

# Releasing the Past and Living a Life of Love

Whenever I send a message of inspiration it is one that I have had to reflect on and conquer myself. This has been a mission and lesson for the past several years and now has become my soul purpose of teaching.

[Release past hurts and move beyond them](#) - I have discovered that we can truly live life to the fullest and free our hearts from past hurts and pain, so we can fully love. The kind of love you feel from deep in the center of your heart and soul.

[What is Love and How Do We Describe Love?](#) - The connection a child feels from a parent, grandparent or mentor who has showered them with positive affection and attention, making them feel that they are the only one that matters.

The tingling feeling you get when you experience your first kiss

The feeling you capture when your child is born and placed in your arms for the first time

When you feel and smell the crisp fresh sheets when you snuggle in bed

The smell of a garden of Roses and Flowers

The sight of the fluffy clouds hanging in the sky on a beautiful blue spring day

Playing with a puppy and watching it run in circles chasing its tail

The sound of laughter or giggling

Feeling all senses at once as you drop from the top of a giant roller coaster

These are moments we would love to embrace every moment of every day. These are memories of joyful and blissful experiences. But each moment and experience, pleasant or unpleasant, makes you and molds you into the person you have become and will continue to be. We must see each experience as lessons of life that will lead you to the next lesson, and the next, and the next...It is part of our development and journey on this path called LIFE!

If you truly want to find that peaceful place you must release your past hurts and pains and not carry them with you to the next moment or relationship.

When you truly learn this technique you will find peace even during the toughest times and have an understanding that everything has a purpose, including you. Don't let love pass you by, learn to release the past so you open your heart and love fully!

## Daily Affirmation

I Am Loved, I Receive Love, and I Give Love Freely