

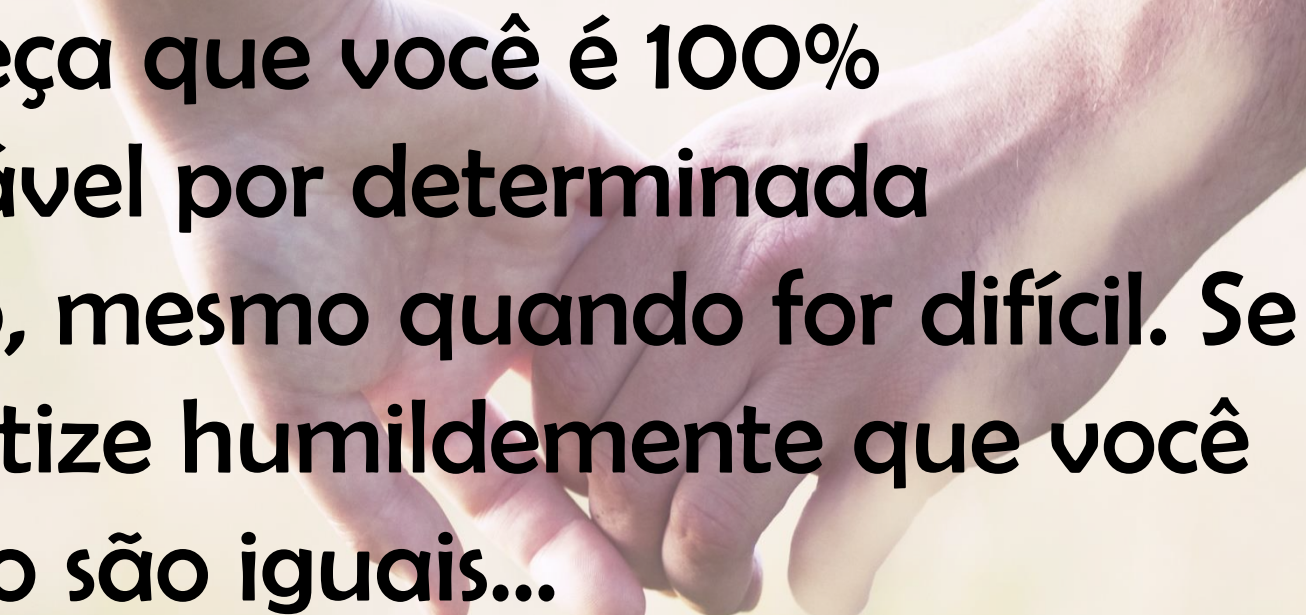
A close-up photograph of two hands, one appearing lighter-skinned and the other darker-skinned, gently holding each other. The background is a soft-focus field of tall grass with sunlight filtering through, creating a warm, golden glow.

