

For the last five years, I'd been following all kinds of therapies. All of which had formulas in forgiveness. After having practised and devoted so much time with total sincerity, I believed to have forgiven the people in my surroundings and I truly believed not to have any kind of conflict with any of my relationships.

However, one day I realised that I had not forgiven my mother. Upon realising this, I felt a great discouragement.

One afternoon, overcome by the sensation of feeling totally helpless, produced by the useless effort, time and struggle, I had spent. I felt a pressure upon my back, as if a hand was pushing me towards the piano which was only a few steps away.

I sat in front of the piano and played a few notes, telepathically I started to receive words. I noted them down in a note-book which was near by. Perhaps I would not have taken any further notice, if it had not been for the fact that when I went to get up from the stool, I felt THAT I HAD TRULY FORGIVEN MY MOTHER.

The sensation I felt was in fact of lightness in my body, especially around my shoulders and neck, as if I had taken of an armoured coat. Simultaneously, I observed a series of sequences which

involuntary went through my head, all of which showed positive aspects of my Mother. Things I had forgotten, since I had focused on her the less pleasant aspects.

After that, I carried on without giving it much importance. Everything carried on the same, except for the fact that I stopped making mental reproaches towards my Mother and that I could not stop singing at home this «musical pray» as I began to call it. I spent hours playing on the piano, repeating this inexplicable tune, repeating it over and over again. It was not only towards me, but the atmosphere in my home, my family we were all wrapped in a wonderful energy of reconciliation, something simple which did not go through one's mind, but that was already there. That "something" came from playing the notes on the piano.

The effort in playing is like in all practises: in the beginning I had to play it for some time, for the reconciliation energy to emerge. The time for this reaction to appear was reduced the more I played, until it appeared within the first few notes. It came to the point, that this phenomenon even took place when I hummed the tune in my head.

The physically impression I felt, was an extreme sensation in my body of being totally relaxed, especially around my shoulders, neck



and head. This means around the areas were tension tends to accumulate, due to resistance in forgetting and in burying the past. I recently read a book on Taoism thought, which mentioned that tension and pain in these areas of the body were a result of blocked emotions which maintain the heart closed.

FORGETTING

After a few weeks a curious phenomenon started to occur. Although my family (Parents and Sisters) had moved to another province in 1966, and were living in Catalunya for the past twenty-five years, I began to feel that I was the only one who has emigrated and that my parents had remained in the city of Aragón, where we were born. I constantly had to stop and remember that my Mother and I were practically neighbours and lived only five minutes away from each other.

This curious happening went even deeper. For example I found that I could not remember my Mothers face. It was hard for me to remember her features, until one day I found myself obliged to recall if my Mother was died or alive.

I understood Perdon to be a neutral energy, which performs

like an undoing to the non-light, which is installed between two people. I also understood that forgetting is a consequence to Forgiveness and that this Forgiveness is not produced through will, but it's an unavoidable consequence, that which is forgiven is dissolved.

As a consequence of this new relocation regarding my mother, I stopped talking to myself condemning her of things which had happened when I was a child. If I had to describe this new state in which I found myself, I would say that for the very first time I was disconnected, a sense of having let go of my Mother. For the first time I could look at her without getting involved, impartially contemplate not only my pain, but her's also. I suppose 'untangling' myself from her, lead me to see her.





MY SPIRITUAL GUIDE

The first time I sang the mantra 'I AM', for half an hour, I saw with my physical eyes, how a substance of light, descended from above down to the height of my waist, it appeared to be a man dressed in a white tunic with a blue cloak. He had greying hair which reached his shoulders and his dark eyes were serious and deep, nothing I had ever seen before. After a few months I was told by a clairvoyant, that in my etheric plane, I was being accompanied by a spiritual guide and described this person to me with great detail, the same person which had shown himself to me during my song of pray 'I AM'.

I was told that his name was Amadeo and that he dressed like the ancient Greek. He said he was Pitagoras, who had also been Saint Frances of Asis and various historicals persons.

At that time, the subject of spiritual guides and channelling did not impress me and I felt a certain rejection on the whole matter. I was not easily lead by the beliefs of 'seeing' or believing in visualisations.

However, one day I sat in front of a lit candle and asked my spiritual

guide that if he was who he said he was and that he was always with me, specially at that moment, to give me a clear sign that I would understand without any need of subjective interpretations.

