Ken D Foster's

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Dedication

This work is dedicated to the Master whom I have studied with daily since I was a child, who has revealed to me untold wisdom and helped me to understand the principals of how to release, renew and evolve consciousness. And this work is also devoted to those who are seeking understanding, increased awareness, and relief from self-sabotaging mind, emotion and karma-related issues, along with all the brilliant souls who are choosing 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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Table of Contents for the Release Section

Cover Page……01

Title Page……..02

Copyright Page……..03

Dedication……..04

Table of Contents……..…05

Welcome……06

Section 1: Introduction.....07

Section 2: The Energetic Clearing Method™…..……..……..09

Phase 1: Prayer for Guidance……..……..11

Phase 2: Resentments and Regrets……..……...11

Phase 3: Harms and Punishment……..……12

Phase 4: Guilt, Shame, Remorse, Worry……..……...15

Phase 5: Fear……..……..17

Phase 6: Failure……..…..…20

Phase 7: Disapproval……..……..…...22

Phase 8: Ideas, Concepts, Beliefs……24

Phase 9: Prayer for Release……..…..26

Phase 10: Release Procedure……..…..27

Phase 11: Apologies……...28

Phase 12: Resolve to Live from Spirit……29

Final Thoughts - Protect Your Peace……29

The Next Step……..……30

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Welcome

Welcome to an exploration of your life and how to increase awareness, reception and wisdom to make it even better. My guess is that you are aware that there are areas of your life that can use improvement and you are possibly seeking some insights and strategies that will help you become aware of exactly what you need to change, improve, develop or release to have more success, joy and happiness in your life.

This program will be a catalyst for you to quickly find answers to 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 living completely in the present moment, you can tune into the superconscious mind and develop your intuition to a point where you are consistently making good choices that create lasting happiness and success in all areas of business and life. 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, because this program will change your life if you commit to completing it. Leonardo Da Vinci once said: “Isolation is the price of greatness”. So I encourage you to bring out your greatness by making an appointment with your destiny and complete this program. This is your time, this is the work that will change things for the better. All you have to do is schedule time with yourself and do what it takes to complete it.

I wish you well on this journey and look forward to your evolution,

Ken D Foster

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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 over and over again 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. *So let's get started. Answer the 6 questions below.*

1. What will your life be like when you let go of all anger, frustration or resentments from the past?

_____

_____

_____

_____

_____

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2. What is it costing you to hold on to past anger and resentments?

3. What would your relationships be like *without* arguing and bickering?

4. Who would you attract into your life without judgments, worry and self-doubts?

5. If you lived a life *without* guilt, shame or remorse, how would your attitude be different?

6. What would you be doing differently, if you really let go of all your fears and worries?

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Section 2 Energetic Clearing Method™

Disclaimer: I must point out that the information provided in this program, or any programs by Ken D Foster or Premier Coaching, should never be used to, nor is it meant to, diagnose, treat, cure, or prevent any health problem or disease. If you have, or suspect that you have, a medical or therapeutic problem, I encourage you to promptly contact your health-care provider. Again, please do not use any of the information to diagnose, treat, cure, or prevent any health problem or disease.

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 Method™**

The Energetic Clearing Method™ or **ECM** 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 Method™** 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,

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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 actually 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 get a pen and paper, find a quiet area and begin.

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Phase One: Prayer for Guidance

Dearly Beloved Spirit,
I trust in you and know you are present listening to me right now.
Guide me to bring forth all that is keeping me from experiencing your love, joy and abundance in every moment.
Help me to be honest and thorough in this exercise.
Show me the root causes of my resentments, fears, worries, harms, guilt, and anything else that is keeping me from realizing thy abundance and grace.
May thy will be done always!

Phase Two: Resentments and Regrets

Let your mind free-flow, do not try to hold back answering any of the questions. If you can't think of an answer go on to the next question and then come back to the ones you didn't answer. With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present. Make sure to include yourself if you have resentments or regrets about your behavior.