Prática do Perdão Ho'oponopono



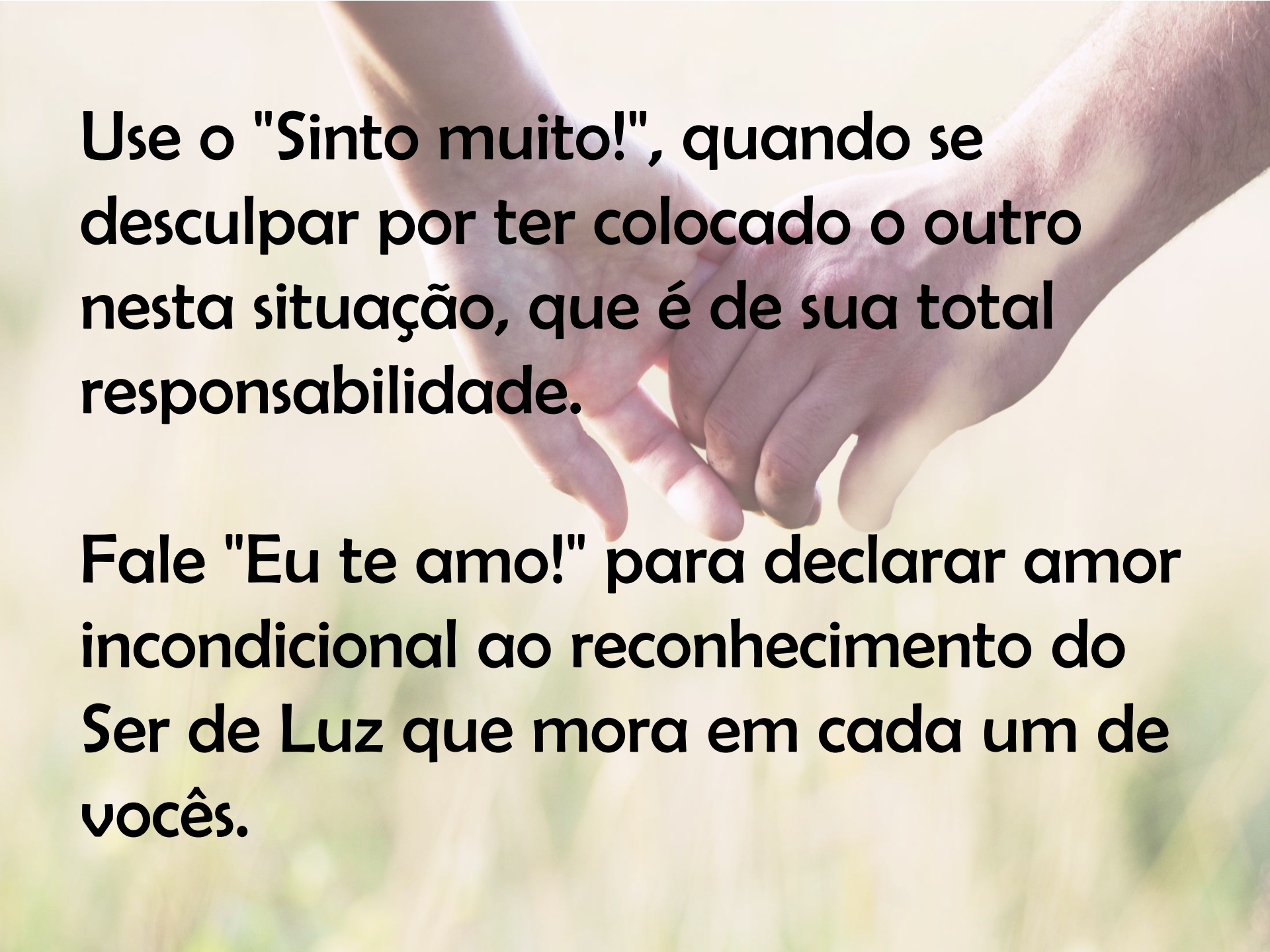
"Não queira compreender ou ter o controle de nada.

Simplesmente faça, acredite, experimente, tente realmente vivenciar na entrega total ao amor à sua Presença...

A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage. The lighting is warm and natural, highlighting the texture of the skin.

