

# Release Vows

## Negative Vibrations

1. I swear
2. I promise
3. I vow
4. I curse Positive

## Vibrations

1. I declare
2. I affirm
3. I state
4. I decide

## Words which can bind us

1. Shapath
2. Navas
3. Saugandh
4. Mannat
5. Oath
6. Pratignya
7. Shraap

## Words which can release us

1. Boon
2. I bless
3. I forgive

# **Reasons We Get Into Vows**

1. Desperation / Hopelessness
2. Greed / Profit
3. Compulsion / Force
4. Scarcity / Paucity
5. Fear / Unknown feeling
6. Excitement / Eagerness
7. Completion / Satisfaction
8. Ego / Revenge
9. Happiness / Peace
10. Emergency / Prayer

# **Disadvantages of Vows**

1. We feel restricted and bonded.
2. Can cause painful emotions and memories.
3. We start craving for freedom and pleasure.
4. We do not feel liberated and blossoming.
5. It can have an impact on family DNA and lineage.
6. Can cause mild traumas and personal problems.
7. Continuous anxiety leads to untold misery.
8. After effects can lead to professional hazards.
9. Can disempower the normal pace of life.
10. Can alter the power dynamics in a joint family.
11. Gives rise to wrong communication signals.
12. May hamper ease of creativity and passion.
13. Can disrupt smooth flow and nourishing of prana.
14. May alter your purpose and expression of life.

# Why Must We Release Vows ?

## **We must release vows :**

1. To help dissolve the energies of all past programs and belief systems which are not working for you and may have been made by you or others on behalf of you, with you being aware or unaware about it.
2. To remove all soul contracts which no longer serve your higher good. These can be very deep long running contracts created by your immediate family or extended family over generations.
3. To relieve the soul from the burdens of the past and dissipate any heavy, dense and hanging energy.
4. To help us to differentiate between illusion and the truth.
5. To raise your frequency to connect to the Divine Energies on a pure unconditional basis.
6. To lift the veils of religious and spiritual superstitions and ignorance.
7. To see through your enlightened minds eye with the help of a lightened cleansed soul.

# Benefits of Releasing Vows

To release vows is an ultimate challenge for your incredible future as it breaks the shackles of age old myths and superstitions which no longer matter for our evolution.

**BODY** : The inner and outer dimensions of physical health, fitness, and longevity become clear after releasing vows. We are able to fulfil our needs with satisfaction.

**MIND**: As you release vows, the mind-body connection aligns and optimizes your brain and mindset through positive neuroplasticity. Our intentions lead to our happiness.

**HEART** : Vow releasing helps to heal trauma, balance your emotional energy and deepen resilience at a deep level. Our heart desires bring us joy.

**SPIRIT** : The spiritual journey to self-actualization, genuine personal freedom, & awakening universal compassion is one of the by products of the benefits of releasing long held vows. Release of contracts thru spirit brings us love.

**RELATIONSHIPS** : This process of letting go also supports in optimizing your relationships with self-compassion, emotional intelligence & wisdom. We learn togetherness, unity, oneness and companionship.

**COMMUNITY** : In the long run, it helps to create nurturing, just and transformative communities for a more sustainable and healthy future. It increases our collective consciousness and leads to a healthier culture and nation

# Vow Release Statements

- (1) I am willing to release all vows today.
- (2) I release and let go of all vows today.
- (3) I am grateful for releasing all vows today.

## Vow Release Declaration

I am willing to cut, clear and delete all vows of poverty, self-control, self-sabotage, self-sacrifice, chastity and any other resistance of energy from allowing me to live through my highest and purest self.

I dissolve the energies of all existing vows in all directions of time and space for myself and for everyone involved and I am now free to chart my own course for life.

And so it is ! (3)

Thank you ! (3)