

# *Pathway to Wholeness: Complete the Past*

## EXERCISE: RELEASING THE PAST

### Overview

I am asking you to write letters that you are never going to send. You will write in order to release you from these strong emotions. Your letter must include certain components, as described below. When you are done writing, you will burn the letter to transform the emotion, freeing both you and the other person in the process. I want to emphasize that this process is to release you. A side product of that is releasing the other person, but the other person is not the focus of the healing.

### Step 1: Identify recipient of letter

Make a list of people you have strong painful or sad feelings about. For many of us, a letter to our parents, either separately or collectively as a unit, is the place to start. If you have recurring negative self-talk, try to remember where you first heard it. That is usually the person to start with.

### Step 2: Write the letter

Write a letter to the person or persons you identified above. The format of the letter should be as follows. It is important to include all the different sections.

### PART 1 (INTRO)

Sometimes this is the hardest part! Just sit down with lots of blank paper and start writing. Often a simple sentence such as the one below is all you need to get started.

Dear (Name(s)),

I am writing this letter in order to free myself from \_\_\_\_\_.

I am tired of having \_\_\_\_\_ still affect my life today, so many years later.

### PART 2 (NEGATIVE EMOTIONS)

Do as many sentences as feel right. Use the examples below as starting points, but just keep writing and writing. Let all the negative emotion out on paper. Remember that it is safe. Only you will ever see this paper and it will be burned once you are done.

When I think how you \_\_\_\_\_ I feel \_\_\_\_\_

It hurt me so much when \_\_\_\_\_

I felt so lonely (sad/rejected) when you \_\_\_\_\_

I resent the fact that you \_\_\_\_\_

It makes me see red when I remember how \_\_\_\_\_

I have so much regret (disappointment) because \_\_\_\_\_

### PART 3 (POSITIVE EMOTIONS)

All I ever wanted was \_\_\_\_\_

I am sorry that you never \_\_\_\_\_

I am sorry that I never \_\_\_\_\_

## *Pathway to Wholeness: Complete the Past*

I always loved you because \_\_\_\_\_

I appreciated when you \_\_\_\_\_

I understand that you thought you were doing the best when \_\_\_\_\_

I now see that you really wanted \_\_\_\_\_

### **PART 4 (ACCEPTANCE & UNDERSTANDING OF LIFE LESSON)**

This is a critical component of the letter, and of creating the life that you want. In order to claim the power to create the future we want, we need to accept the responsibility for the life we have now. Everything in our life we chose (at a higher, spiritual level). These situations are usually linked to different experiences that we wanted to have and the lessons we wanted to learn in this lifetime. I have a theory that 75% of our life lessons are presented in our childhood. And that our major life lessons (usually painful!) we go through because they are linked to our life purpose. That the pain we go through helps us better fulfill that purpose as it often gives us insight, understanding and sensitivity to better help others around that issue.

After you have gone through parts 1 and 2 of the letter, (which may be pages and pages or 2 short paragraphs long), it often feels like we went in the front door of a car wash and have now come out the back way, all squeaky clean. For many of us, it's the first time that we ever came through to the other side of all that emotion. This is the point when we can start to see the "WHY" of what we went through. Use the following sentences to get at this understanding.

As I look at the person I am today, I realize that because of this experience I am a \_\_\_\_\_ (better / stronger / kinder / etc ) person. Because of this, I better handle \_\_\_\_\_. It has made me \_\_\_\_\_ and I really like that part of myself. Thank you, \_\_\_\_\_, for giving me the opportunity to learn this valuable life lesson.

(Signature)

### **Step 3: Let It Settle for 24 Hours**

After you have finished the letter (sometimes it takes several sittings to write it out), put it aside for 24 hours. Then pick it up and read it through. Is anything missing? Add a postscript if necessary.

P.S. I just remembered \_\_\_\_\_ .

