



Offer Up To Your Higher Self All that No Longer Serves You or the Highest Good

We carry old patterns, programs, thoughts, and limiting beliefs that can hold us back from the life we truly desire. As we become more aware of what no longer serves us, we open the doorway to deeper awakening, healing, and transformation. From this place of awareness, we can choose to change these patterns and lovingly release them with gratitude.

Gratitude honors the learning, growth, and awakening they have brought you. Everything you have experienced, both joyful and challenging, has helped shape who you are today.

As you release, remember that these old patterns once served a purpose. They may have protected you, taught you, or helped you survive until you were ready to heal more deeply. There is no need to judge them or yourself. Simply honor what they carried, release only what you are ready to release, and allow your Higher Self to fill that space with love, peace, wisdom, and the truth of who you are now.

Take a quiet moment to feel this truth as you let it all go. Connect with your Higher Self in stillness and gently say:

I thank you, and I love you
for all you have brought me –
the learning, growth and
self-love. I release you back to
the Oneness.. back to Love for
the Highest Good of All

You may visualize all you are releasing being held in a ball of light as it slowly dissolves, or offer it to the Violet Flame to be transmuted into Love.