



I release the past with ease  
and trust in the process of life.

Louise Hay

 quotefancy

# Release The Past

**Bradley Nelson**



## **Release The Past:**

The Sacred Art of Letting Go Vishnu's Virtues,2019-06-08 Having trouble letting go of your ex Stuck in a relationship from your past Read this book to let go of your past relationship once and for all Are you stuck in a relationship that has ended Reliving the past over and over in your mind wishing your ex would change their mind and start loving you again If your heart is closed to new relationships and your mind is replaying old relationships you ll feel as though your past is trapping you Learn how to move on with your life and stop wasting more time stuck on a relationship that has ended After having gone through his own devastating breakup and divorce Vishnu was stuck in the past unable to move on and see a new future for himself His journey toward letting go of his marriage healing his heart and releasing his past pain fills the pages of his book The Sacred Art of Letting Go Walk 12 Steps With Spiritual Masters to Let Go of Past Relationships and Find Peace Today In this book you ll discover How to walk 12 steps in the process of letting go of heartbreak and heart pain How to free yourself from the prison of your past and live in the present moment The steps of letting go as taught by wise spiritual teachers of our time How to view your heartbreak in spiritual terms and transform your suffering into light The one place you must go if you want to release the pain you re carrying around The importance of acceptance and compassion for yourself as you walk the steps of letting go You don t have to figure out how to let go by yourself If you ve been struggling for years crying yourself to sleep and stuck in the past you owe it to yourself to pick up this book The step by step practices for letting go the wisdom of our spiritual teachers and the practical insights from the author will help you find peace and healing If you like personal journeys spiritual wisdom and step by step instructions conveyed in practical terms you ll love this book Buy The Sacred Art of Letting Go and follow the 12 steps of letting go of pain and welcoming in peace of mind and spirit The life you ve been wanting is waiting for you on the other side of this book

**Mental and Emotional Release** Dr. Matt James,2017-10-03 Imagine how different your life would be if you were free from your baggage your limitations and your pain As a therapist imagine having an effective tool to help your clients become free of depression PTSD and anxiety within hours rather than years In Mental and Emotional Release Dr Matt James introduces an incredible therapeutic process MER proven to be effective in treating everything from bedwetting to bulimia PTSD to migraines within hours not years This is the type of result we all want for all of our patients But frankly before I started introducing MER to my patients I rarely saw it and definitely didn t see it happening as quickly as this Dr Larry Momaya psychiatrist Written in a language both professionals and non professionals can understand Mental and Emotional Release offers real life case studies an overview of MER and its foundation step by step scripts to follow and clinical efficacy studies comparing MER to other therapies It s straight forward and targeted Patients don t have to re live any traumas from the past to resolve them and they don t have to go into deep hypnotic trance For 80 85% of my patients MER gives tremendous relief from their symptoms in the very first session Dr Patrick Scott psychologist

Life Force Tony Robbins,Peter H. Diamandis,2022-02-08 INSTANT 1 NEW YORK TIMES

**BESTSELLER** Transform your life or the life of someone you love with Life Force the newest breakthroughs in health technology to help maximize your energy and strength prevent disease and extend your health span from Tony Robbins author of the 1 New York Times bestseller Money Master the Game What if there were scientific solutions that could wipe out your deepest fears of falling ill receiving a life threatening diagnosis or feeling the effects of aging What if you had access to the same cutting edge tools and technology used by peak performers and the world s greatest athletes In a world full of fear and uncertainty about our health it can be difficult to know where to turn for actionable advice you can trust Today leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear In this book Tony Robbins the world s 1 life and business strategist who has coached more than fifty million people brings you more than 100 of the world s top medical minds and the latest research inspiring comeback stories and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life This book is the result of Robbins going on his own life changing journey After being told that his health challenges were irreversible he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before Life Force will show you how you can wake up every day with increased energy a more bulletproof immune system and the know how to help turn back your biological clock This is a book for everyone from peak performance athletes to the average person who wants to increase their energy and strength to those looking for healing Life Force provides answers that can transform and even save your life or that of someone you love

