

**DEBORAH BOGLE'S**

# **SEVEN STEPS FOR HEALTHY LIFE TRANSITIONS**



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### SEVEN STEPS FOR HEALTHY LIFE TRANSITIONS

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You are a MIRACLE!



*Empowered to fully live and love.*

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## SEVEN STEPS FOR RELEASING

*The following seven steps can be used for releasing any person, place, organization, situation, experience or event that has limited, or is limiting you, in any way. It can also enable you to transition successfully through any life changes (or evoke needed change in your life) such as career changes, relationship break-ups, divorce, deaths, location moves, getting married or becoming a parent or grandparent. Answer each question honestly and openly.*

*(Note: In order to conserve paper and space, the questions have been listed without adequate space for writing your answers. Please use separate sheets of paper for writing as much as you desire for each of the questions listed below.)*

### STEP ONE: THANKFULNESS

What are you thankful for regarding being connected to this person, organization or situation?

What have you gained from being in relationship with this person or organization or being in this situation?

How has this person, organization or situation been important in your life?

### STEP TWO: GOOD TIMES AND POSITIVE EXPERIENCES

How did this person, organization or situation bring joy to your life?

What were some of your positive and fun experiences?

What were some of your heartfelt and meaningful experiences?

## STEP THREE: HOPES AND REGRETS

How did you expect the other person or organization to behave, or what outcome did you expect from the situation?

Do you wish you had behaved in a different manner?

What did you most want from the other person, organization or situation? Do you feel there is a lack of completion or closure?

What regrets do you have regarding this person, organization, situation or your own behaviors?

## STEP FOUR: DISAPPOINTMENTS AND DIFFICULTIES

Are you currently angry, sad or resentful regarding this person, organization or situation? If so, list these reasons. How do you feel about your own behaviors regarding this person, organization or situation?

List specific incidents that caused you disappointment and were difficult.

What was your greatest challenge? What was your greatest disappointment?

What decisions, attitudes or beliefs do you now have because of these disappointments and difficulties?

How are these decisions, attitudes or beliefs affecting your life now? How do you anticipate they will affect you in the future if not changed?

## STEP FIVE: FORGIVENESS

What people, organizations, events or situations lack forgiveness on your part regarding this issue? What about your own behaviors? What is the most difficult and/or disappointing thing to forgive related to this issue?

What is causing you to not forgive this difficult and disappointing thing?

How is this lack of forgiveness affecting your life now (i.e., emotionally, mentally, spiritually, self-esteem)?

If you continue to choose to not forgive, how do you expect it to affect you in the future?

## STEP SIX: REVIEW AND RELEASE (part 1)

List the positive events you can imagine happening for the other person or organization.

Write how this difficult and disappointing situation could be harmoniously and successfully resolved.

How will releasing this person, organization, situation or event change your life for the better? List some expected positive changes.

Is there anything that you are still holding onto inside yourself that you are either avoiding and/or afraid to address? If so, what is it?

## STEP SIX: REVIEW AND RELEASE (part 2)

Are you now prepared to fully release your memories and experiences regarding this person, organization or situation, both positive and negative, as well as your dashed hopes, regrets, broken promises, and disappointments? If you feel resistance, go back and review some of the earlier steps. List what STEP and issue(s) seem to be promoting resistance within you now.

If you remain “stuck” regarding being able to **fully** release this person, organization or situation, you can choose to release at the degree that you are able to do so right now. It can be a **process** of unfolding and releasing. If so, continue to go back over the previous steps in this handout until you believe and feel that you are ready to **fully and completely** release. In the meantime, you can say out loud the following affirmation (or something similar) in order to increase your objectivity and your ability to become free from the issue(s):

*“With the connection of my mind, body and spirit, I now release and let go of my misperceptions, hurts, fears, regrets, and guilt that keeps me stuck regarding \_\_\_\_\_ (insert name of person, organization or situation). I now choose to only allow that which is of my highest good within my thoughts, emotions, actions, body, spirit, energy field and life. It is done. So be it.”*

When you **are** ready to release this particular person, organization or situation, you can do so by writing a letter to God, your Higher Power, your Higher Self, an angel, a Spirit Guide or whomever you see fit to help you with this process. If need be, within this letter, request help to “let go” of whichever STEP is “weighing you down” and keeping you from experiencing a full release. Then, briefly and sincerely request, in written form, that you desire for all persons, events, experiences and situations connected to this issue to be released from you **NOW**. Visualize it leaving your mind, body (each and every cell) and spirit and moving out into the Universe. Strive to feel this release and also the relief that follows.

