

RELEASE • RENEW • EVOLVE



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## Dedication

This work is dedicated to those who are seeking deep healing and ready to forgive and let go of the past and bring forth new understanding, increased awareness, and relief from the self-sabotaging mind, emotion or habit-bound issues. I also dedicate this work to all the brilliant souls who are choosing to release, renew and evolve to bring forth their greatest gifts, talents and abilities to generate their greatest dreams and make the world a better place for everyone.

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**Welcome**

In today's world 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 are quick to judge, make poor choices and create unending problems for ourselves.

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. 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. I 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 time, effort and courage 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

More money flowing easily into your life

I am hoping that you are excited to do the work! I pray you will find 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.

I wish you well on your journey,



Ken D Foster



## Section 1: Introduction

Many people get caught up by broken dreams, broken hearts, and feelings of sadness, or anger. For many reasons, they don't get what they want, or they are afraid of losing what they have, so they resent what life has brought to them. Sometimes they haven't learned that the greatest challenges we face in life are where we grow the most. So, they blame others and play these resentments repeatedly in their minds justifying why they are right instead of releasing the hurt and pain through forgiveness.

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 forgive, you will be held a prisoner of these wounds and you will only see life from a perspective of your wounds, and you will miss the joy, peace, happiness and abundance that Spirit has in store for you.

Many times the person you resent has moved on while you continue to live in the past and stew in the pain or harms done. Those who have harmed you in the past cannot continue to harm you unless you hold onto the past resentments and perpetuate the past. The past is the past. It is time to let go of suffering and live in the present! And the good news is that you can forgive anyone for anything if you are willing to learn how to do it.

This is a three-part exercise. In part one you will be looking at the possibility of what your life will be like when you get rid of past harms, fears, guilt, blame, shame and any remorse for things that happened in the past. You will also be looking at what it is costing you to hold on to these old beliefs and wounds. In part two you will be asking certain prescribed questions to help you find out what is beneath the surface of your mind and to clear out all the wreckage of the past. At the end of this exercise, you will find freedom from resentments of all kinds. Then in part three you will have the opportunity to create a bright compelling future.



## Section 2 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 then moved past. If you can’t acknowledge it, you most likely won’t change it and what you don’t know will hurt you. Especially the unconscious parts of yourself that need to be acknowledged, healed, developed, changed or improved.

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 and physically and spiritually cutting you off from intuitive or logical solutions. And you will tend to out-picture them or project these psychic imprints onto the screen of your life, causing undue stress, worry, upsets, drama and inappropriate reactions to life circumstances. 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 20 years of 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. I call it the **Energetic Clearing Technique™**

**The Energetic Clearing Technique™** or **ECT** is one of the most powerful and effective tools available for rapidly releasing and clearing the blocks to health, happiness and fulfillment - in your body, mind, and spirit. Through the power of choice and faith you can use the **Energetic Clearing Technique™** to:

- \* Desensitize 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

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, present and future including all: Poor Choices, Conclusions, Stories, Stuck Emotions, Set-Ups, Beliefs, Morphic Fields, Negative Energies, Causal Energies, Subtle Energies, All Evidence, Wanting, Not Wanting, Points of Creation, Preservations, Destructions, Justifications, Concerns and Everything that is Beyond Comprehension, Judgments of Right, Wrong, Good and Bad, Non-Reality of It, The Illusions, Dreams, Karma, Destiny, Buy-ins, Oaths, Stuckness, Comfort Zones, Limitations, Escapes, Poor Decisions, Conclusions, Untruths, Secret Agendas, Contracts, Commitments, Oaths, Disenfranchised Loyalties, Implied Obligations and any other energies that are keeping you disempowered.

In truth, what you will be releasing is what I call PONs = Points of Non-Reality. As a result you will be seeing reality much clearer, be more aware, 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 your 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 over and over again 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 to start the release process. Just asking the questions and thinking of the answers will not get you the maximum results, which is complete release.

So, your journey will continue when you purchase the book.