can open a floodgate of involuntary memories which restrict your life. These grief memories can pop into your head without warning or effort on your part to recall them. They may come out of seemingly nowhere when you are driving down the street or taking a walk. Some of these memories are innocuous while others can leave you with a wide range of intense feelings – from crippling sadness, to outrage.

Instructions: This is your time to acknowledge grief that may be stuck in your subconscious mind and move past it.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family, or relationships, to the present.

- 1. Where have I felt deep sorrow?***
- 2. What have I lost that makes me feel down?***
- 3. Where have I experienced mental suffering?***
- 4. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: *“What was my part in creating this?”***

Phase Nine: Disapproval

When we reject ourselves or others through disapproval, we disconnect from the soulful presence that inspires the brilliance in us. When the critical mind is left unchecked it becomes filled with self-doubt and can become downtrodden.

Have you ever thought you were “better than others”, or “less than others?” If so, you have been a victim of disapproval. This dysfunctional type of thinking can cripple life potential and damage self-esteem.

Remember, the mind is the cause of your bondage and the mind is the cause of your liberation. When you release disapproving of yourself or others, you will free yourself to be the beautiful, authentic, joyful spirit that you are.

Instructions: With each question, start with your childhood; then grammar school, high school, college, armed forces, work, friends, family, or relationships, to the present.

- 1. Where have I been critical and condemning?***
- 2. How have others hurt me with their critical thinking?***
- 3. What do I get out of thinking critically about myself, or others?***
- 4. Who has my critical thinking hurt most?***
- 5. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: *“What was my part in creating this?”***

Phase Ten: Ideas, Concepts Beliefs

Many times, there are ideas, beliefs or opinions that are held in the subconscious mind which hold us back from achieving our highest potential.

Here are the top fifteen disempowering beliefs:

I am not good enough

My life sucks

People are not trustworthy

Nothing works out for me

I am owed a great life

I don't have what it takes

Nobody loves me

I can't change

Life is too hard

I don't have time

I am too old

I am tired

Health food tastes terrible

Exercise is torture

I am a failure

I am a loser

Tuning into beliefs such as these are commonplace for people who are not achieving at the highest levels.

P.S In the *Renew* part of this program, I give you the powerful beliefs to transform your mind into a positive, intentional magnet to success. They will support your efforts for permanent and lasting change.

Instructions: Answer the following questions to start releasing disempowering beliefs:

- 1. *In what areas of my life are things not working out?*** (Finance, relationship, social, health, work, fitness, travel, friends, family.)
- 2. *If I knew why these areas*** (from question 1 above) ***were not working out, truthfully, what is the cause?***
- 3. *What beliefs would I have to embrace for circumstances to show up the way they do for me?***
- 4. *What ideas, concepts or beliefs are no longer serving me?***
- 5. *What lesson/s do I need to learn about why my life is not working out the way I think it should?***

Phase Eleven: Forgiveness

Forgiveness is a choice. It is an act of will. If you choose to let go, you will. Your soulful intention and words are powerful. When you combine your words with a forgiving heart and the power of Spirit, miracles can and do happen.

Saying: *“I choose to forgive and release this person, place, or thing back to Spirit”*, is a powerful statement. When you choose to forgive yourself and others for their shortcomings, as our Creator forgives ours, release normally occurs instantly.

So what does the word “forgive” mean? It means “to give up all claims”. So, what do we give up? We give up our negative thoughts and feelings associated with our wounds, fears, and resentments.

We give up the energy around it and then we trust that Spirit will remove this forever from our lives, so we can move on. But you must do your part and not hold on to anything that you can't look yourself in the mirror and be proud of when you look into the eyes of your soul.

True forgiveness means that we have given up the past and are choosing a bright future. Also, the deeper side of forgiveness is “Forgetting”. It is important to let go of any emotions around what happened.

Let go of all the harms, fears, resentments, and anything else that will keep you stuck in the past. Forget the past, it is gone. Set your intention to find the joy in new accomplishments, new relationships, and a fresh start!

