



Release is Magnetic

(Lesson Four of the Feel Free to Prosper Program)

What does it mean to *release*?

The dictionary defines release (from Latin *relaxare*: to relax):

1. To set free from restraint, confinement or servitude; to let go
2. To relieve from something that confines, burdens, or oppresses
3. To give up in favor of another; relinquish

Synonym: to free

Closely related to release is *forgiveness*. To forgive:

1. To give up resentment of or claim to requital for
2. To cease to feel resentment against; to pardon one's enemies

In spiritual terms, there are three areas of release that we will consider in this lesson.

Part I. Release relates to the giving up of negative ideas and emotions that bind us to the very situations we do not want and prevent us from becoming the open channels to the good that we want in our lives. Holding negative thoughts – anger, fear, resentment, hate, ill will, envy, vindictiveness, possessiveness – all burden and confine us and stop the flow of good, and interfere with our mental and physical health.

Part II. Release also relates to, as Catherine Ponder states, "...cleaning up and cleaning out unneeded possessions in your home and business, as well as by cleaning up and cleaning out unneeded relationships in your life – either those relationships that are questionable or those that you have simply outgrown." Yes, cleaning out the clutter also releases us from burden and confinement.

Part III. Holding onto anxious and tense thoughts about the good we want to create or attempting to force an outcome prevents the actual manifestation of that good because it suggests a lack of faith and acceptance and creates a consciousness of "trying." Did you know that *to try* is actually a negative thought? *Trying* to do something implies that you may not succeed. Not very faith-filled, is it? So you will learn how to release the results you wish to manifest.



Part I Forgiveness and Release

Releasing Negative Emotions

Let's talk about those negative emotions. We all have them. Why do we take such pleasure in owning them? They serve absolutely no purpose and are extremely destructive. We're intelligent human beings. We wouldn't go out in the world and purposely put ourselves in harm's way. Yet in our inner world, we hold onto that anger and resentment from past and present hurts, injustices, and failures and we wear them like badges of honor. We feel justified.

Well, I am here to make you aware of the price you are paying for those harmful indulgences. There is a quote that is sometimes attributed to the actress Carrie Fisher: "Holding onto resentment is like taking poison and waiting for the other person to die." Ha! Now think about that one in terms of the anger and resentment you may feel toward yourself.

It is absolutely necessary to release these negative emotions in order to clear the way for abundance, prosperity and other universal gifts to be magnetized to you. These emotions are repellents.

How do you do this? One way is to do some soul searching to discover or admit to those situations that are holding you “in bondage” – all of the people, all of the situations, past or present, about which you feel the “sting.” Don’t forget all those “little” gripes lurking in your consciousness. No one will know this but you, so come clean. And don’t forget to include yourself. Over the years, as I was doing this mental and emotional cleansing, I would ask my subconscious mind to reveal to me those people or situations which may have long been forgotten, but for whom I may still hold buried negative emotions.

It was interesting how many names popped up from my past and situations came to mind that I suspected I had not forgiven *myself* for.

When you are releasing and forgiving people, you are not condoning or excusing what they have done to you. As Catherine Ponder states, you are “...cleansing yourself *inwardly* by the daily practice of forgiveness and release.” You are wiping the slate clean, so to speak, so that you are freed and lifted to a state of emotional well-being. Once freed from these emotional blocks, you become a magnet for prosperity to flow to you.

In a personal relationship, please don’t make the mistake of believing that you will lose someone by releasing him/her. It is quite the opposite. By releasing, you are freeing them and will actually draw them closer to you if they belong in your life for your good. If they do not belong in your life or if that relationship is not for your highest good, then you will both be free to attract your good elsewhere.

Next, you apply affirmations with sincerity and feeling in order to release and forgive those people and situations.

You may also choose to skip the above cleansing ritual and instead apply affirmations directly as a “blanket” treatment, allowing your subconscious to heal those situations that need healing.

Forgive and Release

So make up your mind now that you are gladly willing to give up all of those hurts and resentments and replace them with a life filled with financial prosperity, abundance and right relationships.

