

## Subtle Energies & Intuitive Skills

### Forgiveness Prayers

1. Ground your body and energy, drop into Present Time, and kick back into your Meditation Sanctuary.
2. Greet, welcome and accept yourself with gratitude for all that you are in this moment.
3. Invite the subject of your forgiveness prayers with a spirit to spirit greeting. Use the prayers in full when asking for AND when offering forgiveness.

#### **Ho'oponopono:**

Say the following, while holding space for the subject, in any order. Repeat them as many times as feels right:

“I am sorry.

Please forgive me.

I love you.

Thank you.”

#### **I Forgive...:**

Say the following, while holding space for the subject

“I forgive you for any harm you may have caused me, directly or indirectly, across all time, space, dimensions and realities.

I forgive myself for any harm I may have caused you, directly or indirectly, across all time, space, dimensions and realities.

I forgive myself for any harm I may have caused myself, directly or indirectly, across all time, space, dimensions and realities.”

*Connecting Physical Presence to Spiritual Awareness and Mindful Actions,  
then Using them to Awaken and Serve.*