**Letting Go** David R. Hawkins, M.D., Ph.D., 2014-01-15 This groundbreaking bestseller describes a simple and effective way to let go of challenges from world renowned author psychiatrist clinician spiritual teacher and researcher of consciousness David R Hawkins M D Ph D Letting Go is a guide to helping to remove the obstacles we all have that keep us from living a more conscious life it is truly a life changing book Many of us have trouble Letting Go in our lives even though it can have profound impact on our life Wayne Dyer During the many decades of Dr David Hawkins clinical psychiatric practice the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms In Letting Go he shares from his clinical and personal experience that surrender is the surest route to total fulfillment This motivational book provides a mechanism for letting go of blocks to happiness love joy success health and ultimately Enlightenment The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life The book is equally useful for all dimensions of human life physical health creativity financial success emotional healing vocational fulfillment relationships sexuality and spiritual growth It is an invaluable resource for all professionals who work in the areas of mental health psychology medicine self help addiction recovery and spiritual development Letting go is one of the most efficacious tools by which to reach spiritual goals David Hawkins M D Ph D This profound self development book offers a roadmap to release emotional burdens unlock inner peace and embrace a life of fulfillment It is a classic that will help you break free from limitations and unlock your true potential

Learn how to navigate challenges with grace and emerge as a stronger more resilient version of yourself By incorporating the principles of surrender Letting Go provides practical tools for personal growth and transformation This consciousness expanding book will help you Release past traumas negative beliefs and self imposed limitations Experience a newfound sense of freedom joy and authenticity Recover from addiction Enhance your personal relationships Achieve success in your career Join millions who have experienced profound transformations through the principles outlined in Letting Go Letting Go is a must read for anyone on a quest for personal growth spirituality and self improvement Whether you re new to the realm of self help books or a seasoned seeker Dr David Hawkins insights will inspire you to embrace a life of conscious living emotional well being positive thinking and unlimited possibilities Experience the transformative power of letting go and unlock a life of healing success and spiritual growth

**It's Good to See Me Again** Chris Rackliffe, 2020-07-21 So many of us feel lost We don t know where to turn We don t trust ourselves or those around us We re destabilized by uncertainty We feel disappointed disoriented and disillusioned We re overwhelmed We lean too easily on fear instead of faith There s a reason for that It s because we don t know how to cope with Change But Change is the very definition of what it means to live because life is experienced only through Change So what happens when we resist defy or avoid Change We interrupt the natural order and create disorder in our lives The very fabric of our reality is imbued with Change When we defy it we defy ourselves We lose our way This process unfolds simply and predictably over time Change appears in the form of something unforeseen We feel uncertain anxious frustrated worried and fearful at this unexpected turn of events We resist Change by creating stories of how we think things should ve turned out Our stories cause us to suffer because they are incongruent with reality Suffering is disorienting and makes us give up our power of free will When we feel powerless to choose we abandon ourselves and feel lost Change can be scary to experience difficult to process and harder yet to accept But it s also the law of life Whether it s a brutal breakup a devastating death a jarring job loss a debilitating diagnosis or a perilous pandemic Change has a way of breaking open our hearts for something bigger better and more beautiful to enter our lives But only if we know how to converse with it In this thought provoking self help debut Rackliffe shows you how to not just embrace Change but completely transform your relationship with it diving deep into the four steps of his RACE Model for Change

- 1 Resist one thing only Your resistance to Change
- 2 Accept what you cannot Change so you may let go
- 3 Choose to Change what you can by reclaiming your power to choose
- 4 Embrace Change by remaining open to it in the future

This is how you find your way back to your true self when you feel lost First you stop identifying with the pain of your past You quit telling yourself stories about how horrific or painful it was You refuse to be a victim any longer Next you embrace your path of highest good in the present This means using the light of your awareness to make more conscious choices that will support and nourish you that will help you accept your opportunities to grow The final step is to stop resisting Change in the future When something unexpected happens that triggers you do not react Learn to lean on your faith Trust that what happens is

for your ultimate benefit even if you can't fathom how. Accept every unforeseen plot twist and embrace every perceived obstacle as an impetus to evolve. This is what it means to heal. This is what it means to find peace. This is what it means to truly live. As Rackliffe writes in the opening pages, "You've been guided to this book for a reason. If you've been looking for a sign, wishing for clarity or hoping for direction, this is it. Your life is speaking to you through the words on these pages. Should you choose to listen, you will rediscover the truth of who you are. Should you accept this assignment, you will awaken the parts of you that you thought were lost forever. A homecoming of the soul awaits those who are brave enough to choose this path. All you have to do is give yourself permission to embrace it. From the pain of resistance to the peace of acceptance and from the power of choosing to the bliss of being open to life, this is a voyage of resilience and redemption, fear and forgiveness, judgment and joy. Follow the RACE model for Change and you will always find your way back home to you. Choose to embark on this journey and you will learn to befriend Change. Choose the path of highest good laid out for you and you will finally be able to say, 'It's Good to See Me Again.'"

