

Release Old Lovers or Beliefs

The following is a feelingization technique for releasing old lovers/beliefs. This is a two-part visualization – for the first part stand up next to a comfortable chair (which you will sit in soon).

Stand with your feet about hip width apart and close your eyes. Clench your fists, tighten your shoulders and breathe very shallow. In this position, I want you to take a moment to remember your worst romantic encounters . . . the people who really weren't kind and loving...the ones you'd like to forget . . . The ones who hurt you the most.

Now imagine they are all standing in front of you... allow yourself to feel the pain they caused you in the past . . . Take a moment to ask yourself what belief you had about yourself to tolerate their kind of behavior. Did you believe that you didn't deserve any better? That you had no right to ask for more? That you weren't lovable?

Take a deep breath and ask yourself, "In this moment am I willing to let go of those old beliefs? Notice what your answer is, and if you're ready to let them go imagine gathering all the old, painful feelings and beliefs and limitations and mentally project them onto all of your old lovers, standing before you. Just imagine dumping all those old painful feelings back on to those ex lovers. Take a moment to notice how that feels.

Now I want you to imagine that you have an aerosol can, like a paint can or a furniture polish can – in your hand. See yourself pointing it at those ex lovers and spraying the can. And as you do imagine that all those people and all those painful memories become all glommed together immersed inside a big latex bubble. They are now separate from you, removed from you. Take a deep breath and enjoy the freedom of that.

Now imagine that you are holding in your left hand a large, sharp needle. Perhaps a smile comes across your face just imagining what I'm about to ask you to do. That's right, when you are ready, take the needle, puncture the latex bubble and watch it explode and disappear into thin air. These people are now gone from your consciousness . . .and with them the painful feelings and experiences of the past.

NOW, sit down and get comfortable in the chair. Close your eyes and breathe normally. Feel what it feels like to no longer be carrying the burden of your past with you. Feel the freedom, the new possibility, the relief. And then notice what arises when I ask you these questions:

What would you have to believe about yourself in order to magnetize your soul mate into your life?

Would you have to believe and know that you are lovable? That you are deserving? That you are fabulous?

Believe and know deep in your heart that the "one" is out there for you. And if you don't quite believe it today can you, in this moment, believe that the one is on the way and that your knowingness is growing daily?

. . .Take this time to think about all the things you have to offer, and in case you are forgetting what that is, I'd like to remind you it's the love you give & share, the kindness and warmth you exude, not to mention all your other talents.

About the Author

Arielle Ford is a professional, previously unmarried woman who is revealing her secret to finding romance, love, marriage, and a perfect soulmate. She discovered how to take her professional success and apply it to her personal life, and she has never been happier. Now she wants to share that secret with you. Learn how to find your soulmate at <http://www.SoulMateKit.com>.

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