After approximately two minutes, the burning wick of the candle abruptly positioned itself in a horizontal angle, whilst a flame burnt at the base of this wick and the other end also burnt. Little by little the two flames started to get closer and closer to each other, until they were joint at the base, clearly forming a heart of light. After five minutes of maintaining this heart of light, the candle which was new started to melt and splutter. The candle was supported in a circular vessel; however, the melted wax fell down onto the plate and formed a great solid heart. It remained like this until the last bit of wax sunk into the heart and converted itself into a perfect reproduction of the vessel in which it was in.





THE WORKSHOP

On one occasion whilst I was chanting the pray of "Pardon", I saw inside my head a kind of photographic slide projected onto a screen. It showed a face which I could not identify and hands which made gestures directed at the photograph, somehow, following the words of the pray.

I understood that this spontaneous happening which had taken place with my Mother, was a consequence of listening to the song of pray "Pardon" and that you could work by using a photograph of the person you wanted to forgive. I therefore, started the practise of Pardon with members of my family and other people of my past.

On many occasions, the face of the person I worked with would transform itself. The men at times would appear with female features and women would appear with beards and a masculine appearance. In reality, it looks as if this pray seems to penetrate in some space of time, where this information is given to us, sometimes in our conscious mind and sometimes in our subconscious mind, depending on the karma we are processing with the person we are working Pardon with.

SHARING THE WORKSHOP

After practising this work for a short time on my own and in private, I started to hear telepathically the word "course". I had attend many courses and had done all kinds of therapies, in groups or individually and I had decided to take a break in this direction, because I felt a little bit saturated with so much information and blocked, like when the energy is asking for a change and one does not know which way to go.

In the beginning, I thought it was me who had to attend a course which I was missing out on. But one day, after listening various times this word, I understood that it was me who had to give the course, to groups and be able to share the information I had received.

However, the thought of speaking in public with regards to the workshop of "Pardon" produced a great panic inside me. I could not think of what I had to say, apart from explaining with gestures the song and a photograph. But, since I had a spiritual guide, I decided to ask him for help in my sleep. Upon awaking the following morning, I filled a note-book with information which came down



from above to me, to the right hemisphere of my head, something like an invisible electric cord. This also matched what the clairvoyant had told me, regarding my spiritual guide, with what he wore on his right hand side.

My spiritual guide told me that "PARDON IS THE MAXIMUM EXPRESSION OF LOVE" That Love is like glue, which brings everything harmoniously together. He spoke of energetic cables, through which we all communicate and that these cables are made of emotions which do not let love flow through. The texture of these cables is similar to that of smoke and more or less dark grey and dense, depending on the intensity of the resentment, I call them "non-light". Contrasting against the LIGHT, which manifests its properties in different colours.

To complete my work on PARDON, he gave me a visualisation called "The Visualisation of the Tunnel" which meant a meeting with the person you were doing Pardon with. The visualisation, turned out to be very useful when it came to observing the other person as someone worthy of compassion, someone defenceless, who conducts his life and specially his personal relationships, the best he can, guided by his level of conscience at that moment.

The fundamental result was that this gave us the opportunity for the energy of PARDON to manifest itself and allow oneself to step into the other persons shoes.

He said that PARDON was like passing down to the person practising this alchemic process of transforming ignorance into understanding. However, the most important phenomena in this, is that it dissolves karma. He also spoke of the essential conditions needed, for this work to get results.

- 1.- Give one's energy, meaning to do a ritual.
- 2.- Allow the work to be done (to open oneself up)
- 3.- Wait for the work to be done, for it to sink inside us, in order for it to produce the alchemic transformation and allow the transformation to flower.





WE ARE PRISONERS

One of the things that impressed me the most, which I wrote during the reception of my spiritual guides' message, was that those who hold a resentment against a person, are holding them prisoners, which means that when we feel that we are victims of someone for some reason or another and we tend to answer them back in a bad manner and have an ill feeling against them. Sometimes, for a long time we are in reality blocking the freedom of this person, up to the point of limiting their possibilities in evolution, due to the reaction in which these cables of non-light surround us.

He said that the LIGHT always conquers the darkness, but for this law to happen the LIGHT must be called upon. But, if however, to much "non-light" has been generated in that person, the LIGHT goes around them and passes over head and avoids going through them.

THE VEHICLES

He spoke to me of how energy conducts to another:

Resentment, is an energy that breaks up everything and uses the vehicle of dis-intregation through tension.

Love, is a substance which harmoniously joins everything together. The vehicle of Love is through being relaxed.

The vehicle of Conscience, is worked through the blood stream, that is why it is so important our food and the way we feed ourselves, our breathing and in maintaining our subtle channels purified with different methods.

The vehicle to detachment is through silence and the best channel for silence is through meditation.

