

# 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



# Table to track the 90-day cycle

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 61	DAY 62	DAY 63	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	DAY 78	DAY 79	DAY 80
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom
DAY 81	DAY 82	DAY 83	DAY 84	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90
dad	mom	dad	mom	dad	mom	dad	mom	dad	mom