

# Benefits of Releasing Vows

To release vows is an ultimate challenge for your incredible future as it breaks the shackles of age old myths and superstitions which no longer matter for our evolution.

**BODY** : The inner and outer dimensions of physical health, fitness, and longevity become clear after releasing vows. We are able to fulfil our needs with satisfaction.

**MIND**: As you release vows, the mind-body connection aligns and optimizes your brain and mindset through positive neuroplasticity. Our intentions lead to our happiness.

**HEART** : Vow releasing helps to heal trauma, balance your emotional energy and deepen resilience at a deep level. Our heart desires bring us joy.

**SPIRIT** : The spiritual journey to self-actualization, genuine personal freedom, & awakening universal compassion is one of the by products of the benefits of releasing long held vows. Release of contracts thru spirit brings us love.

**RELATIONSHIPS** : This process of letting go also supports in optimizing your relationships with self-compassion, emotional intelligence & wisdom. We learn togetherness, unity, oneness and companionship.

**COMMUNITY** : In the long run, it helps to create nurturing, just and transformative communities for a more sustainable and healthy future. It increases our collective consciousness and leads to a healthier culture and nation