

Seven Steps for Releasing the Year

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Steps 6-7: Final Release and Meditation

1. How do you see this past year now that you have completed the process?
2. How do you see the year ahead now?
3. What do you feel you need for your spiritual expansion in the new year?
4. Write a commitment to yourself for the new year. What will you do for your spiritual growth?

Complete your process using the meditation in the video for this lesson. Happy New Year!