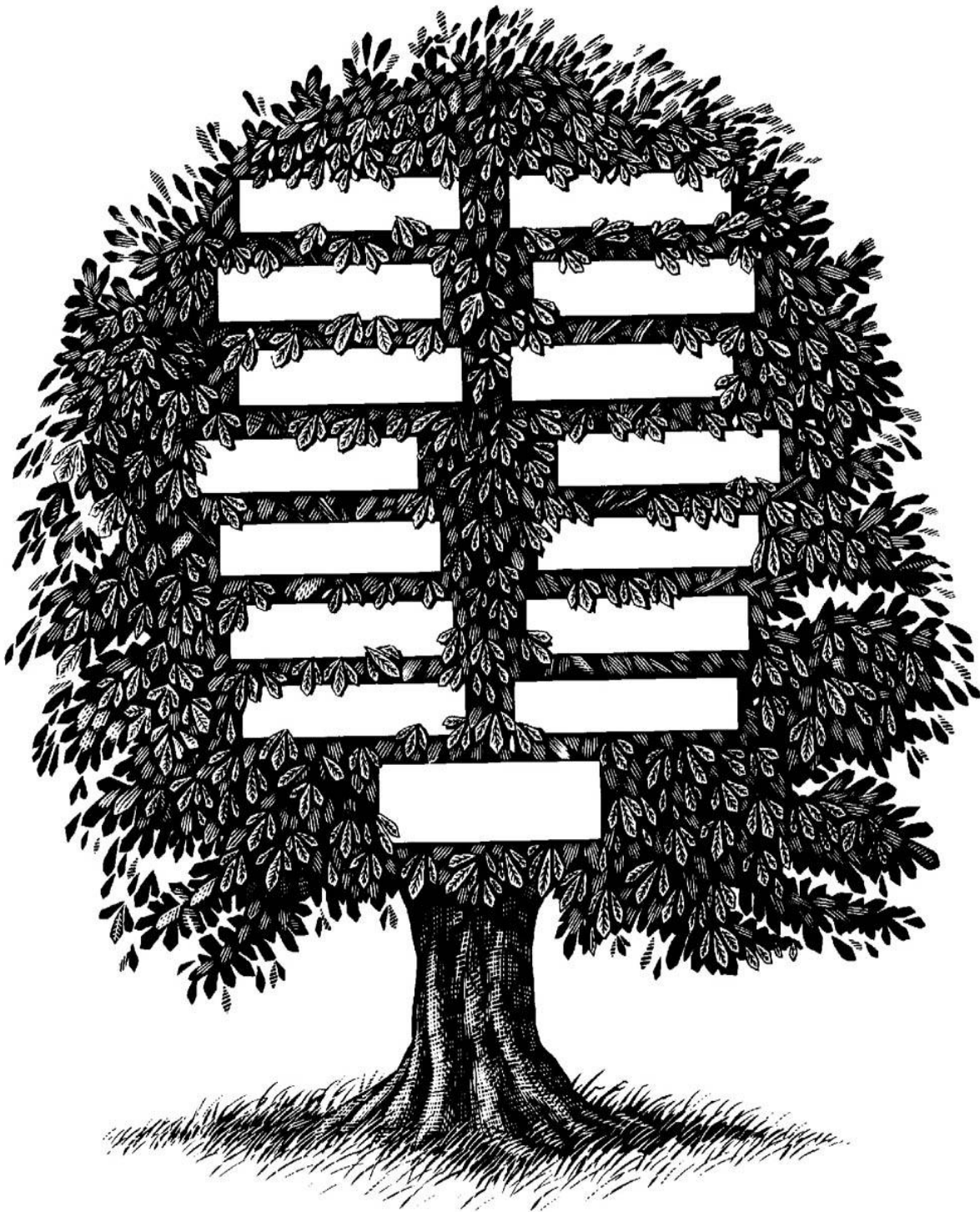


The image features a glowing blue human silhouette centered vertically. Above the head is a bright white starburst with radiating lines. The background is a dark blue gradient. At the bottom, a curved horizon of Earth is visible, showing clouds and landmasses. The title 'Ancestral Healing Prayers' is written in white serif font across the middle.

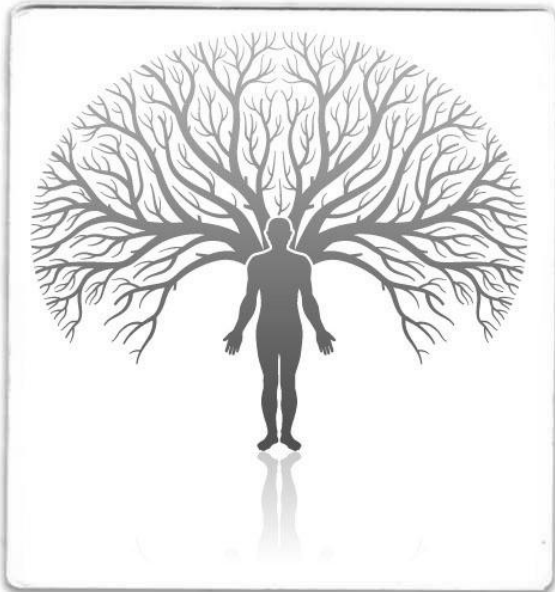
Ancestral Healing Prayers

"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 decedents.

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 live 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