1. **Who or what do I resent?**

2. **Who do I blame?**

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3. **What do I regret doing, or not doing?**

4. After you have taken your "personal inventory" with the above questions, go back over each one and then ask this question: **"What was my part in creating this?"**

Phase Three: Harms and Punishment

We can be harmed in many ways from many different sources such as business associates, friends, family, employers, etc. And sometimes we make poor choices in which we harm ourselves. Often when people are harmed they attack back or hold in the harms and they fester. Either way can lead us to punishing others or ourselves which is self-destructive behavior.

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It might also help to know that those who hurt you were most likely wounded themselves. And wounded people inflict pain on others. The good news is that as you heal, you will be able to see these people in a new light. You wouldn't be mad at a person who was sick and hurting in a hospital with a disease, neither will you be angry with someone who is holding dis-ease in their mind. They are also sick and hurting.

Let your mind free-flow, do not try to hold back answering any of the questions. If you can't think of an answer go on to the next question and then come back to the ones you didn't answer. With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present. Make sure to include yourself if your behaviors have harmed yourself or others.

1. **Who has harmed me?**

2. **Who have I harmed?**

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3. **Who has punished me?**

4. **Who have I punished?**

5. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question: **“What was my part in creating this?”**

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Phase Four: Guilt, Shame, Remorse, Worry

There is nothing more detrimental to your spirit and success in life than guilt, shame, remorse, or worry. With this exercise, like the ones before, let your mind free-flow, do not try to hold back answering any of the questions. If you can't think of an answer go on to the next question and then come back to the ones you didn't answer.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present.

1. What do I feel guilty about?

2. Who has shamed me?

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3. **Who have I shamed?**

4. **What do wish I could do over again?**

5. **What do I worry about?**

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6. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question**: “What was my part in creating this?”**

Phase Five: Fear

Healthy fear is given to us as a warning sign that something may be dangerous. It helps us move through the environment without being hurt. But unhealthy fear can stop us from achieving our dreams. It can be buried deep in the subconscious mind and will arise when you need it least. You may have a fear of failure, fear of intimacy, fear of heights, fear of death, fear of living, fear of success. These types of fears will limit your life, so be thorough in answering the questions to bring all fears you may be harboring to the surface mind where you can consciously release them.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present.

1. **What do I fear?**

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2. **Who do I fear?**

3. **Where has fear limited my life?**

4. **What do I get out of being fearful?**

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5. **Where has my fear hurt others?**

6. After you have taken your “personal inventory” with the above questions, go back over each one and then ask this question**: “What was my part in creating this?”**

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Phase Six: Failure

Everyone has failures and most of the time we learn from our mistakes and let them go. But sometimes large or repetitive failures stick in our consciousness and are hard to get rid of. And, if we let past mistakes permeate our mind, the mind stops working effectively. So be thorough in answering the questions below and bring all failures to the surface mind where you can consciously release them.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present.

1. In what areas of life have I failed?

2. In what areas of life have I let myself, or others, down?

3. What has my failure-thinking cost me?

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4. **What has it cost me to keep thinking about my failures?**

5. After you have taken your "personal inventory" with the above questions, go back over each one and then ask this question: **"What was my part in creating this?"**

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Phase Seven: Disapproval

When we reject ourselves or others through disapproval, we disconnect from the soulful presence that inspires the brilliance in us. When the egotistical critical mind is left unchecked it becomes filled with self-doubt and downtrodden, thinking that it is “better than others”, or worse, “less than others”. Either way this dysfunctional thinking can cripple life potential and damage self-esteem. As I have said earlier in the program, the mind is the cause of your bondage and the mind is the cause of your liberation. When you release disapproving of yourself or others you will free yourself from having to be more or less than others and just be the beautiful, authentic, joyful spirit that you are.

With each question, start with your childhood, then grammar school, high school, college, armed forces, work, friends, family or relationships to the present.

1. Where have I been critical and condemning?

2. How have others hurt me with their critical thinking?

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3. What do I get out of thinking critically about myself or others?