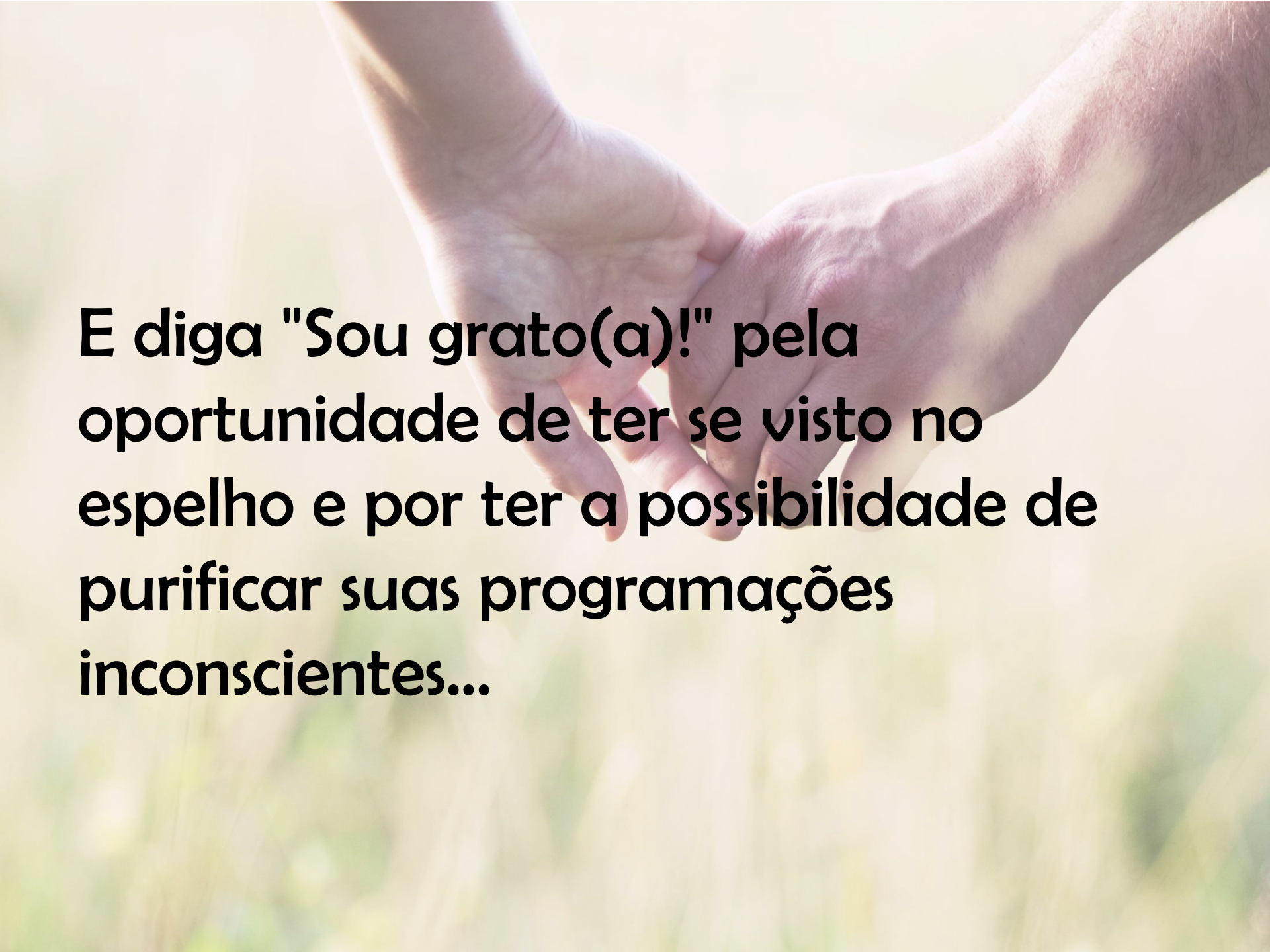
Reconheça que você é 100% responsável por determinada situação, mesmo quando for difícil. Se conscientize humildemente que você e o outro são iguais...

Repita as frases seguintes até o problema se resolver em seus sentimentos e situações.

