

Complete & Release

February 2025 Insights

Insights (*noun*) – Your list of items - *acceptance, forgiveness, and change* to complete and release relationships that no longer serve you.

ENERGY

Understand that every relationship has a purpose, and a time. **Accept** the lessons each relationship teaches you and be grateful for the growth it brings.

Lesson – Remember, it's natural for some connections to end as we evolve.

GUIDES

Merlin and Clio are sharing three practices about completing and releasing relationships that no longer serve you. To move on from a relationship, you must **forgive**. Forgive the other person for any pain they may have caused you, and, most importantly, forgive yourself.

Lesson – Holding onto resentment only weighs you down. Release the burden of negativity, and let forgiveness be your guiding light.

MINDSET

It's important to **embrace the changes** that come with letting go. Understand that releasing old relationships creates space for new and enriching connections.

Lesson – Trust that the universe has a plan for you. By letting go, you open yourself to new opportunities and experiences.



My Insights Journal

Journal your experiences for this month below.

ENERGY

GUIDES

MINDSET

