

# *free soul*



## The Hate Letter Ritual

This is an excerpt from a lecture by Lazaris, one of my favorite non-physical teachers

“The second method (for releasing suppressed anger) is the hate letters.

These are letters that you will not mail. If you are angry at someone at work, and you tell them, you will get fired. Therefore, write a Hate Letter instead.

“Dear so and so, I am writing you to let you know why I am so angry at you. Why I am so pissed off, why I hate your guts, etc.”

Write as much as you need to, and let it be released, let it come out of you. You are never going to mail the letter so be as totally honest as you can, but don't lie. Don't say things that are not true, don't say more than you mean. Because then it becomes a game, and the adolescent side of you gets involved.

Once you have completed the letter, sign it. Just sign your name, fold up the letter and tuck it away in what would be symbolically a hiding place. You know where it is, but you are symbolically going through the motions.

The tendency would be to hide the anger inside yourself, so instead you:

- Write the letter and you hide the letter.
- The next day, pull out the letter and read it, make it stronger. In this instance it is made more honest. Fold up the letter and tuck it away again for another day.
- The next day, take out the letter and read it, but do not skim read it. **READ IT.** And then page by page you burn it. One page after the other.

This brings it up from inside of you, onto the paper, and the second step shows you the symbology of hiding and discovering, hiding and discovering your anger, which gives your subconscious messages, and then it releases it through the consumption of fire.

You can write hate letters frequently or seldomly, however you want, and when it's done, you will feel it as a release.

If it's still there, you might want to do it again.”

**Additional Note from Tomma:**

When anger is very deeply suppressed, when it has been covered by taboos, by fear, or profound pain, it may be hard to feel the anger that has been buried... let alone feel hate. In that case just access what is there: the unexpressed emotion could start to come out as disappointment, or resentment, or irritation, or sadness over lacking something you longed for as a child... just be honest and write down whatever you find in your heart.