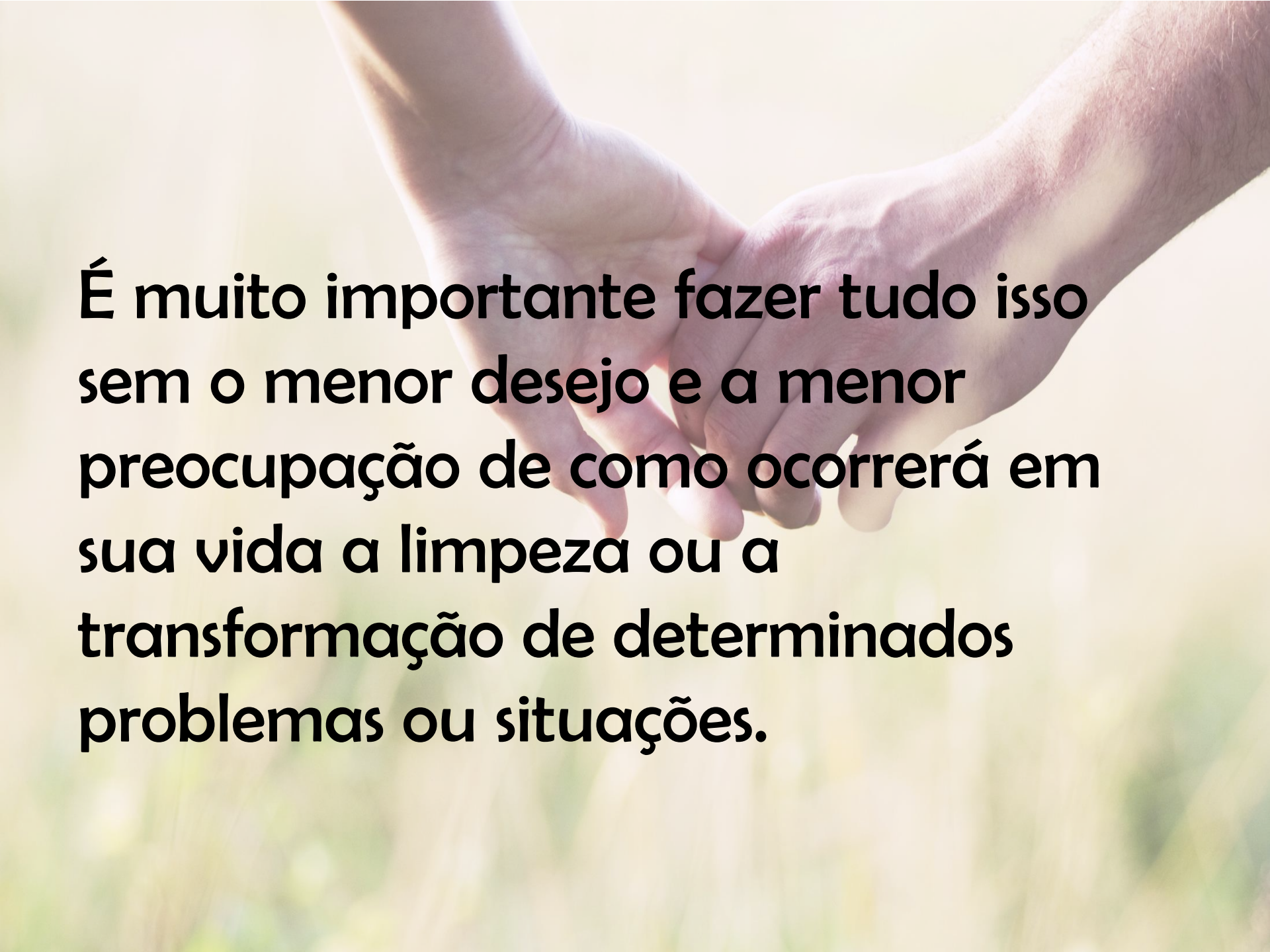
A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a soft, out-of-focus landscape with green grass and a bright, hazy sky, suggesting a peaceful outdoor setting. The text is overlaid on the left side of the image, in a bold, black, sans-serif font.

Use o "Sinto muito!", quando se desculpar por ter colocado o outro nesta situação, que é de sua total responsabilidade.

