

PRAYER OF FORGIVENESS

Inspired by Cristina Cairo

Instructions:

This forgiveness prayer should be said for your biological parents, even if you never knew them, because our unconscious 'blames' those who brought us to Earth.

Have discipline and perseverance to complete this prayer programme, and remember that your unconscious will try to sabotage your plan by making you forget to do the prayer on some days.

Do it properly so that the inner liberation and unlocking of your life happens, from finances and weight loss to happiness in love, because parents are the roots of your life.

Do it for three months, which is the 'psychic and emotional regenerative cycle', one day for your father and the next for your mother. Saying: 'Father who brought me to life...' or 'Mother who brought me to life...' because your unconscious carries the 'birth memory' from the time of pregnancy and will produce deep forgiveness.

It's important to do this prayer even if you think you have nothing to forgive. Know that if you're sick, lacking prosperity, unhappy in love, or attracting unpleasant situations, it's a consequence of your roots (parents) in your heart. We don't always remember what made us suffer in childhood, but the unconscious knows.

PRAYER OF FORGIVENESS

I forgive you, please forgive me.

You were never to blame,

I was never to blame either,

I forgive you, forgive me, please.

Life teaches us through disagreements...

and I've learned to love you and let you go from my mind.

You need to live your own lessons, and I need to as well.

I forgive you... forgive me in God's name.

Now, go be happy so I can be too.

May God protect you and forgive our worlds.

The hurt has disappeared from my heart, and now there's only Light and Peace in my life.

I want you happy, smiling, wherever you are...

It feels so good to let go, stop resisting, and let new feelings flow!

I forgave you with all my soul because I know you never meant harm, you just believed it was the best way to be happy...

Forgive me for holding onto hate and hurt for so long in my heart. I didn't know how good it was to forgive and let go; I didn't know how good it was to let go of what never belonged to me.

Now I know that we can only be happy when we let go of lives, so they can follow their own dreams and make their own mistakes.

I don't want to control anything or anyone anymore. So, I ask that you forgive me and let me go too, so your heart can fill with love, just like mine.

Thank you so much!

Inspired message by Cristina Cairo, at a moment of forgiveness

São Paulo, 05/04/2003

