Blue Lotus Mind Coaching & Training Find Your True North – Letter Burning Template



Dear	self love, from the i
When you	
you make me feel	

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I've decided that moving forward I'm go to let go and release any negativity I feel in response to you and your past actions.

I've realized now, that whether or not you have a place in my future, you came into my life to teach me lessons.
Thank you for the lessons you taught me about

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(Your name)



For my highest good, I release you now.	
Signed,	
Signed,	