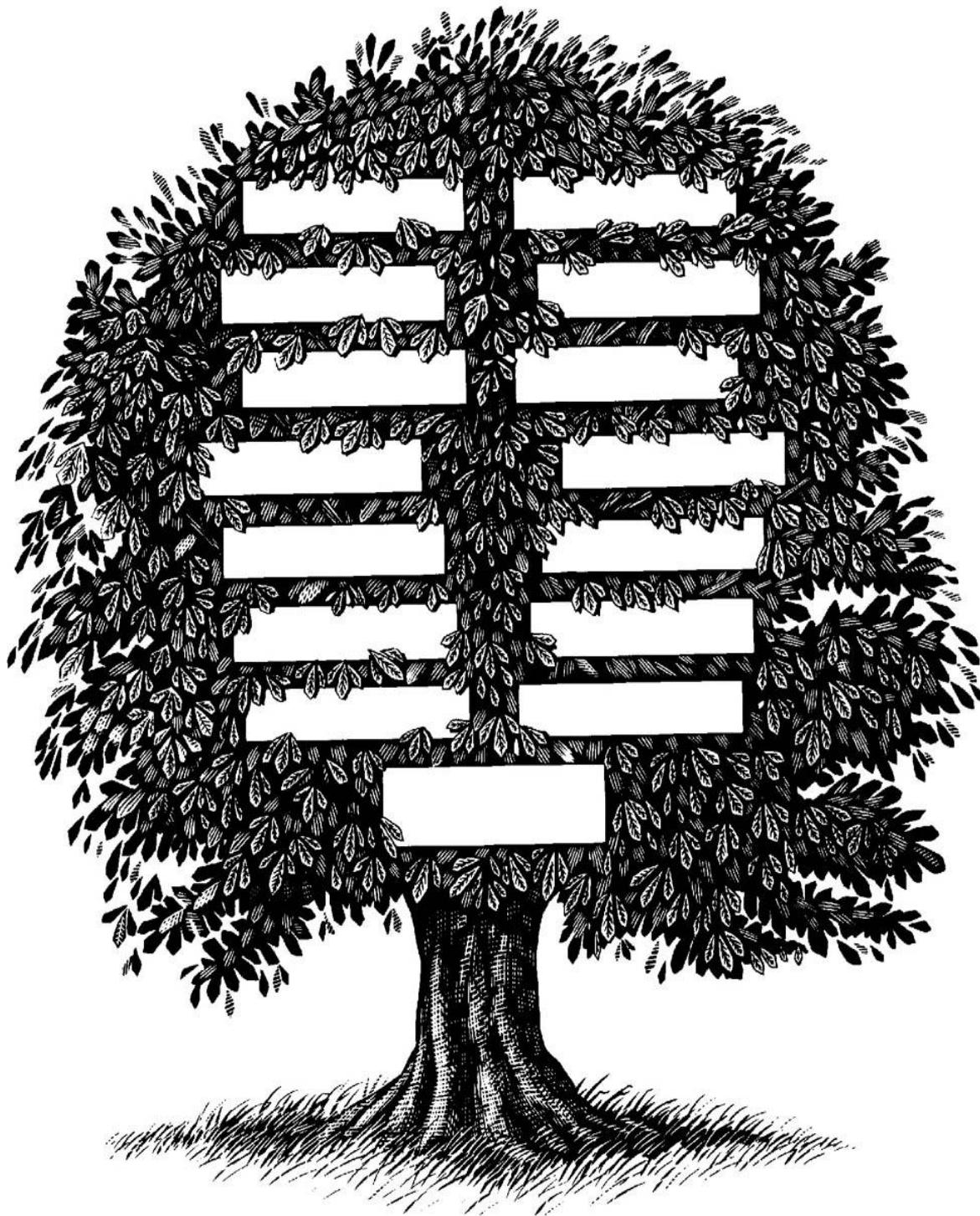


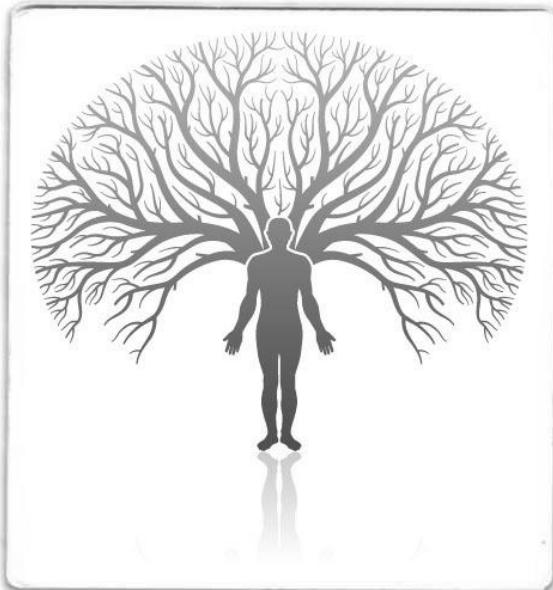
Ancestral Healing Prayers

"I praise my Father, my God, my strength, who infused in my head both soul and reason, who, to keep guard over me, did bestow my seven senses, from fire and earth, water and air: the mist and flowers, the wind and trees, and much skilful wisdom has my father bestowed on me."

~Taliesin, Song of the Macrocosm



Model of a Family Tree to facilitate Prayer visualization



Our Ancestors are the living beings that came to existence in the period before us, and through the sacred breath of their lives, gave us the dawn of our way of life among the constant weaving of Souls of the Earth through the millennia of time.

It is not always possible to have an inventory made of what were the negative aspects that were imprinted in our life script on account of their influence; but with awareness, we can greatly facilitate the release of that Karmic debris, which is highly charged with negative emotions, and prevent the continuation of this energy to the next generations. Much of the time, we tend to repeat patterns and compulsive behaviors that we are not really aware of how they originated. Without recollection of it, we cannot prevent their recurrences because they are karmic in nature.

Here are some of the recommended prayers that can start the Healing of

your generational tree and release their energetic baggage out of your life and the life of your descendants.

H'oponopono Prayer

To practice Ho'oponopono is to keep the energy simple, to clear all negativity through the understanding that everything that is presented in our lives is manifested to us to be Healed by us.

Ho'oponopono means "to make it right, to correct". We cannot find anything more appropriate to help Heal our lineage.

The "Keep It Simple" philosophy of the Ho'oponopono Technique makes it attainable for everyone. It only takes some diligence to remember to repeat the magnetic phrases to move yourself into alignment with all of the good your Soul has lined up for you. The four key phrases are **I Love You, I'm Sorry, Please Forgive Me and Thank You.**

