

### The Release Ceremony

#### Purpose

To physically and spiritually release the weight of unforgiveness.

#### Step 1: Identify Your Weight (Do separately)

**Each PARTNER** writes on a piece of paper:

- A memory
- A resentment
- A repeated hurt
- A disappointment

Just ONE.

We're not emptying the whole vault this week.

#### Step 2: Name It Out Loud (Do together)

**One at time, each partner says:**

"This has weighed on me ... (name the weight)."

"I don't want to carry it anymore."

#### Step 3: The Release

**Tear the paper.**

**Drop it in a trash can, bowl, or basket.**

**Then each says to the other:**

"I release this to God. I am no longer holding you hostage. I am choosing freedom."

#### Step 4: Connection Reset

Hold hands for 20 seconds in silence.

Breathe deeply while doing this exercise.

The activity resets your nervous system, and reconnects you physically.