



MARIE BOWSER ACUPUNCTURE TRANSFORMATIONAL WELLNESS

Forgiveness Ritual

Prep:

- Deep inhale and sigh 3x
- Gratitude generation – Sit and contemplate your blessings
- Dedicate the following ritual to your spiritual growth and to the benefit of all.

Opening:

- “I ask that The Divine, the 4 Directions, the 3 Times, all Divine Servants, my Personal Guardians, Guides, Teachers, and Healers be with me now.”
- “I ask that a Golden Sphere of Divine Light Surround me and this space now for the sacred healing work done this day.”
- “I ask that two Divine Servants guide _____ into this healing space.”

Stage 1:

- “I forgive you for any and all harm you have caused me in this lifetime or any other.”
- “I ask you to forgive me for any and all harm I have caused you in this lifetime or any other.”
- “I ask that the Divine and All Beings within all directions and times Forgive us now.”
- “I Forgive Myself... I forgive myself... I forgive myself...”

- “I ask that all energy that truly belongs to you be lifted from me and returned back to you as a Divine Healing Light – Reintegrating back into your being on all levels, within all realms, within all timelines, and all the way down to your DNA”
- “I ask that all energy that truly belongs to me be lifted from you and returned back to me as a Divine Healing Light – Reintegrating back into my being on all levels, within all realms, within all timelines, and all the way down to my DNA.”

- “I ask for a Divine Guardian wielding a Wisdom Sword that can sever all ignorance and fear be here now.”
- “I ask that the Sword of Truth come between us now severing all spiritual and energetic cords and karmas between us.” (perform the action of cutting with your “sword fingers”)

Stage 2:

- “I now release you from any and all vows, agreements, promises, contracts, codes, or oaths that you made to me – both conscious and unconscious – that no longer serve your highest purpose.”



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- "I revoke and dissolve any and all vows, agreements, promises, contracts, codes, or oaths that I made to you – both conscious and unconscious – that no longer serve my highest purpose."
- "I revoke any and all magic that I consciously or unconsciously created towards you, any thought-forms, curses, spells, charms, incantation, seals, talismans, or belief systems that no longer serve your highest purpose – I now forever resolve and dissolve them into Divine Light."
- "I ask that any and all magic that you consciously or unconsciously created towards me, any thought-forms, curses, spells, charms, incantations, seals, talismans, or belief systems that no longer serve my highest purpose – be now forever resolved and dissolved into Divine Light."

Stage 3:

(Using "sword fingers" to perform a cutting action)

- (The Anatomy of your Being - Body, Energy, Spirit, and Space)
 - "I close these portals and their influence to my Body!" ~(cut)~
 - "I close these portals and their influence to my Energy, Breath, and Speech!" ~(cut)~
 - "I close these portals and their influence to my Mind & Spirit!" ~(cut)~
 - "I close these portals and their influence to my Home!" ~(cut)~
 - "I close these portals and their influence to my Work and Life Purpose!" ~(cut)~
 - "I close these portals and their influence to my Relationships!" ~(cut)~
 - "I close these portals and their influence to my Family and Ancestry!" ~(cut)~
 - "I close these portals and their influence to my Wealth, Talents, and Finances!" ~(cut)~
 - "I close these portals and their influence to my Inner World and Spiritual Body!"
~(cut)~
 - "I close these portals and their influence to my Friends and Social Network!" ~(cut)~
 - "I close these portals and their influence to my Children, Future, and Legacy!" ~(cut)~
 - "I close these portals and their influence to my Cultivation, Self-Mastery, and Discipline!" ~(cut)~
 - "I close these portals and their influence to my Spiritual Enlightenment!" ~(cut)~
- Imagine Severed Energy Cords receding back into your body and feeding your core channel – Strengthening, Widening, Brightening, and Expanding it along the vertical axis (connection to the divine, the cosmos, crown chakra opening). Imagine the same for the other person.



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Stage 4:

- “I now ask that your spirit be safely escorted from this sacred healing space back into his body.”
- Visualize your body releasing any additional energy that no longer serves you. This is a release of any energy that may have been magnetized to the energy your body has now released as a result of the ritual.

-Repeat: “Clear Clear Clear...” or “I ask to surrender”

-Imagine anything that doesn’t serve your spiritual growth falling away underneath the Earth

Stage 5:

- “I ask that any residual energy in this space that doesn’t belong in this space be gathered up, transformed into Divine Light, and returned back to whom it belongs.”
- “I ask that any residual energy in this space that belongs to me be gathered up, transformed into Divine Light, and returned back to me.”
- “I ask that any and all magical portals, doorways, dimensions, and energies of any form in all space and time that no longer serve my highest purpose – Be Now Forever...
-CLOSED (clap)
-LOCKED (wrap and lock pinkies while making fists)
-SEALED (open hands keep webs of pinkies and ring fingers together as you rotate you rotate and press the palms down) (DON’T GET OVERLY PERFECTIONISTIC HERE. DO WHAT FEELS RIGHT, MODIFY AS-NEEDED)

-Imagine all doorways to old karmas around you closing and fading away.
- “I extend gratitude towards
-My guardians, guides, teachers, and healers
-Towards all Divine servants
-Towards the 3 Times and 4 Directions
-And Towards the Great Divine
For helping me in this Sacred Healing Work done this day”
- “I ask that the Golden Sphere of Light that helped in this Sacred Healing Work be dissolved and returned back to source where it may be used for the highest good.”



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Closing:

- “By the All without Other
By the Two that are truly One
By the Three that play together
By the Five Rays of the Cosmic Sun
Be Bound to Benefit and Goodness
By Love – Be Now Done”
- Feel your energy rise high into the heavens and “Rest in the lap of God.”. Sit and Abide in the spacious clear state that you have created.

Source: Modified from and with Gratitude to my Daoism teacher Kelly Ryan Lake, LAc, DMQ and his teacher Jerry Alan Johnson, LAc DMQ