You are repeating these four phrases continuously to yourself, not to anyone else, not to God or the Divine, but to yourself as a means of giving permission to the Divine to erase those thought patterns. This creates a cleansing of the old memories which try to reapply as experiences in our life. Once we are free from these old replaying memories, we are open and better able to clearing receive inspired thoughts given to us from the Divine.

When we act from inspiration instead of memories, the synchronicity and magic just flows, and life becomes alive!



Divine Creator of All, Father, Mother and ONE.

We (my ancestors and I) acknowledge our deeds and our faults, in thoughts, words, actions and omissions; we ask for the gift of self-forgiveness, self-acceptance, and the granting of Pardon from those we have hurt, mistaken and forgotten. May they know that we sincerely ask for forgiveness and exoneration of these emotional Karmic residues.

May this plea clean, purify, liberate and cut all the bad attachments, cords and relieve us all of vows and contracts that no longer serve us on the path of self-realization.

May all this debris, residue, and remains; and its manifestations as blockages, negative vibrations and heavy feelings be released and dissolved in pure Light. May this be done in according the Divine Will and be so decreed through the Universes, timelines, and different dimensions and frequencies.

We are truly sorry; we are all one inside of the Divine Light. We are love. Please forgive all of us.

And so it is.

Generational Healing Prayer

In the Name of Christ Consciousness, in the name of our sacred Earth that registered the footsteps of my Lineage, I (state your name) modestly ask the benedictions of the



Divine Light and manifestations of eternal love from every vibration of the Cosmic Mind, to travel down to the roots of my genealogic tree, as a balm of forgiveness and absolution.

May this blessing be bestowed upon my ancestors, releasing curing and healing old wounds, old patterns and compulsive behaviors, transmuting, purifying and alchemizing all the negative aspects of their actions into luminous Light.

I volunteer today to be their voice, as we acknowledge our shortcoming and faulty attitudes, we release into your eternal source, with the vibration of Christ-consciousness, all the negativity from all the generations that came before me, and we all are integrated, perfected and restored to the original beauty that we were always meant to be and represent.

And So It Is, Amen, Om Shanti Aum