The vehicle to a kind-heart, is through praying.

PARDON CONTAINS THREE ENERGIES

- I) Patience: Impatience is denying one's immortality. It's not acknowledging that we are eternally making our evolutionary process. Patience, leads us to Compassion, which means the capacity of placing ourselves in the other persons shoes.
- 2) Confidence: Is in rendering, it's the "here I am", it's the "beit Thy will". It's the energy which generates in an open heart, disregarding mental logic. When we enter this vibration frequency, we align ourselves with the vibrations of the Superior

Spheres and God and with 'Beings of light' that help us to be targets of the small and big miracles, which is nothing else other than a consequence of the correct synchronised alignment produced. Having Confidence in Faith.

3) Humbleness: Means integrating. When we don't fight towards what we receive, but accept and receive it as another experience, it is integrated without pain and it spreads, leaving behind only the usefulness of its teaching. Humbleness is the peaceful way to Love.

THE SIGN

A friend of mine, who is a therapist, after DOING a session on PARDON, asked me if I would like to give a course in a farmhouse near her home, where she gives seminars on healing and other spiritual activities.

My daughter then ten years old at the time, asked me if she could do this PARDON course, I suggested that she did it for me, with the intention of being able to feeling what kind of energy is received. However, she refused so I then suggested that she did it to cats, since she was allergic and could not be near these animals. We did not have a photograph of a cat, so I decided that a drawn picture would do.

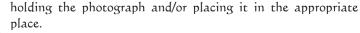
Upon arriving at the farm-house, we realised that there was a cat, but fortunately it kept its distance from her. The ceilings in the house were very high and everything was very open with a lot of ventilation, the cats' presence did not affect her in the least.

When the group had finished the course on PARDON, to every ones surprise, the cat walked in and went straight to my daughter, it jumped on her lap and started meowing and rubbing itself against her face. The most incredible thing was that she did not show any signs or symptoms of allergy. This situation at another given moment would have given her an asthmatic crises and she would have had to be rushed to hospital for treatment.

This episode proved various things:

- I) The authenticity of this practise proved that it was not my invention, but a transmission, something true and a real help to dissolve the energy which obstructs the harmony in relationships.
- 2) That a drawing can also substitute a photograph.
- 3) That the photograph or the representation of the person is the BEING of the person who receives the energy with the consequence of the reaction. This also proves the importance of

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2) That the person who received the energy is healed from the blockage which motivated the lack of harmonious communication, because the cat the main character in our story, as we saw, was shy and not at all sociable. However, it was able to walk through the group of people, conquering its' fears. The same can be said, that when my daughter got into the car to return home, the cat jumped into the car onto her lap and started to meow, this again was another of the cat's greatest fear. Later on with our experience, we were able to verify that the people who had received this treatment, has changed their attitude upon receiving the energy of PARDON.

'PARDON' DOES NOT LOOK FOR GUILTY PARTIES

Something which was every important for me to understand, was that PARDON does not look for guilty parties. The resentment occurs because we judge people, based on the circumstances and not on the Divine aspect of the seed; in them and that which we all have the possibility of developing.

In contemplating the Divinity in each person, this puts us at the head of the game in learning. In gratitude to our apprenticeship a new wisdom is born, which makes the circumstances forgive themselves.

Pardon does not look for guilty parties, because it goes much further than the opposites.

PARDON ALSO DISSOLVES

The different kinds of non-light energy that we exchange with people in our environment, keep us tied to karmic relationships, only nourishing resentment and indifference, blocking our emotional flow of Love.

OTHER PARDON

The practise of Pardon can also be done with one self, with animals, with things, countries and or situations. It is imperative to use a photograph or a drawing in its representation, in order to maintain the energy receptor of Pardon.





The treatment as duration of ten sessions, lasting ten days. Preferably, one session per day. However, it can be spaced out in having one session per week or by establishing another rhythm, always remembering to respect the ten sessions in order to live the progress of how Pardon works.

During the course changes will be observed and noticed. Especially on the 5th day, some kind of event will happen, related to the Pardon which is taking place at that moment, it might by spectacular or very subtle.

COUPLES WORKING ON PARDON

When I started working with married women and men, who pretended to want to better their relationship, we learnt what Pardon did between two people closely related, with the existing energy which is generally through karma.

What normally happened in these situations was that although they truly wanted to establish a deeper and harmonious relationship, the unexpected result was that they separated. One of the event's that clearly illustrated the behaviour of Pardon, towards a couple was a woman who was fascinated by this workshop and decided to do the course of 10 sessions towards her husband, in order to make peace with some of the things she had suffered from in the past.

