

# Release Vows

## Negative Vibrations

1. I swear
2. I promise
3. I vow
4. I curse Positive

## Vibrations

1. I declare
2. I affirm
3. I state
4. I decide

## Words which can bind us

1. Shapath
2. Navas
3. Saugandh
4. Mannat
5. Oath
6. Pratignya
7. Shraap

## Words which can release us

1. Boon
2. I bless
3. I forgive