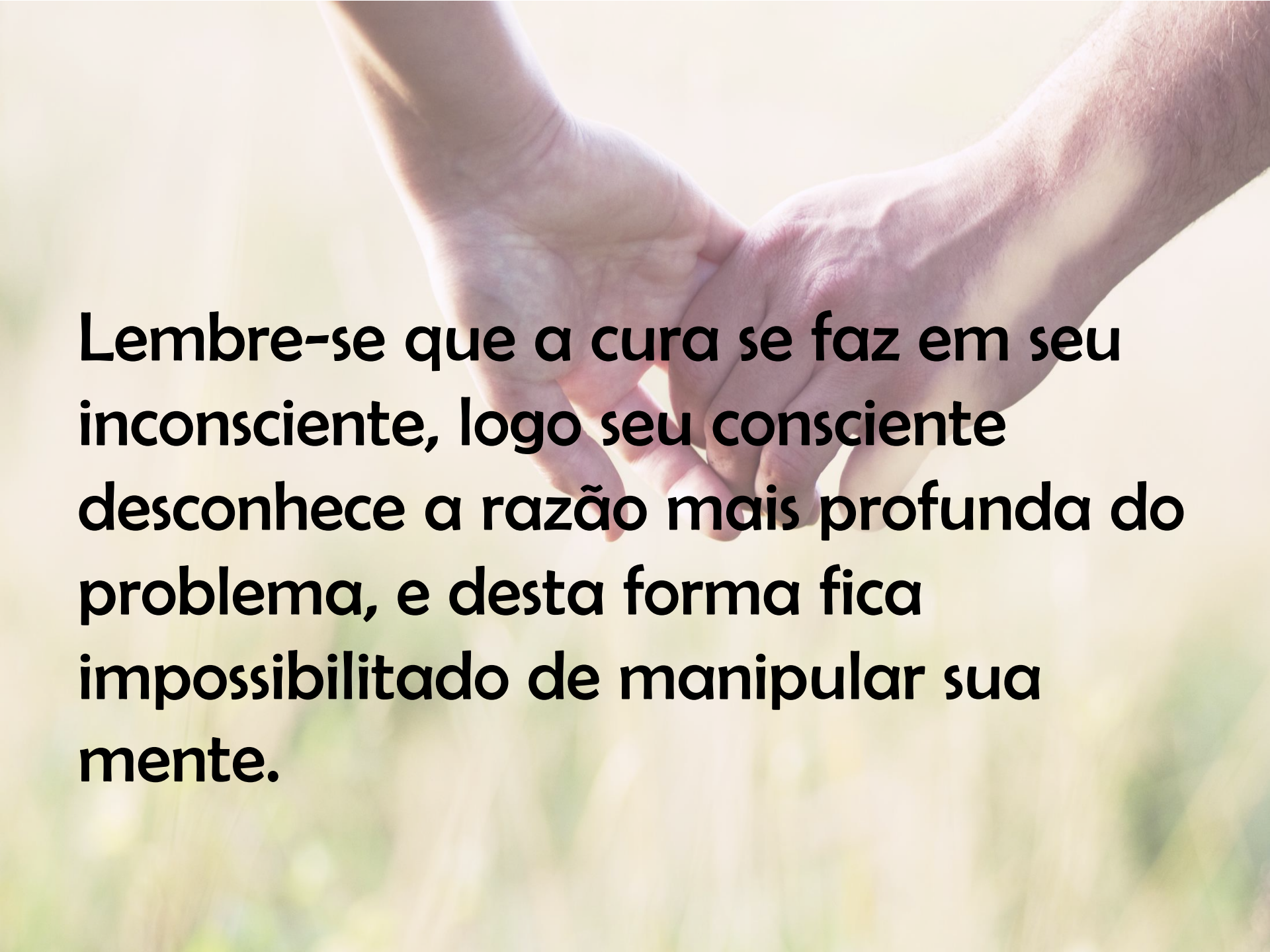
Fale "Eu te amo!" para declarar amor incondicional ao reconhecimento do Ser de Luz que mora em cada um de vocês.

A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a bright, out-of-focus field of tall grass or reeds, bathed in warm, golden light, suggesting a sunrise or sunset. The overall mood is one of support, connection, and hope.