When she started the Pardon, they were an ideal couple which nobody could possible imagine of separating. Upon returning from a session shared with the group, she felt an immense gratitude for everything that her husband had given her: a car, a lovely house, jewellery, a social status etc... A few weeks later, her husband went off with another woman, leaving her without a house, her social status and all kinds of economical problems.

Another story that repeated itself was that of a wife or husband who are on the spiritual path and found that their partner was blocking their way. The evolutionary path in both of them is diverged and an unsalvageable incompatibility arises. It apparently appears that someone in this situation wants to do Pardon, with the intention of changing their partner. The consequence of this practise ends up with a complete rupture.



In the first mentioned case, it is clear to see that the energy that united this woman with her husband was clearly a matter of material interest. The second case proves that the vehicle here was emotional dependence with all its countless forms.

After having done this work on Pardon and the emotional cables dissolved with the person we want to forgive, the only thing that remains between us is the energy of Light.

In the case of married couples, if their relationship is not based on Love, but is based on fond affection, economical dependence and on wanting to control etc... Upon doing this work towards the other person, the couple become separate. Whilst, if the relationship is based on Love and Communication, the couple are reinforced and enter a new stage of profound understanding and commitment.

The Pardon is a neutral energy that cleans everything that is not Light. The major energy of non-light is fear and that which comes from hatred, resentment, wanting to control and all other kinds of dependencies. The first time I asked my spiritual guide to give me a definition on Pardon, in order to understand it, he presented me with a black-board covered with words and a hand which rubbed

everything off. What was written, lets say would be karma and the hand that rubbed out the karma would be Pardon.

Therefore this practice means, that upon cleaning all that what makes a karma relationship, liberates us from all pass ties, either in this life or past lives.

One of the things that we discovered and which surprised us with this practise was that it gave great strength and an unshakeable decision making, to those people who wanted to separate from their partner, although the circumstances were adverse by either social pressure, feeling guilty, fear of being lonely, economic limitations etc...

As the work practise advances, during the ten sessions, the karmic factors which kept the couple together dissolves, helping them make decisions, however contradictory the situation may seem.

If a separation did not come about, the relationship took on new dimension and their life together would be more rewarding and harmonious.

Although, the consequence in practising 'Pardon' sometimes

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presents itself to be a devastating outcome, putting certain aspects of life in critical situations, in the long run it always turns out to be better for the person. It's also very frequent to see that when the old relationship ends, a new partner appears which falls in alignment with our frequency vibration. Clashing complete with our old karmic partner and offering us a compatible tántrica partner.

After having forgiven my Mother, a great new love started to wake up inside me towards the Earth and later on to the Mother Cosmic, The Virgin, since the physiological mother is mere luck between the people.

One of the most urgent Pardon is to the Mother. Out of all the individual sessions that I have done, this has been the most rewarding experience, for the spectacular changes that this experiment brings about, when the relationship acknowledges and reacts to the everlasting eternal principal of the true will between a mother and child, which is always to love each other.



ASKING PARDON TO THE FOUR ELEMENTS

One day while out walking, I read a poster announcing a pilgrimage by night to the Mountain Montserrat, going through forest land.

As always when I have to do something which requires physical effort, my Spiritual Guides "trick me" into believing that it is only a short walk without giving it to much importance, until I realise that where I was going, I would receive a message or would establish some kind of contract. This required a great effort on my behalf.

Since I was convinced that it was going to be a tranquil pilgrimage and that the people taking part would most certainly be elderly. My daughter who was fourteen then, a friend of mine and myself set out to meet at the church, where we would all be leaving from. Our surprise was tremendous, when we found ourselves with about two hundred people taking part on this walk, all of whom were much younger than me and the majority were professional hikers, accustomed to walking long distances and doing mountain climbs etc...

Well, we started to walk as if we were being chased. My daughter my friend and I were practically running. After walking for half an



hour, we started to climb the first hill, we couldn't walk another step, but through some mysterious reason we kept on going.

After walking for an hour, our torch stopped working and each effort that we made to catch up with any of the small groups with a light, made us fall further back into the darkness. The three of us were desperate with the pain we felt in our bodies, frighten by the darkness and not knowing the way.

Whilst we walked, thinking that this walk would never finish, I asked the Virgin, why were we making this brutal effort and she replied that when ever any kind of effort is made with a sacrifice, it is a way of cleaning hard Karma from this life or other past lives.

We walked practically up hill for 36 km. during eight and a half hours. When I arrived home, I decided to go to bed and recover from my tiredness. However, I noticed a book which I had never paid any attention to or read and which was on my bedside table.