*The Sedona Method* Hale Dwoskin, 2023-04-17. The New York Times best seller that has helped hundreds of thousands of people around the world gain freedom from emotional pain and stress, achieve what they want in life, and discover the truth of who they truly are. The Sedona Method is a simple, powerful, and easy-to-learn technique to let go of unwanted and limiting thoughts and emotions in the moment, empowering you to make clearer, stronger choices and perform at your best. What makes the Sedona Method such a powerful tool that really works is that it is a process you can use anytime, anywhere to improve any area of your life and uncover the joy that is right within you. It is a quick yet highly effective way to expand your sense of inner security and well-being, even in today's challenging and demanding world. The Sedona Method will help you free yourself from long-standing emotional challenges such as fear and anxiety, anger, depression, shame, and trauma. Enjoy deep feelings of inner peace and feel more happiness in everyday life. Put an end, once and for all, to the struggle to quit smoking, drinking, overeating, and other impulsive, addictive, self-defeating behaviors. Experience dramatic shifts in self-esteem and self-confidence so you can enjoy a satisfying career, build greater wealth, create fulfilling personal relationships, and much more. Effortlessly find the courage to take meaningful action towards being, doing, and having the most exciting things life has to offer. Finally, uncover and live as the pure self, radiant Beingness that you are. Letting go is a crucial survival skill. In this book, you'll learn how to recognize and then let go of the emotions that prevent you from making sound decisions and achieving your goals and aspirations. You'll learn that feelings are only feelings. Feelings are not facts; they are not who you are, and you can easily let them go. The Sedona Method will show you step by step how to tap your natural ability to release, allowing you to produce results that often seem miraculous. These claims may sound extravagant, but if you are open, you can attain an inner mastery and happiness you never dreamed possible. This can all be yours because the Sedona Method is not another "should" or external fix. It is a practical way to transform yourself from the inside out, easily and permanently. For more than four decades, the Sedona Method has proven itself to be an exceptional tool.

for both personal and corporate effectiveness and wellness with several independent studies confirming its value Hale Dwoskin and these life changing techniques have also been featured in Rhonda Byrne's popular works *The Secret* and *The Greatest Secret* Through my work with *Chicken Soup for the Soul* and through my Self Esteem Seminars I have been exposed to many self improvement techniques and processes This one stands head and shoulders above the rest for the ease of its use its profound impact and the speed with which it produces results The Sedona Method is a vastly accelerated way of letting go of feelings like anger frustration jealousy anxiety stress and fear as well as many other problems even physical pain with which almost everybody struggles at one time or another From the foreword by Jack Canfield co creator of the 1 New York Times best selling series *Chicken Soup for the Soul* [The Courage Habit](#) Kate Swoboda,2018-05-01 What kind of life would you live if you didn't allow your fears to hold you back The Courage Habit offers a powerful program to help you conquer your inner critic work toward your highest aspirations and build a courageous community Are your fears preventing you from living the life you truly want Do you ever wish that you had a better job lived in a different city or had more authentic and nurturing relationships Many people believe that they would do more accomplish more and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers you can't do it In The Courage Habit certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy CBT and acceptance and commitment therapy ACT to help you act courageously in spite of fear By identifying your fear triggers releasing yourself from your past experiences and acting on what you truly value you can make courage a daily habit Using a practical four part program you'll learn to understand the emotions that arise when fears are triggered and to pause and evaluate your emotional state before you act You'll discover how to listen without attachment to the self defeating messages of your inner critic understand the critic's function and implement respectful boundaries so that your inner voice no longer controls your behavior You'll reframe self limiting life narratives that can without conscious awareness dictate your day to day decisions And finally you'll nurture more authentic connections with family friends and community in order to find support and reinforce the life changes you're making If you feel like something is holding you back from landing your dream job moving to a new city having a satisfying love relationship or simply taking advantage of all life has to offer and if you have a sneaking suspicion that that something is you then this one of a kind guide will show you how to finally break free from self doubt and start living your best life [The Tapping Solution for Pain Relief](#) Nick Ortner,2015-04-21 Do you suffer from chronic pain If so you're not alone In fact more than 100 million Americans deal with this life changing issue every day And if you're like most of them you've tried all the normal solutions doctors injections medications and surgeries While these all have a place in healing they have fallen short in dealing with the pain epidemic So what can you do In *The Tapping Solution for Pain Relief* Nick Ortner presents a startling alternative He lays out a step by step plan that teaches you how to use tapping or EFT emotional freedom techniques to reduce or eliminate chronic pain Looking at the scientific research surrounding pain stress and tapping he

