

FREEDOM PROCESS

“Forgiveness” means to “loosen” or “untie” = Letting Go.

Use this practical and proven process for any person or situation that upsets, angers, or triggers you. Consider using it with parents, relationships, or anyone significant in your life—those are the ones who are mirrors of what we need to heal. Also, it is good to note that we tend to project our unresolved feelings about our parents onto our mates.

STEP ONE:

Write an angry letter to the person or situation. Write every awful, nasty thing that comes to mind. Remember, this is your perception, and there is no wrong; this focus is pulling it up from the roots. In the letter address everything discussed in the session with Karol Lee and that comes forward for healing. Read out loud to the Universe, or if suggested, read to Karol Lee, adding support.

Then **BURN IT FULLY**, every piece of it, releasing that anger, frustration, and pain for the Universe to heal and transmute into love. Send Karol Lee the video of the letter burning. This is a form of turning your burdens over.

Psalm 55:22

STEP TWO:

This is the challenging part – but the most vital. Write 70 times a day for 7 days— "I (use your name) NOW forgive myself (or person) completely." Using the words "now" and "Completely" is essential.

After each statement, expand this process and add the "dumping" belief or lie taken on. You get 7 dumping, one for each day. Pick one thing each day that comes forward that you want to forgive. Example: "I, Karol Lee, NOW forgive myself completely for not feeling as enough." Write this for the full 70 times, one dumping each day.

Do this process each morning or night, allowing the sacred time for healing work. It is important not to stop during the process or skip a day, for you will need to start over. Make notes of any thoughts to discuss in the next session. This process is you taking your power back in any form of being disempowered and setting yourself free. Remember, as you move forward in this forgiveness from doing the Freedom Process, those thoughts or beliefs will disappear and be replaced with forgiveness.

Neuroplasticity is the brain's ability to change and adapt due to experience. It is an umbrella term referring to the brain's ability to change, reorganize, or grow neural networks.

STEP THREE

Write a “loving” completion letter to yourself (person or situation) you are forgiving. Be sure to note you are taking responsibility for the things you “thought” the other person had done to you. I know there are actual actions that did happen, but this is to release the stories and thoughts that have held us back. Do not allow negative feelings to come forth, for this is complete love only. *Remember, we create what we experience for our souls path.* Read it to your partner as a witness (or Karol Lee), then place it in the mail to yourself, putting it out the universe and natural process, allowing it to come back to you, reminding you of the love and sweet freedom you deserve. This will be kept in your spiritual tool box for future use in healing work.

I celebrate and support you in this healing journey with great love – Karol Lee.

Matthew 18 21-22

21: Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

22: Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."