The telepathic voice with which my Spiritual Guide speaks to me, told me to open the book. I obeyed and the page that was in front of me read: «PARDON TO THE EARTH", "PARDON

TO THE WATER", "PARDON TO THE FIRE" AND "PARDON TO THE AIR".

After each title followed a pray, asking for pardon to that particular element of nature for the possible bad use that we had made of it in the pass.

By that time, I had given quite a few courses and individual sessions on Pardon and this message made a great impact on me. After having slept for a number of hours, my girlfriend called me and asked if she could come round, to do a meditation. By the time she arrived I was already in my consultation room, where I meditate. She lit some candles and started to read "a beautiful verse" as she called it, from a booklet. It began to say: "Pardon to the earth" she read the pray and followed on reading all the other prays of Pardon for the other elements of nature.

When she finished, I spoke to her of the "coincidence". We then understood that the messages of the Earth and of the Virgin were the same, because the Virgin is the Spiritual manifestation of the physical body of the Earth. And we understood that we had to sing the song of Pardon for all the Earth Elements.

One day when I was alone in the Shelter, doing the Pardon of Fire, I had a mental vision whilst looking at the flames. I saw small individual vessels moving around the streets and avenues, at a height of approximately two or three metres. I saw large quartz, fields of gigantic quartz, whilst in my head I kept hearing the word "Atlantis, Atlantis". I saw how all the civilisations that had developed on our planet, disappeared through the same cause as always: the improper use of power. I felt as I sang the song of Pardon to the Fire, how the regenerating energy came down to the Earth, for the good use of personal power. From then onwards, we have done the practise of Pardon of the Fire with this intention.

Teillard de Chardin spoke of forgiving us, so that we could work with the Love for God. I call this state "the second discovery of Fire". For some time now, when I see imagines of Jesus and the Virgin Mary, whom are represented with flames in the heart, I know that far from being a symbol, a metaphor, it is the sign of the alchemy teaching that They gave to mankind, that is to say that Love is a Fire, and that when we have reached it, the Fire will spontaneously pour out of our heart chakra and we will be able to see it.

THE DESCRIPTION OF THE PRAY

The Divine Pardon I am here, The Pardon that heals and will heal, The Pardon for you and for me, The Pardon for all Humanity.

THE TUNNEL VISUALIZATION

You see yourself walking in the countryside. After a few seconds you see yourself in front of you a big tunnel of White Light. You start walking inside and you see a person at the other end of the tunnel, who is walking slowly towards you. You see that it's the person you want to forgive. Whilst you reach the centre of the tunnel, you see that from your solar-plexus (stomach) a thick mass of dark dense cables of smoke appear and extent themselves until they reach the other person. Watching this scene and with an impulse from your internal Divine Being, you dissolve these cables leaving you both free from this connection of non-light. You find yourselves in the centre of the tunnel, facing the other person. You stop and see how a large Dome of Pink Light descends. It is the Light of Unconditional Love and of the Divine

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Compassion. You see how this Light surrounds you both and goes through your bodies, modifying your DNA. You take each others hands and look at each others eyes and mutually thank each other for the relationship you have experienced in this life. You feel great compassion, because you see the effort this person as made to return to God.

You then see how the Dome of Pink Light wraps the other person and takes them up into space, until they disappear.

You direct yourself towards the entrance of the tunnel through which that person came in from. Once outside, you see new scenery. You observe all the elements, see what they are composed of and how they affect you. These elements are of things, such things as colours, landscape, and people; in short they are symbols which you will figure out according to our own code. If you should see trees and flowers, this should be interpreted that a flower essence is needed, to heal some kind of emotional condition.

Following this, sing in front of the photograph of this person (if you don't have one, a drawing will do) the pray of Pardon, accompanied by the hand gestures that are indicated below for the duration of the song which is 26 minutes.

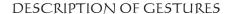
It is very important to keep looking at the face of the person, as it is also important the attention in which one look at it. During the chanting it may occur that you to start yawning, crying or other physical manifestations may happen. It is recommended not to hold back these feeling, since they liberate feelings of the past. When the song ends, close your eyes and give thanks mentally to the Angels, all Beings of Light, the spiritual Guides, and the Divine Mother for their assistance and to your self for having faith and the willingness to forgive.

The complete treatment is composed of ten sessions, practised according to one's own rhythm, although a daily or weekly session is recommended.

During the treatment changes occur to the person doing this practise and also with the relationship held with the person who is being forgiven, sometimes quite astounding.