opens your eyes to just how powerful tapping can be and then outlines tips and techniques to address pain in both the short and long term Nick guides you on a journey that begins on the surface tapping to address the pain itself and moves to the deeper issues that often affect pain With easy to follow tapping scripts and exercises Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck He also addresses topics that you may not think of as associated with chronic pain such as Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create increase and prolong pain After reading this book you ll not only understand what s causing your pain but also how to achieve complete and lasting relief But let s face it this is about more than just pain relief It s about empowering yourself to take back your body in order to live the life you want

**Raven Transcending Fear** Terri Kozlowski,2021-02-05 Raven Transcending Fear is part memoir part self help guide It s the authors raw and personal story of childhood abuse and diving deep into her terror before ultimately getting comfortable with fear and transcending it Though Terri had loving people in her life her mother was abusive and enabled others to traumatize her To get drugs her mother allowed strangers to assault her 11 year old body sexually She then left her and her sister alone on the streets of Albuquerque New Mexico Terri s childhood left her filled with fear until she embarked on a spiritual journey and learned the skills of empowerment which have allowed her to transcend the fear and regain a connection with the Divine Everyone is born fearless and knowing who they are and what their purpose is However life experience or abuse may instill fear and break the connection with our authentic selves Through this memoir readers will go on the journey with her as Terri moves from a life ruled by fear to fearlessness

**Get the Junk Out of Your Trunk** Duane Vander Klok,2005 Proven help for clearing out the junk hidden in every human heart offenses bitterness resentment while leading hurting people to the peace they long for

**White Magic Spells** ,2016 ContentsLove SpellMoney SpellWell Being SpellWishing SpellsBanishing SpellProtection SpellBeauty SpellsInvisibility spellBlinding SpellsBinding spellsTruth SpellsBreaking spellsLevitation SpellTime Altering SpellsSpell to bring Spirits

**Safe to Love Again** Gary D. Salyer Ph. D.,2019-02-18 What would it be like to be able to open your heart fully to another To grow your lives together To be on a journey of mind body and spirit with the one you love Dr Gary s new book is an invitation to open yourself to the full possibilities of love It s a call to release all of the pain and wounding that have traveled with you for so long now This book will invite you to love from the deepest parts of your being and to be loved right back Safe to Love Again offers a practical step by step guide for creating the open hearted space that allows love to emerge in your life Dr Gary will show you the path he has walked with hundreds of clients allowing them to reclaim their hearts and a life full of love Safe to Love Again will show you how to Find a lasting soulmate who truly loves you Get back into the dating game with the joy of feeling worthy Figure out what s missing in your relationship so you can fix it Rekindle the love and passion you once had as a couple This book will help you discover and understand your attachment style or love style without judgment

whether you are anxious avoidant or secure Safe to Love Again goes beyond traditional attachment books by offering sensible ways to reclaim the secure love style that's just been waiting to be rediscovered within you. If you want to know how to stop being anxious or avoidant so you can find and keep the lasting love you deserve, Dr. Gary will show you how to do just that. For those already in a great relationship, you'll learn how to love even better. Everyone deserves a love that lasts.

**The Emotion Code** Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones. Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skilfully lays bare the inner workings of the subconscious mind. He reveals how emotionally charged events from your past can still be haunting you in the form of trapped emotions, emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also exact a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your emotional baggage and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

**You Can Heal Your Life 30th Anniversary Edition** Louise Hay, 2017-12-11 This New York Times bestseller has sold over 50 million copies worldwide, including over 200,000 copies in Australia. Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything can be healed." Louise explains how limiting beliefs and ideas are often the cause of illness and how you can change your thinking and improve the quality of your life. Packed with powerful information, you'll love this gem of a book. This special edition, released to mark Hay House's 30th anniversary, contains 16 pages of photographs.

