

Release Grudges

Leave The Past Behind You

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you completely let go of the past, without needing to assign blame. See it as a physical object that you are letting float away.

Tips for Success

Keep a daily journal and record any objective evidence that you are free from blame and judgment. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I forgive myself

I forgive others

I release the past

I release anger

I release grudges

I look forward

I embrace the future

I leave the past behind

I leave pain behind

I forgive those who hurt me

I forgive those who neglected me

I forgive those who abused me

I forgive those who violated my trust

I release pain

I release guilt

I release anger

I release judgment

I release all grudges

I let go all grudges

I let go past pain

I let go past anger

I let go past pain

I forgive my past

I release my past

I embrace past lessons

I forgive my mistakes

I forgive my anger

I forgive my judgment

I embrace my future

I am open to my future

I embrace my gifts

I embrace my talent

I embrace my love

I share my love

I am open to love

I am open to forgiveness

I am open to kindness

I am open to learning

You forgive yourself

You forgive others

You release the past

You release anger

You release grudges

You look forward

You embrace the future

You leave the past behind

You leave pain behind

You forgive those who hurt you

You forgive those who neglected you

You forgive those who abused you

You forgive those who violated your trust

You release pain

You release guilt

You release anger

You release judgment

You release all grudges

You let go all grudges

You let go past pain

You let go past anger

You let go past pain

You forgive your past

You release your past

You embrace past lessons

You forgive your mistakes

You forgive your anger

You forgive your judgment

You embrace your future

You are open to your future

You embrace your gifts

You embrace your talent

You embrace your love

You share your love

You are open to love

You are open to forgiveness

You are open to kindness

You are open to learning