

FORGIVENESS TECHNIQUE

- Visualize the person in front of you.
- Say to this person: Namaste. The Divinity in me recognizes the Divinity in you. We are all children of God, we all make mistakes, we are all evolving.
- Continue saying: Thank you for forgiving me for all the things you feel or think I have done to you that hurt you, this lifetime and all lifetimes. Thank you for your forgiveness. (We can also ask for forgiveness in general to everyone we may have hurt in this lifetime and all lifetimes) I also forgive myself.
- Say: You are forgiven for all the things that you have done to hurt me, intentionally and unintentionally, this lifetime and all lifetimes. You are completely forgiven, you are released, you owe me no debt.
- Put your awareness on the Meng-Mein (chakra behind the belly button in the back) , the Back Heart chakra and the Crown. Inhale, as you exhale say: you are completely forgiven. Repeat 3 times.

May you go in your own way.

May you be blessed with all the things that you deserve, with peace, with love.

- Gather cords from the front of your body with two hands, hold them with one hand. Visualize an electric violet sword in your other hand. Invoke and cut the cords with determination, a couple of times.
Do the same thing in the back.
- Give thanks to the Supreme God and all the healing angels: Thank you for blessing me with healing, thank you for blessing me with love, support, strength (insert what you need most here).