Ponder:

I now fully and freely forgive and release everything and everybody, who needs it, of the past or present. I forgive and release everyone. I am free, and they are free, too. All things are cleared up between us now and forever.

I know that release is magnetic. Through the act of release, I draw to myself my own. I now fully and freely release. I loose and let go. I let go and grow. I let go and trust.

All that has offended me, I forgive. Within and without, I forgive. Things past, things present, things future, I forgive. I forgive everything and everybody who can possibly need forgiveness of the past or present. I forgive positively everyone. I am free and they are free, too. All things are cleared up between us now and forever.

Murphy:

I release (name) and let him go. I surrender him to God wishing for him all the blessings of life. There are harmony, peace, love and understanding between us. Whenever I think of him, I will affirm, “God be with you.”

I know that the affirmation paragraphs above are long, so you probably won't want to write them 25 times. I recommend that you select the one you like and read it several times a day – with *feeling*. You may also write it several times to help it impact the subconscious mind.



Part II Clean Up the Clutter

Create a Vacuum

Nature abhors a vacuum. We have heard that, but what does it mean? It means that it is a law of nature that when a vacuum, or empty space is created, nature rushes in to fill it. So you can create a vacuum in your

environment by eliminating clutter and unneeded possessions and in your emotional life by eliminating worn out relationships.

In their place, new prosperity and new good will come rushing in, as you will have created spaces and a welcome living environment and emotional environment to receive your good. You release the old to accept the new.

Let's start with your environment and the hot spots. First, the kitchen. What's in your refrigerator that has been forgotten and may now be home to pet microbes? Are the cabinets in order? Bathroom cabinets, linen closets...expired items, old towels, useless toiletries, cosmetics that have been sitting there unused for years. Clothes closets (yikes!) – okay, see my notes below regarding sorting and organizing. Bookcases – time to sell or donate some of those books to a used bookstore? Desks, paperwork, even the computer – delete all the useless data you don't need. Check all drawers in the bedroom and other rooms. Get rid of those forgotten items. The same goes for knickknacks you no longer enjoy. And then there's the garage and the car. Don't you feel lighter already just reading this? Just think how good you'll feel when you do the same thing at your office (you knew that was coming, right?)

Years ago, I read a book on organizing and one paragraph really stuck with me over time. The author recommended clearing out possessions as follows: Let's use clothing as an example, but you can adjust this to other items as well. Designate three piles.

- (1) Those items that you have loved and worn for the past year – keep them;
- (2) Those items that you have not looked at or worn in the past year, are the wrong color or the wrong fit, were a dumb purchase – get rid of them, by selling or donating;
- (3) Those items that you think you will have need of in the future – here's the surprise - get rid of them. Why? The chances are excellent that you will be making this same decision over those items at a future ritual. In other words, the future won't arrive for these items. You get the idea.

There are exceptions to the above giveaway guidelines: family photos, memoirs, heirlooms (if you love them), beloved books, certain treasures, and I include personally certain items of clothing, can all be kept and treasured.

I buy good clothing and there are some pieces that I have not worn for awhile but I won't part with them because they were expensive, I had them altered, and I really do believe there will come a time when I will wear them again. It's possible that they will fall into category (3), but I'm not perfect.

Feng shui is the Chinese practice in which a structure or site is chosen or configured to harmonize with the spiritual forces that inhabit it as well as the orientation, placement, or arrangement of articles. I understand that another aspect of *feng shui* is to have in your possession only those belongings that you truly love. What a wonderful guideline to this cleaning out process!

Worn-Out Relationships

Yes, just like articles of clothing and other possessions, relationships can be worn out, too. They serve their purpose, we learn the lessons we are there to learn and then we are supposed to move on. But so many people get stuck and can't seem to let go. They will stay in relationships that they have outgrown or that are not healthy, that cause unhappiness and anxiety. I believe this is often out of fear, fear of the unknown or fear of being alone or perhaps just out of habit. Well, in truth we are never alone, but until we can be alone and at peace with our very best friend – ourselves – how can we be at peace with someone else?

So it is necessary to create a vacuum – a peaceful receptive space to which we can magnetize the true companion or friend, the one who is just right for us and who will harmonize with us. We do this by releasing and letting go of those in our lives who are no longer for our highest good.