3. Who has my critical thinking hurt most?

4. After you have taken your "personal inventory" with the above questions, go back over each one and then ask this question: **"What was my part in creating this?"**

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Phase Eight: Ideas, Concepts Beliefs

Many times there are ideas, beliefs and other people's opinions are held in the subconscious mind which holds us back from achieving our highest potential. Beliefs such as, "I am not good enough" or "I don't have what it takes" or "I am not smart enough" are commonplace for people who are not achieving at the highest levels. Ask the following questions to start releasing these beliefs.

1. **In what areas of my life are things not working out?**

2. **If I knew why these areas (question 1 above) were not working out, truthfully, what is the cause?**

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3. **What ideas, concepts or beliefs are no longer serving me?**

4. **What is right about my life not working out the way I think it should?**

5. **Where have I hurt myself or others by what I hold to be true?**

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After you have taken your "personal inventory" with the above questions, go back over question 2 above and ask:

6. What is a better belief I can hold from here on out?

Phase Nine: Prayer for Release

I would suggest finding a quiet space to meditate for a few minutes. You may want to light some candles, put on your favorite soft music, or burn some incense to create an ambience to invite Spirit in and ask for release. I have given you a prayer to use below, but feel free to speak directly to Spirit from your heart.

My dear divine Spirit,
It is with humility that I ask you to remove from me the mistakes I have made.
Give me the strength to forgive myself and others for all my transgressions against thy laws (health, moral, physical, mental, emotional and spiritual laws) here and now.
Take away forever the ways of thinking and living that have not served thee, me or humanity. Heal me of whatever may separate me from you. Heal my memory, heal my emotions, heal my heart, heal my body, mind and soul. Let me feel your ever loving presence on me and heal me completely through your love. Give me grace so that I never make these mistakes again. Teach me your ways and let me know your thoughts always.

"***Thou art my father, success and joy, I am thy child, success and joy"***
Paramahansa Yogananda

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Phase Ten: Release Procedure

Forgiveness is a choice. It is an act of will. If you choose to let go, you will. Your soulful words are powerful. When you combine your words with a forgiving heart and the power of Spirit, miracles can and do happen. Saying, “I choose to forgive and release this person, place, or thing back to Spirit” is a powerful statement. When you choose to forgive yourself and others their shortcomings, as our creator forgives us ours, release normally occurs instantly.

So what does the word “forgive” mean? It means “to give up all claims”. So what do we give up? We give up our negative thoughts and feelings associated with our wounds, fears, and resentments. We give up the energy around it and then we trust that Spirit will remove this forever from our lives, so we can move on. But you must do your part and not hold on to anything that you can’t look yourself in the mirror and be proud of when you look into the eyes of your Spirit. True forgiveness means that we have given up the past and are choosing a bright future. Also the deeper side of forgiveness is “Forgetting”. It is important to let go of any emotions around what happened. Let go of all the harms, fears, resentments and anything else that will keep you stuck in the past. Forget the past, it is gone. Set your intention to find the joy in new accomplishments, new relationships, and a fresh start!

Now it is time to release everything that you have written down plus anything that may or may not have been written down. Set your intention right now to release all disempowering thoughts, beliefs and choices from the past, present and future including all Poor Choices, Self-Doubt, 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.

Say this three times as you let go: “I cast into the sacred fires of spirit which I realize within myself, all of my past negative energies, my egoity, my meanness, my stress, all of my selfishness, all personal desires, all negative habits, all flaws, all justifications, and anything else known or unknown that is blocking or has blocked my divine awakening. I release and let go now knowing it is done.

Next, just cut up, shred, burn or bury everything that you have written. Do not keep anything. You have released the past and what you have written is removed from your consciousness forever. From here on out you will be one hundred percent aware living in the present moment and generating your life from soulful wisdom.

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Phase Eleven: Apologies

Sometimes you may owe someone an apology. If it is sincere and not self-serving, then by all means go ahead and apologize, but make sure your apology does not hurt the other person. If, by you apologizing, the other person may be hurt in some way, you should talk to another person who can hear what you have to say and help you make a choice as to whether or not you should apologize to the person directly or just ask Spirit to forgive you and move on. Either way you will not lose the lessons learned, just the feelings associated with holding on to old resentments of yourself or others.

