



CONCLUSION – KIDS AND PARENTS

To live on this planet, you must grow.
Challenge is mandatory for growth. Suffering,
on the other hand, is optional...

- Facebook, February 25th, 2010

This is a crucial section. One, it allows you to own and release all the gunk that you may have kept from your past... from your family-of-origin....

Do you believe that you chose your parents? Why or why not?

If you did choose your parents, (even if you don't believe that you did, still, answer this question) what were the gifts, the lessons, the "broken" legs that you received from them?

How might these traumas and damages, and/or gifts and lessons, be of value to you?

Now, reconsider this question as the ***Greatest Version of You***. (And if you read ahead, the point of these two questions is to allow you to see the ***Old You*** and the GVO Y in *your* “table of three” setting in your family-of-origin... and beyond. So do the exercise. You will be surprised at what you uncover!) How might these traumas and damages, and/or, gifts and lessons, be of value to you?

Now, for the final “piece de resistance” for this section, write a Letter of Release for you, for any old baggage and junk that you have been lugging around.

“I, (write in your name,) hereby release you from any responsibility that I have assigned you for my life. I create my life, every day. I now choose which movies to put in my mental DVD player. I now choose what my life means. For any damage you may have caused, even if it were intentional, I know now that you were doing the best you could with the tools that you had. I accept any “broken legs” that you gave me – I AM stronger now for it. I accept any love and gifts that you gave me... fully... unconditionally... even if you never gave the gift to yourself (which is why I have struggled to accept them, too!). I release you. I release you. I release you. I now fully and completely own me!

Actually copy this letter, or any form of it that you choose... in your handwriting... Add and delete whatever you like to make this a powerful exercise for you!
