



How To Release A Past Lover

Introduction

Hello and welcome to How to Release A Past Lover, I am so happy that you are here and ready to make that break. My name is Melissa, and I am a Psychic Medium from the UK.

The bulk of this course is information given to me from the spirit realm as well as my own experiences. Congratulations on taking the steps your inner guidance knows you need right now as I know it has been a rough road and it takes courage to realize you need to let go and start that process.

Throughout this course and after I will be here to support you, you can contact me at any time, and I will always get back to you to answer any questions you have. My email is Melissapsychicreading@gmail.com, and my Facebook page is www.Facebook.com/MelissaPsychic20

This course is short and simple, and it has been construction in a practical and easy to follow layout. I recommend you do 1 module a week to give you time to process the information and to carrying out the homework.

I hope you enjoy this course and get everything you need from it, and with that I wish you all the best and leave you with all my love x.



Module 1

Releasing Regrets & Learning Forgiveness

Releasing Regrets

When a relationship ends, it is easy to dwell on what you did wrong or what you could have done differently, and it seems that this is the first thing we go to.

This might seem productive—like you can somehow change things by reliving it and it is important to realize that unfortunately going over all the ifs and buts will not change what has happened it will only cause you pain. All dwelling does is cause you to suffer.

When you start revisiting the past in your head, pull yourself into the moment you're in right now. Focus on the good things in your life that you have right now, the friends and family who are there for you, the lessons you've learned that will help you with future relationships and everything else that you have going for you.

Working on forgiving yourself.

You might think you made the biggest mistake of your life and if only you didn't do it, you wouldn't be in pain right now. Don't go down that road—there's nothing good for you down there!

It is important to keep reminding yourself that you are human. You're entitled to make mistakes everyone does. From these mistakes you will learn from them and use those lessons to improve your life and for future relationships.

If you want to feel love again in the future, the first step is to prepare yourself to give and receive love. You can only do that if you feel love toward yourself. And that means forgiving yourself. We all make mistakes and the odds are that the mistakes in this past relationship were not all yours it may even be that it was not you at all.

The biggest mistake I find people blaming themselves for in broken down and toxic relationships is that they ignored the signs and only allowed themselves to see the best in their partner and if this is you then please do not change as seeing only the best in people is a beautiful trait and someone who abused should not make you change that.

Being open to signs for a toxic relationship is completely different and I urge you to keep being the loving person you truly are.



Module 2

Remembering, Re-Connecting & Separation

Remember the bad and the good.

Brain scientists suggest nearly 20 percent of us suffer from “complicated grief,” a persistent sense of longing for someone we lost with romanticized memories of the relationship. Scientists also suggest this is a biological occurrence—that the longing can have an addictive quality to it, actually rooted in our brain chemistry. As a result, we tend to remember everything with reverie, as if it was all sunshine and roses.

If your ex broke up with you, you may find yourself creating the illusion that she or he was perfect and you weren't. However, the reality is that you both have strengths and weaknesses and you both made mistakes.

Flipping it the other way you may find yourself in complete hatred for your ex-partner and are only focusing on the negative aspects of that person. It is important to try and balance the scales as if you find yourself going in either direction you can end up either putting yourself down and feeling awful or living with hate and anger.

Reconnecting with yourself.

It is quite possible that you lived a fulfilling, happy and content life before you got into this past relationship. Maybe you felt strong, satisfied, and happy, even if it was not with everything in your life, on the whole you felt good and whole. It is important now to try and reconnect with any people or interests that perhaps you forgot about or lost interest in while you were in the relationship.

Your true self, the person you once were attracted your ex-partner, and that person is still there inside you waiting to come out once again. That person inside you, that person you once were, will get you through this time and will attract the relationship you desire in the future, when the time is right, and you are completely ready.

If you find yourself unable to remember who you were, this week you are going to dig deep and remember who you are. If you never felt satisfied and happy on your own, this is the perfect opportunity to become the kind of person you'd want to be with, because you're going to be with yourself forever, regardless of your relationship status. And though someone else can complement your life, you are the only one who can fill yourself from the inside out.



Creating Separation

Hope of getting back with an ex can be a terrible thing as it keeps you stuck in the past of hoping to have a relationship with your ex-partner. It is not easy to end all contact with someone you have cared for given your precious time and energy and feel attached to them. Putting a stop to the contact might feel like ruining your chance of rekindling that romance.