Who do you owe an apology to?

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By what date will you complete all apologies? _____

Phase Twelve: Resolve to Live from Spirit and Stay Energized:

This is your final Phase and possibly the most important. With this Phase you will make a commitment to live from spirit each and every moment and stay energized. To do this you must remember on a daily basis that you are an infinite being, and Spirit is living right within you. You are the sacred temple of the Most High.
Say:
I agree to do everything in my power to recognize when I am feeling de-energized and will do what it takes to clear myself and live from Spirit.
I am raising myself up high every day!
If you agree, initial here:_____

Releasing and discharging the past thoughts, feelings and emotions daily will help you stay clear and continue to open up new and unlimited possibilities. By staying clear you will connect soulfully to your intuition and truly have a more happy and abundant life. But you may be wondering if you are going to have to go through the entire Energetic Clearing Method™ each day and the answer is NO. I do suggest you do the entire program once a month for the first year, then once a quarter for the second year, and then once every six months or as needed after that.

Final Thoughts – Protect Your Peace:

Remember the Egoic mind is the cause of your bondage, and the Soulful mind is the cause of your liberation. If you start feeling upset or low energy, you are probably judging situations as good or bad, right or wrong or worse – judging yourself or other people, places and things. If this is the case, you are setting yourself up to shut down your awareness and be disempowered.

If you start feeling stress, anxiety or upset, I recommend you STOP! Notice your inner and outer environment. Be kind to yourself; protect your peace of mind. Peace is a gift, so don't let your mind drift into negativity. I encourage you to use the following technique daily and moment-by-moment if necessary to stay positively focused.

Ask - Release - Discharge Technique™ by Ken D Foster

Most likely you have heard and used one of the most quoted sayings in the Bible "Ask and You Will Receive", but may not have used it in this context. The way you will be using this spiritual principle is to ask and then draw from the universe everything you need, to release, destroy and uncreate any circumstance, place, thing, or person's energy that is sticking to you in some way immediately. The only thing required is your presence and openness to receive an instant release. It is quick and simple. And I encourage you to memorize the **Ask - Release - Discharge Technique™** questions and use them.

Ask - Release - Discharge Technique™

1. Truth, am I ready to release and discharge this now?
2. Truth, am I willing and able to release and discharge this now?
3. Truth, am I choosing to release and discharge this right now?

4. After asking the three questions, use this powerful affirmation to release any and all stuck energy permanently. It was given to me by Paramahansa Yogananda:

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> "I relax and cast aside all mental burdens, allowing God to express through me his perfect love, peace and wisdom."
> Say this several times while placing your hand over your heart. Then watch your anxiety melt away, restoring your peace.

As you practice these techniques most of you will get amazing results and be able to release and discharge all your judgments, mistakes, fears, problems, poor choices, lousy thinking, upsets, guilt, shame, remorse, worries, concerns, projections, and all the other ways that you have been disempowering yourself, quickly and easily. You will no longer hold onto disempowering energy for long periods of time, and will become more powerful.

The Next Step….

You have completed the first step in this program. Now is the time to really design your life in a new way. It will be important to get clear with your new Vision, Mission, and Purpose. It will be crucial for your ongoing success to set up proper intentions and set wise goals to move you forward.

I have designed the new two phases of the program to be the most powerful experience you may have ever had. Be prepared to break free from any limitation of the past. You will:

- Take 100% responsibility for your life
- Know the right direction for your personal success
- Realize what you will need to do differently for lasting wealth
- Maintain a sense of well-being while manifesting your goals
- Change what needs to be changed about yourself quickly
- Bring out more of your brilliance, creativity and joy
- Never let success-stoppers get in your way again
- Have lasting fulfilment and realize your greatest dreams

Success doesn't necessary come to the brightest or smartest people, it comes to those who know their direction, are willing to look at what is working or not, and then set up each day by making wise choices along the way. The next two phases will help you do just that.

To get steps two (RENEW) and step three (EVOLVE), go to www.releaserenew.com and put in the code: **FREEDOM** to get an 80% Discount.

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