

The Stellar Forgiveness Novena

This exercise should be done by sitting or lying down on your back. It is important to light candles, incense, to make grounding process and invite your guidance.

Say out loud:

"I would like to do an exercise in forgiveness with myself while I meet my inner child".

Envision your inner child standing in front of you. Hug him/her and tell him/her:

"I am now undergoing a very powerful process of aligning my soul with the laws of creation so that we all may be healed. Thank you for being part of my process for learning to love and respect myself and release anger and grudges.

I, (name), love myself, I have confidence. I learned my lessons and learned to connect with my inner strength. I'm not afraid anymore. I'm brave. I am enthusiastic. I am happy, abundant, and successful. I am satisfied and happy with my achievements.

I want to tell you that everything we have been through together, was designed to strengthen me and help me elevate to my most realized self and highest potential of love. And today I am proud of myself and ask you to connect with me, to all these qualities."

Envision how you merge with your inner child, embrace him/her, and become one.

Before you begin this exercise, make a list of the people you have hurt in the past and have been hurt by, in order to do the forgiveness process with them.

This exercise should be done by sitting or lying down on your back. It is important to at least one light candle, or some clean incense of frankincense, palo santos or sage to connect you to all the divine elements and ignite your divine guidance.

Step 1:

Say at loud:

I am now going to do a forgiveness exercise.

I, <Name>, invite to this process of forgiveness: (say the name of the person and envision him/her standing/sitting in front of you). As you envision the chosen figure stands near you, take a half step towards the person, and say to him/her:

Please forgive me for all the bad things I did to you in the past, in this incarnation and other incarnations, this dimension and in all dimensions, in this universe and in parallel universes, intentionally and unintentionally. I am sorry. I did not mean to hurt you. Please forgive me. I forgive you and I love you.

Repeat this 5-10 times, if necessary, until you feel inside relaxed and forgiven.

Step 2:

After you finish the process, take a step back from him or her and say to this person:

Now, I want to tell you about all the wrong things you did to me.

Start by telling him or her everything that sits in your heart. Don't leave anything inside. Tell him or her everything you did not like, things that hurt you and what you didn't receive or should receive. At this point, it is possible to express yourself as you wish. You can scream, cry, hit a pillow and so on. Allow the emotions to wash thru you and out, since they do not belong to you, but feel very real. You can give your imagination free will. Give yourself the opportunity to say everything that sits in your heart. Take out all the anger and frustrations.

After you finish, take a step back and say: *“Now, I forgive you and I forgive myself for everything we have done to each other in this incarnation and other incarnations, in this life and other lifetimes, in this dimension and in all dimensions, in this universe and in parallel universes, intentionally and unintentionally. And now, from this moment on, I wish to release any negative energy connections that*

existed between us in this incarnation and other incarnations, in this dimension and in all dimensions, in this universe and in parallel universes, intentionally and unintentionally.

It is highly recommended, to repeat the statement as much as necessary, until you feel relieved.

When you finish the process with this person, all you need to do is to dissolve the figure and the exercise ends.

Release old beliefs, paradigms and the soul oaths, vows, promises, contracts, and agreements:

I, <Name>, ask from the Loving Creator of All That is, from the Pure Source of all creation and from my Angelic family who are helpful, loving, and wise from 100% light and love to dissolve, to heal and release me from the following:

Old beliefs that no longer serve my highest and best and all the soul oaths, vows, promises, contracts, alliances, and agreements that connect to those beliefs that I have taken upon myself, intentionally and unintentionally, in this incarnation and other incarnation, in this dimension and in all dimensions, in this universe and in parallel universes.

I am now healed, have corrected my actions so that I may find balance, peace, and equanimity and be released from incarnating again on the wheel of karma to repeat a similar situation in order to rise above it. Instead, I no longer need to jump back on the wheel of karma for another similar experience with you. Instead, I am not released from any soul oaths, vows, promises, contracts, and agreements connected to you from now on and forever. May you and I and all Beings be happy and free.

Amen. Thank you. So Be It.