Instructions: Answer the following questions:

- 1. *Am I truly willing to let go and forgive myself?***
- 2. *Am I willing to forgive the people, places and things that have harmed me?***
- 3. *When would be a good time to forgive myself permanently?*** (Hopefully, you said *now!*)
- 4. *When would be a good time to let go and forgive the people, places and things that have harmed me?*** (Hopefully, you said *now.*)

Phase Twelve: The Prayers for Permanent Release

I would suggest finding a quiet space to meditate for a few minutes. You may want to light some candles, put on your favorite soft music, or burn some incense to create an ambience to invite Spirit in and ask for release.

Then I suggest you meditate and after you have quieted your mind, contemplate on forgiveness and what it will mean to permanently release all the past disempowering beliefs, choices, emotions, and actions.

Prayer 1 Use this prayer to gather and release the negativities from the past in each of the categories below. Then say the forgiveness prayer one to three times for each category, or until you feel completion:

“I cast into the sacred fires of Spirit (my)_____ (insert the category). And I ask for forgiveness and release from all past mental burdens, negative energies, thoughts, emotions, habits, flaws, and anything else known or unknown that I have carried.

I choose to renew and allow my soul be a clean slate allowing Spirit to express through me unending peace, love and wisdom.

Thank you! It is done.”

Categories

- a) Self
- b) Body
- c) Mind
- d) Emotions
- e) Weaknesses
- f) Poor Choices
- g) Issues with Money
- h) Issues with Sex
- i) Issues with Relationships
- j) Mother
- k) Father
- l) Brothers and Sisters
- m) Family of Origin
- n) Teachers
- o) Country of Origin
- p) Religion of Origin
- q) Men
- r) Women

Prayer 2

Use this prayer if you still feel you have some areas to release.

“My dear beloved Spirit, please heal in me whatever is needed to reconnect with you. Heal my memories, my heart, my mind, my body, my emotions, and heal my soul. It is with humility that I ask you to remove from me the mistakes I have made.

Give me the strength to forgive myself for all transgressions against thy laws (health, moral, physical, mental, emotional and spiritual) here and now.

Take away forever the ways of thinking and living that have not served thee and my highest good. Give me grace so that I never make these mistakes again.

Teach me your ways; let me know thy thoughts and let thy love shine in me forever.”

Phase Thirteen: Let It Go

Next, just cut up, shred, burn or bury everything that you have written. Do not keep anything. You have released the past and what you have written is removed from your consciousness forever.

Do not doubt this has been completed. Do not go looking for problems or emotions from the past. If you do you may find them. Some may wonder if releasing the past can be this easy.

I have had people ask me: “Is this real?”, “Did it work for *you?*”, “Will it last?”. I tell you from experience – it is that simple. It is real and it will last unless you use your mind to undo your results by doubting, worrying or being sarcastic.

From here on out make a pact with yourself that you will be one hundred percent aware and living in the present moment. Be determined to generate your life from soulful wisdom. Be even minded in pleasure and sorrow.

Be whole and complete in your own being. Be understanding with yourself and others. Don't be callous or hard; be gentle on yourself. Treat yourself and others well, because within all of us is a spark of the Most High.

In the next step – the Renew Process – you will be igniting the flame of your dreams and increasing your initiative and willpower to accomplish them.

Phase Fourteen: Apologies

Sometimes you may owe someone an apology. If it is sincere and not self-serving, then by all means go ahead and apologize, but make sure your apology does not hurt the other person.

If, by you apologizing, the other person may be hurt in some way, I recommend you talk to another person who can hear what you have to say and help you make a choice as to whether or not to apologize to the person directly.

Another choice is to write a forgiveness letter from your heart. Write the letter from how you would like to be asked for forgiveness if you were on the other side of it. Make it sincere and remember we are all connected in Spirit.

Whether you choose to deliver or not deliver the letter, ask Spirit to forgive you, and move on. I also suggest you pray for guidance on what is the highest and best for all concerned.

Instructions: Answer the following questions:

- 1. Make a list of those you owe an apology.***
- 2. By what date will I complete all apologies?***

Phase Fifteen: Covenant with Spirit

This is your final Phase and possibly the most important. With this Phase you will make a covenant with Spirit. To do this you must remember daily that you are an infinite being with power to overcome all obstacles to your success.

If you are playing small, it does not serve yourself nor the world. To counter your limited thinking, you must become a conqueror of yourself. You do this by realizing who you are at your core and tapping into your essential power daily.