**Conversations with the Past** Aura Imbarus, 2020-09-17 There are no accidents in this life, and the more aware we become, the more we're able to discover the patterns that challenge, elevate, and enlighten us. In Conversations with the Past, Dr. Aura Imbarus delves into many of the profound experiences she's had over the years, from emotional breakdowns to spiritually elevated states, in order to help people discover and understand their own purpose in life. Through this exploration, we will all be inspired to examine our own lives and take the necessary steps to enhance our happiness and well-being. Emotional, physical, and spiritual experiences are all part of the intricate, interwoven tapestry of existence. And though it may sometimes feel like finding our life's purpose is difficult and elusive, Dr. Imbarus demonstrates how it can and will be revealed to the curious mind and willing heart.

**The Bullet Journal Method** Ryder Carroll, 2021-12 THE NEW

YORK TIMES BESTSELLER Transform your life using the Bullet Journal Method the revolutionary organisational system and worldwide phenomenon The Bullet Journal Method will undoubtedly transform your life in more ways than you can imagine Hal Elrod author of The Miracle Morning In his long awaited first book Ryder Carroll the creator of the enormously popular Bullet Journal organisational system explains how to use his method to TRACK YOUR PAST using nothing more than a pen and paper create a clear comprehensive and organised record of your thoughts and goals ORDER YOUR PRESENT find daily calm by prioritising and minimising your workload and tackling your to do list in a more mindful and productive way PLAN YOUR FUTURE establish and appraise your short term and long term goals plan more complex projects simply and effectively and live your life with meaning and purpose Like many of us Ryder Carroll tried everything to get organised countless apps systems planners you name it Nothing really worked Then he invented his own simple system that required only pen and paper which he found both effective and calming He shared his method with a few friends and before long he had a worldwide viral movement The system combines elements of a wishlist a to do list and a diary It helps you identify what matters and set goals accordingly By breaking long term goals into small actionable steps users map out an approachable path towards continual improvement allowing them to stay focused despite the crush of incoming demands But this is much more than a time management book It s also a manifesto for what Ryder calls intentional living making sure that your beliefs and actions align Even if you already use a Bullet Journal this book gives you new exercises to become more calm and focused new insights on how to prioritise well and a new awareness of the power of analogue tools in a digital world This book has been printed with three different colour designs black Nordic blue and emerald We are unable to accept requests for a specific cover The different covers will be assigned to orders at random

**Breaking Through Limitations** John Canary,2005

**Love is Letting Go of Fear** Gerald G. Jampolsky,2004 After a quarter century LOVE IS LETTING GO OF FEAR is still one of the most widely read and best loved books on personal transformation and has become a classic all over the world This helpful and hopeful little guide is comprised of twelve carefully crafted lessons that are designed to help us let go of the past and stay focused on the present as we step confidently toward the future Renowned founder and teacher of Attitudinal Healing Dr Gerald Jampolsky reminds us that the only impediments to the life we yearn for are the limitations imposed on us by our own minds Revealing our true selves the essence of which is love is a matter of releasing those limited and limiting thoughts LOVE IS LETTING GO OF FEAR has guided millions of readers toward self healing with this deeply powerful yet profoundly simple message Embrace it with an open mind and an open heart and let it guide you to a life in which fear doubt and negativity are replaced with optimism joy and love

**50 Ways to Let Go and be Happy** Chuck Spezzano,Charles Spezzano,2001 This book is for anyone who has ever suffered a loss and feels that it is holding up their life Letting go is one of the most valuable healing principles because there is no problem which does not involve some form of holding on or attachment Although this book is especially written for those who have lost in relationships its principles are

equally effective for other kinds of losses Some of the lessons and exercises included are Choosing happiness Learning the difference between love and need Letting go of guilt Changing life patterns Goal setting and trusting **Resonance** Luella Goethals,2024-09-10 Resonance Chakra Balance with the Law of Attraction invites readers into a realm of personal growth and inner harmony This book intricately weaves together ancient spiritual teachings and metaphysical insights offering a unique approach to achieving balance and serenity in life Through its pages you will gain a deeper understanding of how your thoughts and emotions interact with the mysterious forces of the Universe that shape your reality The book delves into the Law of Attraction revealing how the vibrations you emit can either draw towards you or repel the experiences and outcomes you seek Resonance explores the role of chakras energy centres within the body that influence various facets of your life It offers guidance on how balancing these chakras can support your overall well being and enhance your ability to lead a fulfilling life This book is a valuable resource for those committed to deepening their spiritual practice and cultivating a profound sense of inner peace Resonance Chakra Balance with the Law of Attraction provides a pathway to brighten your inner energy allowing it to ripple outward and illuminate your path through life

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