# Releasing YOURSELF to Manifest What You Desire

Some key concepts to understand about this exercise:

To manifest abundantly, we must be willing to Release resentment, rejection, revenge and regret.

Which is essentially what the essence of Forgiveness is. When we forgive, we release ourselves from Resentment, Rejection, Revenge and Regret. What’s interesting about the connection between these four R’s is that most of our Resentment comes out of someone Rejecting a part of or all of us, and then we find and develop a desire for Revenge along with layers of Regrets as we tell ourselves and others the story of Resenting what happened when we were Rejected. This exercise is not about releasing a person from wrong-doing nor is it about forgetting the lessons. People do bad things and we want to be able to keep any lessons we learned. This exercise is about finding the ultimate protection for ourselves that is forgiveness.

To attempt to manifest abundance and prosperity and create huge contribution to others and to the world as we strive to achieve success and significance, we must first be able to forgive. Manifesting and creating greatness at its highest comes from a place of love. So, to attempt to manifest greatness without first releasing Resentment is like putting really great icing on a mud pie.

As you Release, consider that it is possible to keep the lessons you learned from the experience that caused the resentment and still forgive and release that resentment. Most people are afraid to forgive, because they are afraid of simultaneously releasing a person of wrong-doing and/or forgetting the lessons they learned and being burned again in a similar fashion. So long as we hold on this way with all the emotion that it brings, it is inevitable that we continue to manifest this negativity into our experience. Deciding to acknowledge and keep the lessons we learned without repeating the experience again immediately creates a huge shift and an end to that cycle.

Releasing ourselves from the suffering of resentment, revenge and regret through Forgiving while having enormous gratitude for the lessons learned from the experience is the way forward to truly manifest something new for ourselves. For these reasons, Forgiveness is our greatest protection. We can be grateful for what we’ve learned and decide we no longer need that experience and move onto something new.

I want to give the credit that this following exercise in forgiveness is taken in part from YU2SHINE Success Series on the Law of Sacrifice, Releasing Resentment:

Exercise 3:

Take the following steps to release any unnecessary resentment and any regrets and resistance and/or revenge associated with it:

Think of someone or something you deeply resent. Close your eyes and look inward to see where you feel that resentment in your body. Is it in your chest? Shoulders? Head? Back? Maybe stomach? Write down where you physically feel it and what it feels like. Is it stuck or swirling? Slow or Fast? Aching or Burning?

Now rate on a scale of 1-10 how strong the feeling and the discomfort is, 1 being lowest and 10 being highest.

State your resentment story below; Tell all about who or what you resent:

Now State your resistance/revenge behavior patterns, what are you doing or who are you being out of this resentment?

Now re-write (copy) the following paragraph below exactly as written, filling in the blanks and then continue to write out the benefits of release as prompted:

“My awareness has shifted. I am releasing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(name of who/what you resented) from the burden of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(feeling associated with resentment…anger, frustration, guilt, shame, failure, etc.). It will no longer have hold on me. I realize I don’t know the whole story. I don’t want to give it any more energy. I am done with this. I am separating Being from the Behavior. I give it freely to God (Higher Power in your life). I am fully releasing now and will release over and over again. Letting go and letting God serves me because: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(write all the benefits of fully releasing your resentment, resistance, and/or revenge).

Once you’ve written this out fully including all the benefits, shred this or burn it and allow yourself to Release fully as it burns or tears away.

Now close your eyes and look into your body again. Is the feeling of resentment as strong as when you began the exercise, on a scale of 1-10? Has the discomfort you felt left altogether or greatly reduced?

You can repeat this exercise as often and for as many times as you would like as things come up for you.