Instead of writing a letter, you could do a meditation or say a prayer that contains similar visual and feeling sensations as mentioned above. The following Meditative Affirmation is an example of an affirmation that can be utilized, and found beneficial, for this releasing process.



## Meditative Affirmation for Releasing

*“I now desire, and openly choose, to fully release \_\_\_\_\_ and all connected persons, events, situations, and experiences. No matter what happened in regards to \_\_\_\_\_, I know that I am a loving, deserving, worthwhile and lovable individual. It is over and I am safe. I honor myself for making it through. I am appreciative of the lessons I have learned and the wisdom that I have gained. I am grateful for every experience and situation related to \_\_\_\_\_, all of which have played a significant role in my life’s journey. Every day I love and accept myself more and more, and know that \_\_\_\_\_ has played an important part in this evolution. I appreciate who I am and who I am becoming as a result of \_\_\_\_\_. I now release \_\_\_\_\_ in its entirety. I am now FREE! Thank you, God. It is done. So be it.”*

You can use the above affirmation and/or create your own personal one.

**Here are a few questions that you might now desire to reflect upon:**

Do you now feel different about the person, organization or situation that you have addressed within the Seven Steps and now released? If so, how so?

Do you have a greater sense of clarity and understanding about this person, organization or situation?

*Do you now feel an inward resolve? Do you feel a sense of completion?*

Do you feel a sense of freedom and openness to experience new opportunities?

## STEP SEVEN: ENVISION AND EMBRACE (part 1)

What are your desires, hopes and dreams for your relationship with this person or organization or another one all together?

What would be the best, possible outcome resulting from your experiences with this situation, person or organization? In other words, where do you want to go from here?

## STEP SEVEN: ENVISION AND EMBRACE (part 2)

Once the above Step Seven questions are answered and listed, envision your “new life” regarding this issue. See it already happening within your life. Strive to use all five senses when connecting with this new vision for this specific area of your life. Truly **feel** it coming to pass. Be a part of this vision. Be in it. See yourself standing with arms outstretched, welcoming your blessings and desires regarding this issue. Surrender to this process by letting go of the “how” it will be accomplished and come to fruition. Instead, deeply and completely know that it **will** come to pass. Then state, “This or something better.” Do this on a daily basis and as many times as it comes to mind.

In addition, to assist you in “thinking outside the box” and help expand the manifestation of your blessings, answer the following question: What extraordinary thing, or things, would you like to occur regarding this issue? Hold the sacred space in your mind and your heart for the extraordinary things(s) to occur. Remember to “let go” of the “how” it will be accomplished and, instead, focus on what it is you desire. Put as much feeling with it as you can and see it already taking place. You can also choose to envision this on a daily basis and as many times as it comes to mind.



# Seven Steps for Healthy Life Transitions

The following is a wise and inspirational message from Mother Teresa which might help in both the “releasing” and the “envisioning” process of these Seven Steps:

The verses below reportedly were written on the wall of Mother Teresa’s home for children in Calcutta, India, and are widely attributed to her. Some sources say that the words below were written on the wall in Mother Teresa’s own room. In any case, their association with Mother Teresa and the Missionaries of Charity has made them popular worldwide, expressing as they do, the spirit in which they lived their lives.

*“People are often unreasonable, irrational, and self-centered.  
Forgive them anyway.*

*If you are kind, people may accuse you of selfish, ulterior motives.  
Be kind anyway.*

*If you are successful, you will win some unfaithful friends and some genuine enemies.  
Succeed anyway.*

*If you are honest and sincere people may deceive you.  
Be honest and sincere anyway.*

*What you spend years creating, others could destroy overnight.  
Create anyway.*

*If you find serenity and happiness, some may be jealous.  
Be happy anyway.*

*The good you do today, will often be forgotten.  
Do good anyway.*

*Give the best you have, and it will never be enough.  
Give your best anyway.*

*In the final analysis, it is between you and God.  
It was never between you and them anyway.”*

**- MOTHER TERESA**

# Seven Steps for Healthy Life Transitions

My personal message to you:

*“You are a miracle and so is your life. Divine energy surrounds you and supports your authentic self. Tap into this miraculous, magnificent energy and claim what you desire. My blessings and wishes of peace, abundance and great prosperity, in all areas of your life, go with you on a daily basis. So be it.”*

For questions or more information about these Seven Steps and this transformative, healing process, contact:

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Original *Seven Steps* transitional process developed by **Jane E. Hart** in **Spiritual Power Tools: Support for Your Soul** (2004)



*Empowered to fully live and love.*