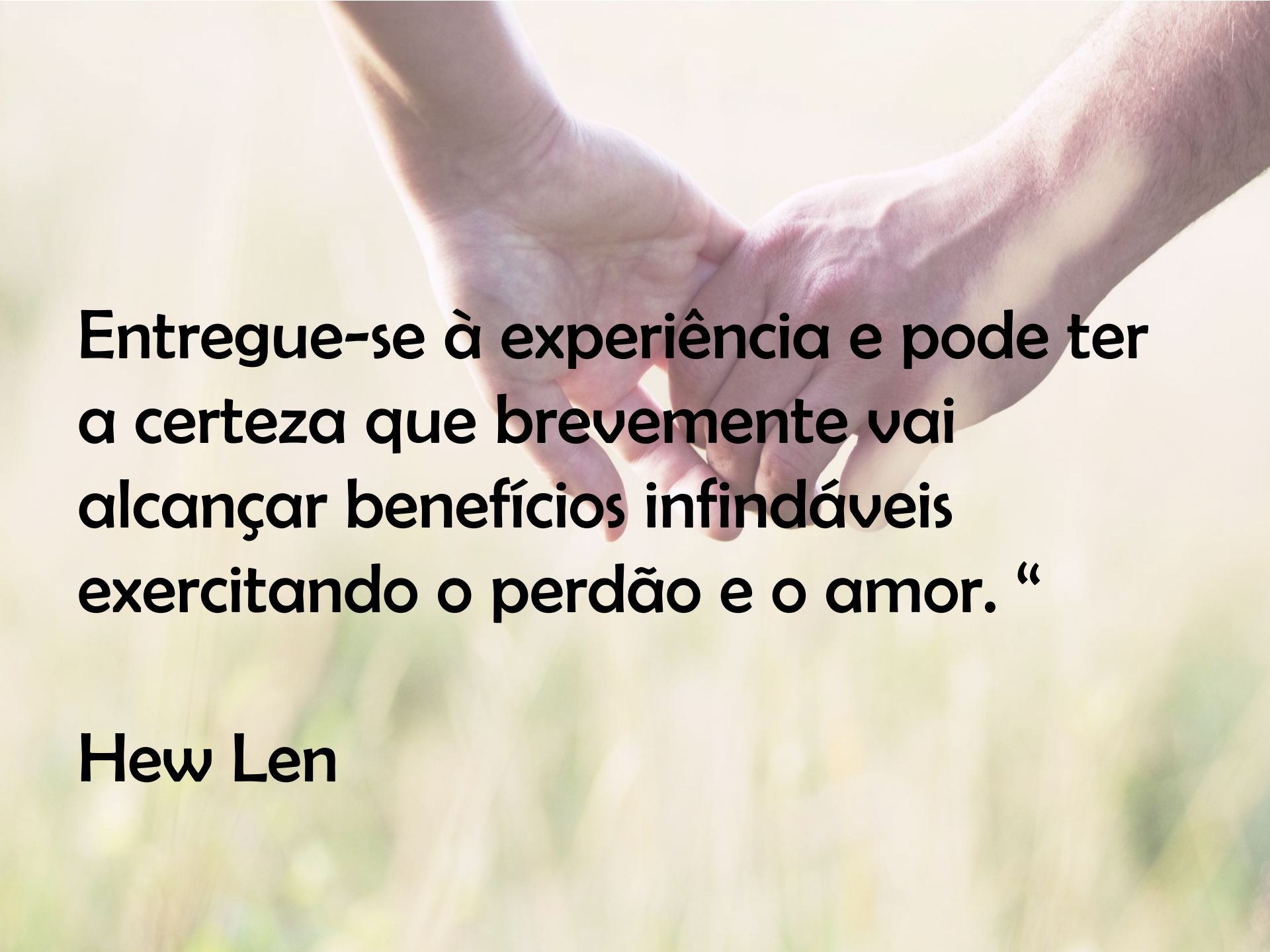
**E diga "Sou grato(a)!" pela
oportunidade de ter se visto no
espelho e por ter a possibilidade de
purificar suas programações
inconscientes...**

A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a soft, out-of-focus field of tall grass or reeds, bathed in warm, golden light, suggesting a sunrise or sunset. The overall mood is one of support, care, and tranquility.

É muito importante fazer tudo isso sem o menor desejo e a menor preocupação de como ocorrerá em sua vida a limpeza ou a transformação de determinados problemas ou situações.

A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a bright, out-of-focus field of tall grass or reeds, bathed in warm, golden light, suggesting a sunrise or sunset. The overall mood is one of support, care, and hope.

Lembre-se que a cura se faz em seu inconsciente, logo seu consciente desconhece a razão mais profunda do problema, e desta forma fica impossibilitado de manipular sua mente.

A close-up photograph of two hands, one slightly larger than the other, gently holding each other. The hands are positioned in the upper half of the frame, with fingers interlaced. The background is a bright, out-of-focus field of tall grass or reeds, bathed in warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and supportive.

**Entregue-se à experiência e pode ter
a certeza que brevemente vai
alcançar benefícios infindáveis
exercitando o perdão e o amor. “**

Hew Len