



RELEASING THE PAST PROCESS

1. Make a list of the Top 3 traumatic experiences of your life or things that really bother you. Put this list aside.
2. Write your life story.
 - a. It doesn't have to be long (3-8 pages hand written or typed). You don't need every detail. Just the overall basic story.
 - b. Put it aside.
3. Take A Nature Walk to Tell Your Story.
 - a. Sit next to a tree, stream, or rock for next **HOUR** or so ideally. Indoors with a plant if it's too cold.
 - b. Tell your story out loud to your chosen aspect of nature. Let it all out.
 - c. Say it out loud for the power of vocal vibration, like you are talking to another person.
4. Do A Fire Ceremony.
 - a. Light a candle or If you can, make a little fire in a bowl, fireplace or grill, so you can burn the story you wrote, and you just told nature.
 - b. Take a few deep breaths and get centered.
 - c. Hold in your mind, and in your heart, your intention to release your story once and for all, to release its energy and its hold on you. To move on and no longer relive your past.
 - d. When you have this in your mind and heart, using your breath, blow your intention to release your story into the papers you wrote it on **three** times.
 - e. Set all the paper on fire and burn your story completely.
 - f. Spend as much time as you want to simply be with this ceremonial part of the process. Feel into it and notice. Stop the dialog and just be present with it.
5. Answer Questions about Your List.
 - a. When you consider your life at the time, did you do the best you could? Consider: Your best will naturally get better with experience.
 - b. If you can't accept the truth that you did your best, then ask this - will you do better next time? Accept this.
 - c. What did you learn from this experience? Make a list of what you learned.
 - d. Are you committed to applying all that you've learned from this experience?
 - e. Is there anyone you need to make amends to regarding this experience in your life?
 - f. If yes, then ask if it's appropriate to do so, or will this bring harm to another person?
 - g. If it is appropriate, then make amends with the others involved.
6. Commitment to Your SELF:
 - a. "I commit to learning my entire life from all my experiences and acting upon that knowledge to the best of my ability every day."
 - b. This is a powerful Toltec intention that implies you will live your life fully and powerfully until the day death taps you.
7. Nature Walk to Release "Hucha" (Inca word for heavy energy)
 - a. Pick up 1-3 rocks that call to you. One can handle it but you are welcome to choose three.
 - b. With each of your three traumatic experiences, hold them in mind and blow into them three times each for each trauma.
 - c. Thank the stone(s) and leave it somewhere in nature.