

## Pranic Healing Forgiveness Prayer/Mantra

This technique is very effective to sever energetic connections to past lovers, friends or family members or anyone you still feel anger or resentment towards. For anyone who had a relationship end badly or a recent event you can't stop thinking about, then please try this exercise!

First, we have to understand that we are souls and are here on earth today, shaped by lessons learned from previous experiences, to learn more lessons in order to evolve. Evolution, however, involves time, process, and (lots of) mistakes. Hence, we all make mistakes.

From the alchemical interpretation of the lines of the prayer of Saint Francis of Assisi, "where there is hatred let me sow love, where there is injury let me sow pardon and forgiveness", this simple technique is shared as taught by GrandMaster Choa Kok Sui.

*(Mudra is to put hands together on the heart; visualize in front of you someone you want to forgive & let go; inhale & exhale slowly; focus on your heart & crown chakras).*

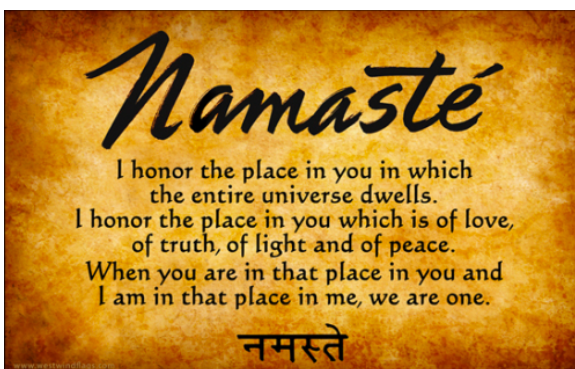
Say the following sincerely:

Namasté, Namasté, Namasté.

The spiritual being within me acknowledges there is a spiritual being within you. *(This part is important when you forgive. The realization here is that we are all spiritual beings who are in the process of evolving).*

Namasté, the I AM within me acknowledges the I AM presence within you. The child of God within me honors the child of God within in you. Namasté.

(Visualize his/her body disappearing and all you see is brilliant light for you are addressing at the soul level)



Namasté.

The divinity in me salutes the divinity in you.

Atma, Namasté.

We are all children of God. We are all in the process of evolving. Evolution involves time, process, and lots of mistakes.

I had my share of mistakes and learned from them.

So can you. I wish you the same.

God's peace and love be with me.

God's peace and love be with you.

You are completely forgiven. (3x)

May you be blessed with inner peace, inner healing.

May you be blessed with spiritual transformation & spiritual maturity.

God's blessing be with you. May you spiritually grow and evolve.

Namasté.

You are completely forgiven. Go in peace. I completely release you, So be it.

Atma, namasté. Go in peace.

(Be still. Be aware. Let the energy flow. Take a deep breath. Exhale and release.)

Cut cut cut! (Do this cutting action with both hands like you're cutting links in front of you)

I release you.

*Note: Repeat this exercise as many times as you like. It's the energetic way of releasing and letting go. 2-3x a week is good to start.*

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Resentments can get stuck in the chakras, and go deeper & deeper into the astral body then the mental body. Without letting go and forgiveness, spiritual development is difficult. You will keep hitting roadblocks (*which are basically your angers & resentments*) to success. Move on with your life. Learn your lessons. Let go of the past so you can continue to live with an open heart to welcome in more love and peace!

Although Pranic Healing is not affiliated with any one religion, they respect all religions and incorporate Universal teachings from many.

Credit goes to one of my teachers, Master Stephen Co,  
and the founder of modern Pranic Healing, Master Choa Kok Sui.  
With Gratitude, Respect and Love.



### Video Links:

<http://www.pranichealing.com/livingtheteachings/forgivenesschallenge>

<http://www.youtube.com/watch?v=6-oGmqoEUCw>



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