It is very important to forgive the whole family, one by one and all the people who have been important in our lives.





When saying 'Divine Pardon here I am, Pardon that heals and will heal', (cross both hands over the heart, at the Anahata chakra were we normally accumulate pain from the past, this will transmit a curing energy through the hands).

Pardon for you and for me... (direct both hands from the heart to the photograph and then bring them back to the heart, to clean the path between the person we are forgiving and ourselves').

Pardon for all Mankind (here we make a circle with both hands, symbolising the Planet Earth. We call on the energy of Pardon for all Mankind and at the same time we incorporate this energetic circle effect, protecting the superior transmission and the energy of the achievement of the Perfect Self (see ilustration pages x and y).

PARDONING ONE SELF

In case you want to forgive yourself, you have to follow the same instructions, but instead of raising the other person in the Dome of Pink Light, you convert the dome into a sphere and introduce the representation of yourself seen. If we appear to be unkempt or

dirty, we mentally make ourselves look clean and well dressed. If we look sad, we console and see ourselves happy and calm. Once we have accomplished this, we penetrate this being inside ourselves and watch how it complements us and how our energy rises.

Having done this, we absorb the Pink Light from the Dome through our crown chakra, as if we were a vacuum cleaner taking in all the Light into our body. We see the Light filling our body and our aura approximately one metre around us. We feel how this Pink Light gives us fulfilment and security. We then follow the indications as if we were forgiving another.

CERTAIN RULES TO KEEP IN MIND

- I. The photograph should be as big as possible, preferably looking straight ahead. It's worth while having it made larger, and if that is not possible, a passport photo will do.
- 2. No other person should be in the photograph, except the person you are forgiving. If this is not possible, then cover up the other person and only leave the person you are interested in.

- 3. If a photograph is not available, a drawn picture will do of the person. Don't worry if it doesn't look too much alike. Although, if the person normally wears glasses, or has curly or straight hair, these features must be drawn with their clothes that they normally wear. Underneath, the full name must be written, along with the relationship towards you, e.g. my brother, my ex -husband, friend etc...
- 4. It is convenient to do the ten sessions of Pardon, with photographs of the person at different ages of their lives, or at different periods of your relationship. This also applies if we do the practise with ourselves.
- 5. At the beginning of the practise, it is quite normal while you are singing to be overcome by wanting to yawn, to burp and /or to cry. It is very important not to try and stop these reactions, because through yawning we liberate blocked up energy from the past, which accumulated there in our heart; the burps liberate us from emotions blocked in our solar plexus and crying prevents the energy of our internal organs to become paralysed and cold. Therefore, this process contributes to renewing our energy and allowing it to flow through our body and aura without obstacles.
- 6.- On occasions you might find that the imagine on the photograph might change, giving the impression that it blinks its eyes or the mouth might appear to move as if to say something to us. This is

due to the other different physical aspects of our past lives that we shared with this person.

- 7. During the singing, it is very important to keep looking at the photograph. It is no good looking away or closing ones eyes. The photograph is an essential support.
- 8.- It does not matter how you sing, although we have found that singing softly establishes a direct contact from the heart directly to the other person in the photograph, as if we were speaking in private with them, creating a propitious devotional field of energy.
- 9. It is very important to respect the circle of ten sessions, since it gives us the opportunity to live the full and complete process of dissolving the cables of non-light, which had connected us to this person.
- 10.- In the Visualisation Tunnel previous to the singing, you have to see the cables of non-light every day getting thinner and thinner and less darker, until on the tenth day they will have disappeared and you will see the space that separated you from the other person full of Light.
- II.- Alter doing the last session, we write a setter to the person who is the object of our practice, we thank them for the experiences which they offered us and we let them know that we have established peace between the two of us. Then we burn the letter together with the photo we used.





The Divine Pardon here I am, The Pardon who heals and will heal, The Pardon...



...for you,





for me, The pardon...



...for all Humanity.





WHAT DOES PARDON DO?

Forgiving heals the emotional wounds of the pass.

When one Forgives their ex partner, another person normally appears who is likely to be their ideal partner or a partner which is needed for that period in life to heal emotionally and sexually etc.

When a couple is united through dependency, the Pardon dissolves this energy of non-light and the separation and the liberation of the karma is reached.

The practice of Pardon puts in order our relationship. If a person in our life is not living harmoniously on our same vibrations, the Pardon puts them aside for their own good and ours.

Pardon makes us focus our situations and problems from the heart and not the mind. Therefore, helps us purify our karma.

Pardon brings Peace.

Pardon is forgetting.