You will be loved again and you won't spend the rest of your life by yourself. You will meet all kinds of people and have all kinds of possibilities for relationships if you can learn to forgive yourself, let go, and open yourself up to the amazing world and people all around you.

Whilst you keep that connection with your ex-partner you may not be able to fully move on. You may find yourself checking their social media, seeing if they are dating again, have they moved on etc. Or it may be the opposite they may be doing this to you and not allowing you to move on and be free. Either of you may be trying to gain the attention of the other through guilt or shame which goes without saying is very unhealthy. Creating separation is absolute key for your healing and moving on with your life.

This week's homework

Remember both the good and bad of the relationship and your ex-partner now and write them down to help you see them more clearly.

Remembering who you were pre-relationship. What's important to you? What do you enjoy?
What makes you feel alive?

Write down some ways you can create space and separation and create a plan of how you can see this through if you haven't already.



Module 3

Accepting Feelings & The Benefits Of Moving On

Accepting your feelings

The ending of a relationship can feel like losing someone similar to the death of a loved one, and it can also come with a grieving process. First, you're shocked and in denial, you don't believe it's over. Then, you can feel hurt, loss and guilt.

Then come the negative thoughts and feelings of you should have done things differently, If you done things differently you wouldn't be in this pain and going through this loss.

Then, you feel angry and maybe even start bargaining and may find yourself perhaps begging your ex-partner that It would be different if you gave it a second go.

You promise that you wouldn't be so insecure, defensive, or demanding if you were to start the relationship again. Then you might feel depressed and lonely when you realize how much you've lost.

Eventually, you start accepting what has happened and move your thoughts from the past to the future. You have to go through the feelings as they come, but you can help yourself get through them faster by following the steps laid out within this course.

It is very important for you to allow any emotions and feels that come through to actually come through and not burying down.

If you find yourself still having these thoughts and feelings now, after completely the first module please re-visit it and do the homework again until these thoughts and feelings stop being so intense.

The benefits of moving on.

When you let go of a past relationship, you give yourself peace and freedom.

Everything about holding on a past relationship is torturous and you feel regret, shame and guilt, you relive, you obsess going over all the if's & but's and, it all leaves you suffering.

The only way to feel peace is to quiet the thoughts that threaten your peace. Letting go opens you up to new possibilities. When you're holding onto something, you're less open to giving and receiving anything else.

If you had your arms wrapped around a huge pot, you wouldn't be able to give anything other than that pot, or grab anything else that came your way.

You have to give to receive. Give love to get love, share joy to feel joy. It's only possible if you're open and receptive.



Module 4

Releasing Fear

Recognizing and replacing negative thoughts with positive ones.

When you're holding onto a relationship that has run its course, it is usually more about attachment, fear of moving on and familiarity than love. Love wants for the other person's happiness, peace and contentment. Fear wants to hold onto whatever appears to make you happy so you don't have to feel the alternative and step into the unknown.

You might not be aware of these types of fearful thoughts because they become habitual. Some examples of these thoughts are: I'll never feel loved again, I'll always feel lonely, I am completely powerless.

Replace those thoughts with: All pain passes eventually, It will be easier if I help them pass by being mindful, I can't always control what happens to me, but I can control how I respond to it.

Embrace impermanence. Nothing in life lasts forever. Every experience and relationship eventually runs its course. The best way to embrace impermanence is to translate it into action.

Treat each day as a life unto itself. Appreciate the people in front of you as if it were their last day on earth.

Find little things to gain in every moment instead of dwelling on what you lost.

When you feel like clinging to experiences and people, remind yourself the unknown can be a curse or an adventure. It's up to you.

Final Homework

Write down your biggest fears of moving on from the relationship, then score them from 1-10 of most likely to happen and, you find that most of them will be less likely to happen and if they were to happen it would be nowhere as bad as your minds makes it out to be.

Write 5 affirmations that you want to see, feel and experience in your life and put them somewhere you will see daily.

Finally moving on with your life is so strong, courageous, amazing and good for you so for that congratulations. Enjoy re-connecting with your true self and stepping into a world of adventure.

All my love Melissa



A large, light gray rectangular area containing 18 horizontal black lines, providing a space for writing or drawing.