Releasing does not only relate to romantic relationships, it is just as effective for family members, friendships and business and work relationships and the situations involving any of these. The practice of releasing will allow difficult situations in your personal and business lives to peacefully resolve. You can even release your job or career (on a mental and emotional level) and that will make way for the new situation to present itself. Maintaining resistance to an unhappy situation will keep you stuck there (remember how the subconscious responds to our “now” thoughts and feelings?)

For years I have personally used the spiritual law of release and forgiveness in every area of my life. You can release just about anything you can think of.

Apply these along with the other wonderful affirmations stated above:

I now let go worn-out things, worn-out conditions, worn-out relationships. Divine order is now established and maintained in me and in my world.

I release, loose, let go and let God.



Part III Releasing Results

In this lesson so far we have learned about forgiving and releasing past and present hurts and resentments and releasing and letting go of worn-out things, conditions and relationships. Now we will learn to use release in order to speed the manifestation of the good we desire to create.

It is possible to “try” so hard to create what you want that you actually end up pushing it away. This is called the *Law of Reversed Effort*. Strain and intense effort will not get your result. A relaxed acceptance of your desire will. I mentioned earlier that *trying* implies a negative – it implies that you might not make it. It counteracts our earlier work on “accepting it now.”

I am reminded of a poem I learned in grade school and it has remained in my memory all of these years. I even remember the author, Edgar A. Guest.

*Somebody said that it couldn't be done but he with a chuckle replied,
That maybe it couldn't but he would be one who wouldn't say so 'til he tried.
So he buckled right in with the trace of a grin on his face; if he worried, he
hid it,
And he started to sing as he tackled the thing that couldn't be done and he
did it!*

Now, the way I interpret this poem: The person above didn't want to insult the opinion of the skeptic and seem too cocky, so he stated that he wouldn't accept the task as an impossible one until he at least tried. He “buckled” in

to do the job and to all appearances, didn't seem the least bit concerned about it. So with an uplifted attitude and no reservation, he just "tackled" that thing and did it.

Our subject may have been paying lip service by using the word *try* but he did not *try* to do that job. He just *knew* he could do it and did.

What's my point and how does this relate to our work? If you, with an uplifted attitude and no reservation, would apply the principles and just know that your results will come, you are then releasing the results and allowing them to happen.

I would like to share one of my own lighter experiences by way of example... ..

A new natural foods market was opening nearby and I received a flyer in the mail. It advertised their grand opening and mentioned drawings for several giveaways – including yoga classes, a Santa Barbara retreat, and a luxury hotel getaway. Well, I immediately thought about that hotel getaway because a friend of mine was coming to visit from the East Coast. I made a special trip to the store and when I got there, the container holding the customers' entry forms was full and there were no blank entry forms in sight.

I went to the store manager and asked for one. She handed me a pad of entry forms, I filled one out with my information and dropped it in the box. Then I released it from my mind. The day I went to the store was about a week after the opening and thousands of customers had already entered the drawing.

A few days later I received a telephone call from the store. You guessed it – I won that hotel getaway: luxury hotel in Santa Monica, deluxe ocean-view suite with balcony for two days (anytime/no restrictions), and dinner for two in the hotel restaurant – value about \$800. Please understand that the value of the winnings was not nearly as exciting as witnessing the working of the laws and the fact that I had manifested specifically what I wanted.

I asked myself, "What did I do to create that result so perfectly?" The answer I came up with is that I had *released* the situation. The power of my spoken words had brought me the opportunity. I took action and followed that guidance. But releasing the end result made the results happen.

Dr. Joseph Murphy called this “Divine Indifference.” It’s okay if it happens and it’s okay if it doesn’t. I have heard it expressed as “detachment” in other teachings and in Law of Attraction, it’s called “allowing.” I call it “going into neutral.” You know what you want. You are using the chosen principles and techniques, claiming and accepting your good – and then you are relaxing and allowing the Universe to bring your results to you. That is releasing.

We might think of release as “real ease.”

Between the time to reap and the time to sow is a time to let go.

— Marilyn

Homework!!

Release, loose, let go and let God.



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