

Forgiveness Technique

1. Invoke for Divine blessings

(I always use prayer position over my heart when saying this, and take a few deep breaths to centre, ground and connect to myself and the inner stillness.)

Dear Universe, God, Divine beings of the highest divine light and love who wish to be present, my higher self, Angels, ascended masters of the highest divine light and love.
thank you for surrounding me with your divine love, blessings and healing energy
thank you for guiding me though this forgiveness prayer
Thank you for helping me to forgive and to release what is no longer needed
Thank you for this healing
And so it is!

(you can ask for help for anything really, as long as you ask for help from guides and ascended masters who are of the highest divine light and love. if you are unsure if a being is of the highest vibration you can challenge this being 3 times by asking if it is of the highest divine love and light, and it has to obey you, if after the third time it is not, you can ask it to leave and it must obey. This is a law of the universe.)

Other ideas:

Thank you for removing any blocks that might prevent me from releasing or forgiving
thank you for protecting me whilst i do this healing
thank you for....

2. Visualise yourself or the person to be forgiven in front of you and raise your hands at chest height, palms facing the person as if to bless them.

3. Silently say 3 times:

"Namaste, The divinity in me salutes the divinity in you, Namaste." x3

4. Say:

"We are all children of God, we are all evolving, evolution involves time, process and lots of mistakes. I have learned from mine, so can you."

5. Be aware of your Heart and Crown Chakras then say:

"Gods peace and love be with you. Namaste. God's peace and love be with me. Namaste. You are completely forgiven. Go in Peace. I release you." CUT CORDS (using right or left hand, starting at the top of your head, do a downward sweeping motion 3 times whilst saying cut also 3 times. all the way down your torso.

6. Repeat steps 3,4 & 5 at least 4 times, or until you do not feel the triggered energy there any more and you feel completely at peace and not troubled. Depending how deep it is you may need to come back at another time. Do what you feel you can.

7. Give Thanks to the beings and God who helped you.

(Similar or same as the invocation at the start!) Using prayer position or something that you like to symbolise stillness and inner connection.

Thank you Universe and divine beings, my higher self etc for this healing and all the guidance.
Thank you. And whatever else you would like to say!

8. Be happy and Free!