Pardon permits us to liberate the other person and at the same time free us also, through the law of cause and effect.

Pardon is Resurrection.

Pardon is the bridge that reconnects us to the path of Love. When we appear on the path of Love, the Love energy takes care of us.

Pardon is the work being planned by the Being of Light, which are channelling the project to implant World Wide Goodness on the planet Earth.

Pardon is the maximum expression of Love.

Instead of judging, it appreciates.

Instead of rejecting, it integrates.

THE SHELTER

About ten years ago, I brought some land in the Province of Lerida. I started to call it The Shelter, because it had a small building were at some stage must have kept animals that worked the fields, tools and provisional crops. It was made in a form of a dome and when I saw it for the first time, the floor and walls had been dug out of the earth. I had the walls, the floor, the chimney and the door repaired.

Pardon



When I speak of The Shelter, I refer to it as something very sacred in my life. I had to pay various debts on the property for it not to be embargo on and ended up giving the banks all my money, even the money I had for food, leaving me without a penny and without an income.

Nevertheless, we had some wonderful experienced there. The information reached us, that Jesus and Mary guide and protects the program guided of all those human beings, from other planets. One night, when we went to the Shelter, half jokingly and half seriously, we called upon the Masters of Space, the Ascended Masters, Jesus and the Virgin Mary and the Angels of Pardon.... We asked them to show themselves and I asked their help, to serve them and accomplish my mission here on Earth.

Nobody appeared. However, I felt a very warm, protective and friendly presence of something with us, in silence I asked for it to leave a very clear sign of its presence, if it had come to visit us. The following day, when we awake and went outside the Shelter, there in the middle of a beautiful clear blue sky, was a very strange looking cloud that you could imagine. It «so happened», something which was not customary to have was a camera with us, so we took a photograph.

PHOTOGRAF OF THE SKY WITH CLOUD

At home, I somehow felt very strongly that we had to do a special work. Later on, we started to go out for walks. We would walk up hill, through the trees until we reached a rock. There we would sit and pray the Rosemary of the Spheres, always at night time. After several nights, nothing had happen, we only felt terrible fear. Until one day, in one of those meetings while we sat praying, a very brilliant light appeared in front of us in the sky, like a cloud of light. Exactly the same cloud that we had photographed a few days back, but a little smaller which rotated around itself, like a small tornado. Whilst it turned around itself, it went of to the left and to the right, as if it was dancing. After that, a friend of mine showed me a written text from the gospel, in which it quoted that various Apostles had described how a bright cloud had transported them to a city or country different from were they where.





THE VISION OF AN ANGEL

One night between five and six in the morning, while I was sleeping next to my husband, my eyes suddenly opened and I saw an enormous Angel, nearly as wide and big as my bed-room. It was on top of the bed floating. It was made of thick white fluorescence lines, which marked perfectly the pleats in the tunic. It did not have any arms, its faded face was framed by its perfectly wavy hair, which fell down both sides of its face, two locks of hair seemed to be suspended in the air by the force of gravity.

To my left were my husband was sleeping, in the corner between the wall and the ceiling, there were a group of White Spheres of Light, around eight or twelve, the largest was about 4 centimetres. All of them moved around suspended in the air. Suddenly, the largest of them moved one metre in a straight line, leaving behind a white tail, like an aircraft sometimes does in the sky. Something make my head turn towards the opposite wall, and there in the right hand corner, I saw three very small Spheres moving simultaneously a little bit upwards and a little bit to one side.

Day-light began to break through and I lost the vision of the Angel and the Spheres. However, the absence of my perception did not erase their presence and all the Beings of Light which assist us in all their geometric forms, which they use to cure us and balance the energy of the spaces and the people, remained present in our surroundings, even if we are unable to see them with our physical eyes.

After a week, I channelled the pray of 'The Rosemary of the Spheres'.





THE ROSEMARY OF THE SPHERES

Sometimes I feel that my body is guided to go somewhere that it only knows. I go out into the street without a purpose or direction in mind and things happens or I receive a message or something important occurs.

One particular day, my body went upstairs towards a room in my house. I was not going there for any particular reason, I entered and I went towards a box. I did not know what I was going to find inside. I opened it, and it was full of marbles, just like the ones the children play with, made of glass and of different colours.

Letting myself go, I took them down to my consulting and meditation room, where I had a small altar of the Virgin Mary. I placed them in a semi-circle in front of her and words started to come to my head «The Rosemary of the Spheres».

There were nine spheres. The number nine is the number with which the Virgin of the Angels works with. Numerically speaking, this number is that of unconditional service. I started to pray: First Sphere.... (Saying something positive) Patience.

