



# KAHUNA PRAYER OF FORGIVENESS AND MUTUAL RESTITUTION



*“The practice of forgiveness is our most important contribution to the healing of the world.”*

*~ Marianne Williamson*



This is one of the more powerful meditations to rebalance all of our chakras and spiritual bodies, all at once! This Meditation-prayer dramatically increases your energy level, allowing the perfect state of mana surcharge, which will enable many good things to happen.

This Meditation-prayer should be performed for 21 consecutive day period. If you fail to perform it one day, you should restart the count from the beginning, from Day 1.

After the 21 day period, the frequencial pattern for your general vibration will change for the better. This may be done whenever you want, but initially, it should be done for 21 consecutive days to perform the increase of vibrational pattern.

## **THE PRAYER**

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I AM seeking to eliminate any blockages that hinder my progress.

*Take a few minutes to forgive anything that has been bothering you.*

From this moment, I forgive everyone who offended me somehow in various different ways; the ones that slandered, harmed, abused, impaired or caused unnecessary difficulties on my path. I honestly decree to forgive those who have rejected me, hated, abandoned, betrayed, ridiculed, humiliated, frightened, and deluded my being in all my lifetimes.

I especially forgive those who provoked me until I lost patience and caused me to react violently, then provoked me to feel ashamed, with inadequate remorse and guilt. I realize and admit that I was also responsible for the attacks that I have received because I chose to trust repeatedly individuals that were negative; and that I have allowed them to let me make a fool of myself, serving them as their personal mirrors, so they could unload and learn about their own limitations and bad character. For long years I have endured mistreatment, humiliation, wasting of my time and energy in a futile attempt to get a good relationship with these creatures.

I AM now unconditionally free from the compulsive need to suffer, and free from the obligation to live along with negative individuals and in toxic environments.

I AM consciously now starting a new phase of my life in the company of friendly people, healthy, sincere kindred and competent souls. I share openly with them my noble sentiments, as I openly receive their loving thoughts in my world, while we gather together working for the progress of all of us.

I have decided to never again complain with myself or other soul, talking about hurts and negative people. If I happen to think of them, I commit to consciously remember that they are already forgiven and disposed of from my intimate life definitely.

I appreciate the difficulties that these people have caused me, which have

helped me to evolve to the level of ordinary human spirituality where I am now. I thank them for the opportunity to allow myself to experience its strength.

I realized consciously that every time I remember the people who made me suffer, I will appreciate their good qualities and will humbly ask the Creator to forgive them too, preventing them from being penalized by the Law of Cause and Effect, in this life or in other multidimensional lives. I consciously give reason to all the people who rejected my love, my presence and good intentions, because I recognize that each of them have the right to resist and repel me; I consciously choose not respond and get quietly get away from their lives.

*Pause and breathe deeply a few times, as you will need this break for the accumulation of manna!*

*Visualize the rain of blessings falling on all your bodies. Breathe more slowly and deeply a few times.*

Now, I sincerely apologize to all the people and sentient beings that somehow, consciously and/or unconsciously, I have offended, maltreated, injured, harmed, impaired, abused or displeased. I ask from them the gift of forgiveness and release. Let nothing but purity and goodness exist between our souls.

Analyzing and making probationary examination of everything I have done throughout my lifetime, I see that the value of my good deeds is enough to pay all my debts and redeem all my

faults, leaving a positive balance in my favor.

I am at peace now with my conscience.

*Breathe in and out deeply and keep your head up. Breathe deeply again; hold the air and focus to send a stream of energy to your Higher Self from the center of your heart. Relax and let the sensations reveal to you that this contact has now been established.*

Now I address a special loving message of hope to my Higher Self, as I ask for a fast-paced guidance, to a very important project I am visualizing and to which I am already working towards with dedication and love.

I thank my Higher Self and my Council of Light with all my heart. I acknowledge all the people who have helped me, inspired and guided me. In gratefulness, I acknowledge my teachers, guides, angels, ancestors, benefactors and their contribution to my life path. I promise to repay their kindness and guidance, working tenaciously for my higher good; choosing to be a catalyst of enthusiasm, prosperity and self-realization for all that I touch.

I commit and decree to do everything in harmony with the laws of nature, with the Law of One, and with the permission of our Creator, eternal, infinite, indescribable that I intuitively feel like the only real power, working in and through me.

**And So It Is...Thank You God!**