Release all to your soul that you have outgrown!



a n d s h i n e
b r i g h t e r !

Jeannie Alvin MA

Release all to your soul

Isn't it interesting that much of our growth is releasing something that we have outgrown?

I often release in a way that's very helpful. It's easy and it works!!

I release fear, grief,sadness,anger, judgment, every kind of negativity that I notice, I release.

Here is how I do it.

I put my hand in the center of my chest, and I say,

dear soul, I release to you all _____, and I claim that I am at peace/ healed/ whole/ complete. (I then claim the positive opposite of what I release.)

Your soul then turns this into wisdom and divinity!

This is just one of the many many powerful and easy processes I share in my book, in order to have the best possible life and to rise above the bumps in this world.

These processes and practices help us heal the gap in our consciousness needed to live in the the high consciousness needed to transition to heaven on Earth.

As we release this denseness, our light shines brighter and brighter

My book is called 'Our Sacred Origins ... We ARE the Children of God,' on my website PioneersToHeavenOnEarth.com and on Amazon.

Si encuentras valor en este librito, puedes encontrar mas en mi sitio de web.

Shine your light more and more each day!

This is just one of the many simple and profound practices I share in my book, Our Sacred Origins ... We ARE the Children of God, available at PioneersToHeavenOnEarth.com and on Amazon.

With each succeeding process you do, you will increase your Light and grow spiritually!

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