

***Morning Prayer for Help, Guidance, Grace***

God, Holy Spirit, Lord, Light, Source, Spiritual Guides and Angels.  
(Any word or phrase that calls in the creator, and a all knowing consciousness that only heals  
and blesses us through higher consciousness and complete truth)

I offer you this day, each and every second of this day, and all of the results. I ask you to please  
lead me, guide me, direct me, with your light, with your love, with your truth, and with your  
Divine Blessings, each and every second of this day.

Please bring to me those you may bless me through, please bring to me those you can bless  
through me, and please be the Spirit, the Light, the Consciousness operating in, on, and  
throughout me each and every second of this day.

Please make me a pure instrument of your Light, Love, and blessings.

Please God, Please God, Thank you God.

I open myself now and receive the gifts of God today.

(Just be silent and open to let the gifts and energy fill you until you feel it is done)

(Close with Gratitude)

Thank you

# ***Prayer for Healing Emotional Trauma***

Divine Presence, (Use whatever name you have for the Creator)

I offer you this (Emotion) (Name the Emotion), along with all my unconscious, thoughts, memories, judgements, perceptions, expectations, desires, and opinions associated with this, (Emotion), ( Choose the same one as above) and all of the results.

Please take this out of me, and heal my thoughts, memories, judgements, perceptions, expectations, desires, and opinions associated with this, (Emotion),

Transform this all into your light, your love, your peace, your truth,  
Please God, Please God, Thank you God.

Add some Ho'oponopono to keep the connection to Light if you desire and continue the clearing of the data. **Ho'oponopono is the bold lettering below.** You don't need to say what's in the brackets below unless you want to. I normally will say all if it for the first one or two times, then just repeat what's in bold. When the emotions subsides or you feel complete then go about your day.

## **I love you**

(Expressing your love for God and calling in that Consciousness, connecting)

## **I'm sorry**

(for misperceiving this)

## **Please Forgive me**

You don't have to say the sentence below unless you want to.

(Please Forgive me all these memories, thoughts, judgements, perceptions, expectations, desires, and opinions associated with this Emotion)

## **Thank you for loving me**

(Thank you, it is done)

**Prayer of Forgiveness  
for Relationships**

Holy Spirit, God, Source,

*(Use whatever name you have for a Divine intelligence that is all knowing, all loving, omnipresent, and omnipotent, and only wants to heal and uplift you)*

I forgive *(Name of person you want to forgive)* completely and totally with your help, for any way they have hurt me, mentally, physically, emotionally, financially, energetically, or in any other way through thought, word or deed, knowingly or unknowingly, throughout all time, throughout all of my lives. Please help me to forgive them completely and totally now.

Please God, Please God, Thank you God. *(Use the same name you used above)*

Please help *(Same name of person as above)* to forgive and release me for any way I have hurt them, mentally, physically, emotionally, financially, energetically, or in any other way through thought, word, or deed, knowingly or unknowingly throughout all time, throughout all of our lives.

Please help us both to forgive ourselves completely and totally with your help, for any way we have hurt ourselves mentally, physically, emotionally, financially, or in any other way through thought, word, or deed, knowingly or unknowingly throughout all time, throughout all of our lives.

Please protect us both from hurting ourselves or others, knowingly or unknowingly.

Please help us both to love, respect, and be kind to each other. Please help us to love, respect, and be kind to ourselves.

Please bless each of us now, and give us and our relationship what is best for our highest good, now. *(no expectations, just let go and allow what's best for your highest good)*

Please God, Please God, Thank you God. *(Use the same name you used above when you started this prayer)*

*( Repeat the above Prayer 3 times)*

**Note:**

This Prayer is most effective if we can choose to let go of all judgement we have of the other person, as well as any expectations as to how we think our relationship with them should be. Let the higher consciousness you are bringing in through this prayer create changes in your perception, and release any perception that is causing harm, in its own way.

## **Ancestral Healing Prayer**

### **Prayer of Deliverance for Healing and Wholeness by Ron Roth**

Lord in Heaven, for myself, all my living immediate family members, all other relatives, and all our ancestors back through all time, back through all our lives: For all the people we have hurt, I apologize for our wrongs and ask for forgiveness. Lord in Heaven, I ask that you help all the people we have hurt to forgive and release us completely and totally.

Thank you, all you people, for forgiving and releasing us, completely and totally, back through all time, with God's help. Thank you, Lord in Heaven.

Lord in Heaven, for myself, all my living immediate family members, all other relatives, and all our ancestors back through all time, back through all our lives: I ask that you help us to forgive and release, completely and totally, all the people who have hurt us in any way, at any time, back through all time.

And we do forgive and release, completely and totally, all the people who have hurt us, in any way, at any time, back through all time, all with God's help. Thank you, Lord in Heaven.

Lord in Heaven, for myself, all my living immediate family members, all other relatives, and all our ancestors back through all time, back through all our lives: I ask that you help us to forgive and release ourselves, completely and totally, for all the times that we hurt ourselves.

And we do forgive and release ourselves, completely and totally, for all the times we hurt ourselves, back through all time, back through all our lives, with God's help. Thank you, Lord in Heaven.

With this release, Freedom, Peace, Power, and New Life, Lord in Heaven, we rejoice and give thanks for your Love, Life, Light and Perfection, which we are now receiving through your grace and blessings. Thank you Lord in Heaven. Thank you, Lord. Thank you. Amen.