The Covenant:

“I agree to do everything in my power to liberate myself from physical disease, mental disharmony and spiritual ignorance. I will live fearlessly with faith. I will embrace my highest values. I will demonstrate daily: soul over mind, mind over feelings, feelings over actions, actions over results, and results over destiny.

If I am feeling de-energized or disconnected from Spirit, I will do what it takes to clear myself and reconnect quickly. I will overcome negativity with positivity, sorrow with happiness, cruelty with kindness and ignorance with wisdom.

I will be kind to myself. I will love and honor myself and be of service to those in need in the highest ways. In exchange, I will be granted peace, prosperity and joy.”

If you agree, initial here: _____

Phase Sixteen: Protect Your Peace

Releasing and discharging the past thoughts, feelings and emotions daily will help you stay clear and continue to open up new and unlimited possibilities. By staying clear, you will connect soulfully to your intuition and naturally have more happiness and abundance.

You may be wondering if you are going to have to go through the entire Energetic Clearing Technique™ each day and the answer is NO. I do suggest you do the entire program once a month for the first year, then once a quarter for the second year, and then once every six months, or as needed after that.

Remember the egoic mind is the cause of your bondage, and the Soulful mind is the cause of your liberation. If you start feeling upset or low energy, you are probably judging situations as good or bad, right or wrong – judging yourself or other people, places and things. Or, you are being fearful and afraid of losing what you have, or of not getting what you want. If this is the case, you are setting yourself up to shut down your awareness and be disempowered.

If you start feeling stress, anxiety or upset, I recommend you STOP! Notice your inner and outer environment. Be kind to yourself; protect your peace of mind. Peace is a gift, so don't let your mind drift into negativity. I encourage you to use the following technique daily, and moment-by-moment if necessary, to stay positively focused.

Phase Seventeen: Daily Discharge Technique™

Daily you can practice letting go of disempowering beliefs and feelings within ninety seconds. There have been several scientific studies that suggest feelings pass through the body within ninety seconds. I suggest if a feeling is staying with you more than ninety seconds, the feeling has turned into an emotion.

Although it is common to use the words, feeling and emotion interchangeably, I encourage you to distinguish between the two. Since a feeling passes through the body within ninety seconds what remains when the feeling is gone?

I say it is an emotion. And emoting a feeling repeatedly in your mind can cause that emotion to stay stuck for hours, days, weeks, or years. Don't let this happen! When you feel a negative feeling stay present with it and allow it to move through quickly. If it doesn't pass through quickly then try using the **Daily Discharge Technique™**:

Instructions

Commit to memory the three questions below. Then anytime an emotion gets stuck in you, use the questions to release the emotion within ninety seconds. This may take some practice, but it is highly effective.

- 1. Truth, am I ready to release my_____ (name the emotion) now?**
- 2. Truth, am I willing to release and discharge this now?**
- 3. Truth, am I choosing to release and discharge this right now?**

Phase Eighteen: The Next Step

You have completed the first step in the Release – Renew – Evolve program. Now is the time to really design your life in a new way. Take a moment and connect with the “new you”. This is your time to design what your life will be like from here on out. It will be important to get clear with your new Vision.

Think about what you want for your life now. Think about what you are never going to let happen again. Think about the boundaries you are going to set. Think about the income you are going to generate. Think about how you want your friendships and relationships to be. Think about how you will serve your family and the world in a bigger way. Think about the legacy you will leave.

I have designed the two additional phases of the program to be the most powerful experience you may have ever had. Be prepared to break free from any limitation of the past.

You will:

- Take 100% responsibility for your life
- Know the right direction for your personal and business success
- Realize what you will need to do differently for lasting wealth
- Maintain a sense of well-being while manifesting your goals
- Change what needs to be changed about yourself quickly
- Bring out more of your brilliance, creativity, and joy
- Never let success-stoppers get in your way again
- Have lasting fulfillment and realize your greatest dreams

Success doesn't necessarily come to the brightest or smartest people, it comes to those who know their direction, are willing to look at what is working or not, and then set up each day by making wise choices along the way. The next two phases will help you do just that.

If your purchase didn't come with the RENEW AND EVOLVE SECTIONS, you can purchase the entire program at: KenDFoster.com/resources



To Get the Complete Process go to: KenDFoster.com Click on Products

THE RELEASE PROCESS