### **Step 4: Burn the Letter**

Many people try to not burn the letter. They throw them in the garbage or flush them down the toilet. This doesn't work because it only moves the energy away, it doesn't release it. The fire transforms (physically and symbolically) the energy that had been stored up for years. There are 3 parts to the burning.

## *Pathway to Wholeness: Complete the Past*

### Part 1 (Make it safe)

I have a large metal bowl with high sides and I put a ceramic dish inside that. I then cut the paper into quarters, eighths or sixteenths. The size doesn't matter as long as I feel safe that I can burn each piece safely. Obviously, if you have access to a fireplace or furnace, you can take advantage of that to burn the whole thing at one time.

### Part 2 (Make it a ritual)

Use personal symbols such as candles, religious representations, anything that opens your heart and mind to God, the Universe, whatever your spiritual connection is. Have them close by.

### Part 3 (Say the following, substituting appropriate personal spiritual connection if needed)

Dear God , through this fire I ask that you transform the energy that has surrounded this situation and convert it to love. Please free and release both (insert name) and myself from this energy, allowing us each (all) to go forward in our personal journeys, free of the burden of this emotion. Please take the love that is created and send it back to the Universe, adding it to the pool of love and energy that is available to all, a positive, vibrant resource. For this gift of release and freedom, I heartily thank Thee.

### Final Note

Remember that this is about you and not about the other person. You may choose to share the experience with them after you burn the letter. If they are still a part of your life, you may want (or feel a need) to do that. But, whether you do or not (and you don't need to for this to be effective), you will notice a change in your interactions with them the next time you see them. You'll be free.

# Touchpoint Coaching

## Louise Morganti Kaelin, Life Success Coach

### Take the "Coaching Challenge"

to determine how ready, willing and able YOU are to benefit from having a coach in your corner

**Directions:** Please identify how true each statement is for you, using a scale from 1 to 5. A 1 means there is no (or almost no) truth to the statement, a 5 means you totally agree with the statement.

To take the Challenge online and register your entry for a free month of coaching, go to  
<http://www.touchpointcoaching.com/contest.htm>

	I am ready to live my best life, both personally and professionally
	I am willing to explore all of the options available to me.
	I am able to accept total support from someone who believes in me unconditionally and who challenges me to reach my full potential.
	I am ready to connect -- and stay connected -- to my personal magic.
	I am willing to stop struggling with life and to allow it to unfold effortlessly and easily.
	I am willing to identify and eliminate the blocks that prevent me from getting the results I want.
	I am ready to accept total responsibility for everything in my life and understand that not sharing the 'whole' truth with the coach can impact the results I achieve.
	I deserve to get what I want and need from this and all relationships. If I feel that I am not getting what I need or expect from the coach, I am committed to sharing this as soon as I sense it.
	I am ready, willing and able to invest in myself. I am worth the monthly investment of between \$125 and \$600. [Prices vary depending on the plan I choose. A fee schedule is available at <a href="http://www.touchpointcoaching.com/Services/formats.htm">http://www.touchpointcoaching.com/Services/formats.htm</a> ]
	I am ready, willing and able to commit to my personal success. I joyously embrace the challenge!
	<b>TOTAL SCORE</b> (Add all 10 numbers.)

### SCORING KEY

<b>Under 21</b>	Not quite ready for the challenge.
<b>21-30</b>	Might be ready for the challenge. Review those statements that were totally or almost totally untrue for you. What would have to happen in your life to make those statements true? What would you be willing to do to make those statements true? If you are seriously committed to change, contact me for a complementary session to discuss your situation.
<b>31-40</b>	Coaching may be just what you need to clear the decks for success. A good focus for coaching could be eliminating blocks, shifting negative beliefs, getting clarity around goals, identifying core values, defining standards & boundaries, and committing to and taking concrete action. A complementary session would be a good way to get a feel for the coaching process.
<b>41-50</b>	Definitely ready to bring yourself to the next level of success! Don't wait to win the contest-answer the next challenge and contact me today to schedule a complementary session!