



 **LifeSpirit Congregational Church**  
A Recognized NGO – Group Exemption #2739  
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## Releasing Ritual of the LifeSpirit

[Patterned After the Huna Ho'Oponopono]

### 1. *PEACE MEDITATION*

Center upon the *Peace of the I*,  
Allow calm to descend  
To the Subconscious Self (*Unhipili*)  
From the Higher Self (*Aumaka*),  
Through the Conscious Self (*Uhane*):

I am & will always be  
In my right place & time  
For my own growth & happiness.  
I experience the *Peace of the I*,  
Accepting the *Spirit of Life*,  
I deserve to be sustained  
By the *Waters of Life*.

[You may mark water circle on Third Eye.]





## **2. HA BREATHING**

7 rounds of energy breathing

In to a count of 7;

Hold for a 7 count;

Out for a 7 count (expressing “Ha!”);

Hold for a 7 count & repeat.

[Three Sharp Claps . . . ]

## **3. OPENING MEDITATION**

Here & now,  
I am in the Light of Love  
I am centered in my own Light  
I am forever in the Light.

[A candle may be lit.]



No negation may enter my Light  
For dark may neither abide



Nor penetrate the Light.  
All that enters my Light:  
That too is universal Light.  
Truly I am surrounded by the  
*Spirit of Life,*  
A Multidimensional Globe of Light:  
I radiate the Light eternal  
And receive it back again,  
Here & now.

#### 4. **REPENTANCE MEDITATION**

*Spirit of Life:*

If I or my family, relations,  
Ancestors or our past incarnations,  
Have offended in thoughts,  
Words or deeds,  
From the beginning of time  
To the present,  
Please forgive, cleanse & purify us.  
I forgive myself  
From the God/dess of my Being;  
Release, sever & cut  
All unwanted energies & vibrations  
We have created or accumulated  
And accepted from the beginning of time.  
Transmute all to pure Light.



Solar White Light Image

We are set Free,  
And it is done.



## 5. *CLEANSING*



*Spirit of Life:*

If I, my family, relations,  
Ancestors or our past incarnations  
Have offended in thoughts, words or deeds  
From the beginning of time,  
We humbly ask forgiveness  
Regarding -----.  
[Here state: premises, persons, objects,  
transactions, ancestors, etc.]

Let Divine Intelligence  
Include all pertinent information  
I knowingly or unknowingly have omitted.

Will you all forgive us?

*Yes, we are forgiven.*

Let this Water release us  
[Pour water.]  
From all spiritual, mental,  
Physical, material, financial  
And other karmic bondage, extracting  
These from our subconscious.



Release, sever & cut  
[Cut in the 6 directions  
Using a Blade, Wand or Hand.]  
The unwanted or negative  
Memories and blocks  
That tie, bind & attach us.  
Cleanse, purify & transmute  
All these energies to pure Light,  
Fill their spaces with divine Light.

Let divine order, Light, love,  
Peace, balance, wisdom,  
Understanding & abundance  
Be made manifest for us all,  
Through the *Spirit of Life*.

We are set Free,  
And it is done.

*"Spirit of Life:*

I, my family, relations,  
Ancestors or our past incarnations,  
From the beginning of time,  
Do a Spiritual Cleansing Release  
[Ho'Oponopono]  
Of -----:

[Here express: premises, persons, objects,  
transactions, ancestors, etc.]

Let divine intelligence  
Include all pertinent information  
I knowingly or unknowingly have omitted.



If there are any earthbound spirits,  
Other entities or intelligences,  
Or negative energies or vibrations  
Within, on or around he/she/it/them,  
I humbly ask forgiveness  
On behalf thereof;  
Let these be cleansed, purified & released  
To the path of Light  
By this Water.  
[Pour water.]  
No longer will these be earthbound.

We release them to the Path of Light;  
They release us (& this place).

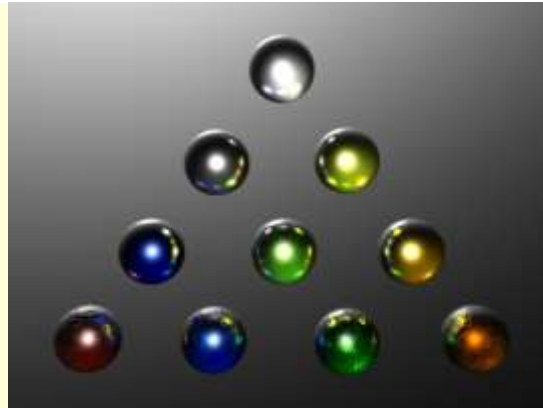
We, including -----  
Are set Free,  
And it is done.



## 6. *PEACE MEDITATION*

Peace be with you,  
The peace that is I,  
The peace that is  
The God/dess **I AM**:  
Peace for always,  
For now and evermore.

## 7. *RELEASE* [Mahiki]



*Spirit of Life:*

I, my family, relations,  
Ancestors or our past incarnations  
Detach ourselves  
From all involved in this matter.  
We cut all psychic connections:  
[Aka Cords]  
[Cut in the 6 directions.]

We are set Free,  
And it is done.

**8. *CLEANSING***

I/we mentally bathe my/ourselves  
From the top of the head to the toes,  
Seven times each, in the following colors:

**Purple**

**Yellow**

White

**Blue**

**Green** and

**Red.**



And it is done.

### 9. *TRANSMUTING*



*Spirit of Life:*

I, my family, relations,  
Ancestors or our past incarnations  
Transmute all released toxins  
And negative energies or vibrations  
To pure Light:  
I/we surround my/ourselves with  
The *Circle of Light*,

Centered upon the God/dess **I AM**:  
We are set Free,  
And it is done.

### 10. *CLOSING*

I/we thank the Subconscious Self (*Unihipili*),  
The Conscious Self (*Uhane*) and Higher Self (*Aumaka*)  
For participating & helping.  
May the **I** continually bless us.  
Peace be with All.  
And it is done.





[Three Sharp Claps . . . ]  
[Blow out candle.]

*GODDESS BLESS*

