

**SPECIAL “MASTER-INSTRUCTOR ONLY” GROUP PROCESSES
STEP 4: FORGIVENESS PROCESS
(BASED ON THE “IET FORGIVENESS PROCESS” AUDIO PROGRAM)**

**Only IET Master-Instructors can lead this process,
however, anyone can participate in the process.**

Overview: The Forgiveness process begins with an overview presentation that sets the stage for the energy process. The Forgiveness overview presentation is not included in these notes. Rather, we ask that you please listen to the Forgiveness audio program and present the overview information in your own words to those participating in the Forgiveness process that you are facilitating.

The Forgiveness Process:

Step 1. Who to forgive: Identify three people who you would like to forgive:

- a) one person from your past
- b) one person currently in your life
- c) yourself

Step 2. Establish your heartlinks: Heartlink to Angel Ariel, all of the Healing Angels, and especially Angel Faith, Angel Cassiel and Angel Daniel.

Step 3. Prayer: As you are practicing spiritual selfishness, ask these angels to work with you and through you; as they guide you, direct you, surround you, and protect you. Ask that this forgiveness process be for the highest good and highest healing.

Step 4. Basic IET Ray: Use your Master-Instructor ability to reattune yourself to the Intermediate level. This is done in two steps. First, prepare your DNA with the 12-rotation DNA Attunement Symbol. Next, reach up and use the heartlink symbol to bring down a starburst of angelic energy and draw the Basic attunement symbol heartlink in the starburst. Place the imprinted starburst of energy in your heart.

Step 5. Mer-Ka-Ba: The Mer-Ka-Ba is the vehicle in which the human body and mind can be transformed by the power of love. The sacred geometry of the Mer-Ka-Ba is depicted as a three dimensional Star Tetrahedron. A star tetrahedron is created by taking an upward pointing 3 sided pyramid (tetrahedron) and superimposing it with a downward pointing 3 sided pyramid (tetrahedron).

a) Downward Pyramid: Imagine a downward pointing 3-sided pyramid (tetrahedron) with the point in the area of your heart center and the base up above your head. Now begin to rotate this 3-sided pyramid (tetrahedron) clockwise. As it rotates clockwise it will bring down the divine energies through the top of your head, through your third eye, down through your throat and neck and shoulders, all the way down to your heart. Rotate it faster and faster until it looks like a cone of energy starting at your heart and spreading out as it moves up above your head.

b) Upward Pyramid: Imagine an upward pointing 3-sided pyramid (tetrahedron) with the point in the area of your heart center and the base at your feet. Now begin to rotate this 3-sided pyramid (tetrahedron) counterclockwise. As it rotates counterclockwise it will bring up the earth energies through your feet, up, up through your legs, through your kidneys area, through your stomach and adrenals area, through your liver/gall bladder area up to your heart center. Rotate it faster and faster until it looks like a cone of energy starting at your heart and spreading out as it moves down to your feet.

Step 6. Combine: Combine the divine energy and the earth energy in your heart. Take in more and more and let the love in your heart build and build until your heart is overflowing with unconditional love.

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Step 7. Forgiveness energy exchange: Imagine the person from your past, the person from your present and yourself standing in a row about 10 feet in front of you.

a) Past: The first person is the person from your past who you would like to forgive. Have that person move closer to you until they are standing about 3 feet away from you. Imagine that you can take a starburst of love from your heart about the size of a basketball. Now add more and more love to the starburst by using your hands to pack the love into it. Hold the supercharged starburst of love in your hands in front of your heart, look this person in the eyes, and then slowly push the starburst towards the person from your past that you would like to forgive and experience them taking the love into their heart. Let them fully take in the love. Wait till the energy stabilizes. Next (this is often harder) see the person you are forgiving do the same. See them take some love from their heart. See them pack more and more love into a starburst. Look them in the eyes and let them place the love into your heart and just let it in. Let it fully absorb into your heart. Thank this person and have them move back with the others.

b) Present: The second person is the person currently in your life who you would like to forgive. Have that person move closer to you until they are standing about 3 feet away from you. Imagine that you can take a starburst of love from your heart about the size of a basketball. Now add more and more love to the starburst by using your hands to pack the love into it. Now hold the supercharged starburst of love in your hands in front of your heart, look this person in the eyes, and then slowly push the starburst towards the person from your current life that you would like to forgive and experience them taking the love into their heart. Let them fully take in the love. (Wait till the energy stabilizes). Next see the person you are forgiving do the same. See them take some love from their heart. See them pack more and more love into a starburst. Look them in the eyes and let them place the love into your heart and just let it in. Let it fully absorb into your heart. Thank this person and have them move back with the others.

c) Yourself: The third person is you. See yourself move closer to you until this image of you is standing about 3 feet away from you. Imagine that you can take a starburst of love from your heart about the size of a basketball. Now add more and more love to the starburst by using your hands to pack the love into it. Now hold the supercharged starburst of love in your hands in front of your heart, look into your own eyes, and then slowly push the starburst towards the image of yourself and experience the image of yourself taking the love into your heart. Let this image of yourself fully take in the love. (Wait till the energy stabilizes). Next see the image of yourself do the same. See this image of yourself take some love from their heart. See the image of yourself pack more and more love into a starburst. Look at the image of yourself in the eyes and let them place the love into your heart and just let it in. Let it fully absorb into your heart. Thank yourself and have yourself move back with the others.

d) The world: Hold your arms out to either side (don't strike the person on either side of you). You can imagine doing this if there isn't room to physically do it. Let the love from your heart flow out through your right arm to the three people standing in front of you, let the energy pass through these three people, and let that energy of love flow back to you as you take it in through your left hand and up your left arm all the way to your heart, thus, completing the circle. Now add more people standing in front of you that you would like to forgive. Add all of your family and friends, your neighbors, your enemies. Let the love flow out your right arm and into your left arm passing through all these people. Add

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more and more people until you see the entire population of the planet in front of you as the love from your heart goes out your right arm, through everyone in the world and back into your left arm.

Step 8. Imprint the Mer-Ka-Ba: Now invite the 3-sided pyramids of the Mer-Ka-Ba to stop spinning. Start making the pyramids smaller and smaller and let them merge back together into a Star Tetrahedron once again. Let this Star Tetrahedron float in front of your heart. Now move your hands closer and closer to each other, feeling the energy of love still flowing strongly from right hand to left hand and passing through all people on the planet. Keep bringing the hands together until your palms surround the Star Tetrahedron and are touching in what we call prayer pose. This will imprint the energy of the Mer-Ka-Ba into the chakras of your palms. From this time forward, whenever you bring your palms together, you will repeat this process in the blink of an eye. In the future, when you wish to forgive someone, simply bring him or her to mind and put your hands in prayer pose. This will activate the Mer-Ka-Ba and will create the energy of forgiveness.

Step 9. Final balancing and grounding: You can either hold your hands on top of your feet or place your left hand on your right knee and your right hand on your left knee.