And then I prayed «Our Father» slightly modified:

«Our Father which are in Heaven,
Holy be thy name, Thy Kingdom come,
May thy will be done on Earth
As it is in Heaven
Give us, our daily bread
Forgive our sins
As we forgive those how sin against us
Let us not fall into temptation of disconnecting,
Free us all from that which is not Divine, Loving and Angelic

After that I prayed the Hail Maria, with some changes.

Hail Maria, full of grace
The Lord is with thee
Blessed our thou amongst women
And blessed is the fruit of them womb Jesus
Holy Mary Mother of God
Pray for us, now and forever



The Second Sphere of Truth, Our Father, etc...

The Octave Sphere is that of a personal request. Instead of a positive concept, one asks for something for oneself in silence and after you pray 'The Lord's Pray' and 'Hail Mary'.

The Novena Sphere is a Universal request, and here a request is made for the world in general or for a special area on the Planet which is in conflict.

I feel it is very important to listen to the pray. Therefore when the 'Rosemary' pray is done in group, have each person pray a Sphere with its corresponding pray of 'The Lord's Pray' and 'Hail Mary' and its the same person who decides the moment of the positive concept of the Sphere in question who reads the pray. Listen in silence and with devotion or read a sacred passage, these are the things which help expand most a conscience mind.



LOVE IS A FIRE

One night for the first time I stayed by myself with the fire, on a piece of land situated in Ampurdán, which is devoted to the Virgin.

At that time, I use to think that I had to have lived various lives to have built up the courage to experience such a night. However, that night the people that were with me, started to leave and I was left alone «as if it were the most natural thing in the world».

There were moments of absolute panic, especially when I heard noises in the night. I complained to my Guide, that there were no stars or moon that night. I took conscience that day of how much there company meant to us and how beneficial their energy is to the human race.

After about an hour, looking into the fire, in absolutely darkness and stricken by fear, I saw far away, about five hundred metres, a floodlight going to the right and to the left. It was so strong that I thought it might have been a helicopter. When it reached me, it stopped. I thought it was a vehicle, perhaps a lorry passing by. In a way I felt a certain comfort, being able to see something that I could recognise, and by watching this supposed vehicle I forgot my fear of being in absolute silence and darkness.

Pardon

After a few minutes, the floodlight started to come towards me. At the beginning I did not pay much attention, thinking that it might be an optical illusion. However, the light started to come closer and I saw that there was no vehicle and that it was not on the floor, but suspended up in space.

When it stopped in front of me, about three metres away and two metres high, what appeared to be a strong floodlight, was reduced to what looked like a 'fat star' as I call it, when I explain this story to my friends.

If the darkness of the night produced fear, this light moving up and down in front of me, had me panic stricken and paralysed. I was afraid that it might take me away. When I had sometimes read stories of contacts with other beings from other planets, I always thought that if ever I happened to encounter such an experience, I would be delighted, I would be calm, prepared and receptive etc.. However, there I was without being able to run away, my breath paralysed by fear. Since it would not go, I decided to look at it and wait. When it came closer, I mentally asked it to go away. After a few minutes, something like the pressure of a finger touched my chin, making me look up at the sky. I was marvelled to see that

although the sky was totally covered by clouds an oval shape had opened up, about five metres long by three metres wide and there inside, so tightly packed were thousands of stars, the Great Bear and the Moon. Whilst I looked up, totally entranced and with total calmness, I heard a loud word in my head "gift, gift". One star suddenly went by, a Wishing Star and I heard the word "wish, wish" in my head. I understood that I was being offered the opportunity of making a wish come true, through this sign of a Wishing Star. I asked to be able to recognise true LOVE with capital letters, such as Jesus, the Virgin Mary and the Saints had experienced.

I looked at the Fire and heard a loud affirmation in my head saying «I AM THE ETERNAL FIRE OF DIVINE LOVE» I understood that Love is the real fire and that when we realise this Love, the Fire of Love will spontaneously materialise in our hearts and we will all live in Holy Unity.

I looked up to see the sky, the stars, the Great Bear and the Moon, but they had all disappeared, only the light remained. After about five minutes, it went of to the right and disappeared behind some trees.



In our process to remember, we count on the immense help in the practise of Pardon. In Forgiving, we remember that we are all brothers and sisters until we remember, once and for all, that we are all ONE.

PARDON TAKES US BACK TO OUR ORIGINAL INNOCENCE.

I'd like to thank all the therapists who investgated the effects of this practice and helped to expand it and spread its benefits.





