



## **Letting Go of a Beloved**

By Maureen J. St. Germain

I am so grateful for the wonderful experiences as a result of this relationship, this love.

I am so grateful for the pleasure it has given me.

I am so grateful for the opportunities to grow and experience life throughout the eyes of this beloved.

Now I am ready and willing to lovingly let go of this relationship.

I know that the releasing of my love will enable both of us to grow and expand.

I give myself permission to be a better love.

I give myself permission to know a better love for me.

This love pleased me for a time, and I may miss this one.

There is a season and it's time to let go.

I allow myself to appreciate all the magnificent things about this relationship that made it wonderful and easy for me to fall in love.

I lovingly remember our happy times and our mutual pleasures.

I release any belief that says I'm not good enough.

If I caused pain to my love, I forgive myself and resolve to learn from my mistakes.

I choose to live and love better – starting with right now.

This shift, this letting go, allows me to learn more about myself and others.

Being in love, knowing love brings us only great benefit.

We choose to release so that we may allow ourselves to love again.

If this is to be healed let it be healed in heaven and returned to us anew.

I release any and all attachments to making this healing take place in any form.

I release all hope that this love might be fixed.

Hope brings more hope keeping me stuck in an old environment, with old beliefs that ultimately disappoint.

I release myself from any bondage in this or any lifetime that this desire to be with this love could place me into.

I trust that if this relationship is to be resurrected, God is in charge, and God's healing love will assist us and will occur for everyone's highest good.

If there was any part of this love that was unhealthy for me or us, I recognize and ask for it to be healed.

If it is not in our best interest to be together at this time, I lovingly release this love with gratitude.

If my love disappointed me, I give myself permission to forgive and release this love with gratitude.

I recognize that my judgment of this keeps me bound to this love and can close me to new opportunities. So, I lovingly release this love with gratitude.

I surrender any attachments that I may have to having **this** beloved.

This love served me – for a time – and now I am choosing to release it.

I let go and I allow the Universe to bring me one who will please me even more.

When one door closes, another opens for me.

I can bring all the things I loved about this special someone into my awareness.

I love all the good that came from this love.

I count my blessings and I allow gratitude to flow through me.

I am now ready to give and receive a new love.

I now lovingly and willingly release my attachment to this one.

I now make room for an even better opportunity that awaits me now.

I believe I can and will love again.

I know that by letting go, I am allowing disappointment and loss to flow through me.

By allowing these feelings, I am releasing them so that I can move beyond this circumstance to a new place – knowing I will love again.

As a co-creator with the Universe, I can see that I have been instrumental in orchestrating this change.

It is a decision that honors me and pleases me.

This decision – to move from one beloved that pleases me to the new will please me even more.

I am in control by choice.

I am confident that this new life without this beloved will provide me with new opportunities to express my love, creativity and wisdom, and joy.

I now invite the angels to work with me to help me with letting go.

I direct both the angelic and devic kingdom to swirl through this love affair and collect all of my energy that may be deposited there and to place it into a crystal sphere inside my heart.

This crystal sphere will remain in my heart until a new beloved has been clearly identified and claimed. In this way, I have removed my attachment to this current beloved, so wherever I am – I am fulfilled.

I deserve to be happy in love.

I take time to appreciate all the good things that my love brought to me, and stay in a happy and grateful place around this, releasing all that did not please me.

I now open myself to new opportunity, new surroundings, and new joy.

This is my next now.

I invite the angelic realm and all of the devic kingdom to create a new vortex connecting me to my next happy circumstance.

This vortex will serve to draw it to me – and I to it. If I do not know what this is, I lovingly entrust this job of finding this life for me to these beings of light.

This new beloved already exists and is already mine at some place in creation.

I lovingly accept this new place of belonging into my heart.

I invite and request the elemental kingdom to connect to this new love to create a link to my heart.

I ask that all of heaven and earth move in to assist me in connecting there, and being centered so that I am fully in my heart.

Let this connection pull me to this new beloved.

Let this connection bring great happiness.

Let this connection serve as a bridge over the uncharted sea of unknowing, to a place of knowing, a place of recognition.

Let this new love be magnetized to me through my energy; let it be energized with my light and my love.

I ask the angelic kingdom and the devic kingdom to place a ring-pass-not around this new connection that makes it clearly mine.

This new beloved, with all of its energy from the angelic and devic community, will be attracted to me. Just as a puppy might gravitate to its potential new owner, my new beloved and I will be drawn to one another.

I lovingly release my need for the present situation, to make room for a new and different way of being.

I joyfully release this love to my heart so that the universe can create a new situation for me.

I joyfully release my old love to my heart so that the universe can create a new situation for me.

I surrender to the unknown, knowing that my future is a magical journey for me to discover with serenity and love.

I demand and command that it be done in God's name, according to God's will, and so it is.  
Amen.