

## **The Spiritual Practice 'Repentance, Forgiveness and Gratitude in 7 Steps to Help Prevent a Global or Local Nuclear Conflicts on the Planet Earth'**

This Spiritual practice was given by Presence of the One. Anyone who wishes may do it with all his heart and soul, possibly every day, to help prevent a global or local nuclear conflicts that would endanger the existence of the Living Life of the planet.

### **Repentance in 3 steps**

(1) Lord, I repent with all my heart and soul,  
for all that earthly humankind has sinned all the time so far, accumulated negative karma and because of that, it is on the verge of a global or local nuclear conflicts that would endanger the existence of the Living Life of the planet.

I repent, my Lord, for the misuse of nuclear energy for military purposes, for the production and use of nuclear weapons, and for all nuclear weapons experiments all over the world.

(2) I ..... (the first name) demand, sincerely wish and ask  
for forgiveness and for help from Above  
to stop sinning that way from now on!

I repent, Dear Father One!

I repent of all my heart and soul!

I repent! I repent! I repent! ...

(At this point, a person takes his time to repent within himself for as long as he feels he needs at this moment.)

(3) Thank You, Dear Father One, with all my heart and soul,  
for the Forgiveness and the help!

Thank You! Thank You! Thank You!

I Love You with all my heart and Soul, with all my Divine Love, Dear Father One!

Bow

### **Forgiveness in 3 steps**

(4) Lord, I ..... (the first name),

forgive all forces of the illusion, regardless of the networks of the illusion they belong to, and their creators who are preparing for a global or local nuclear conflicts. I forgive them for doing that and thus endangering the existence of the Living Life of the planet!

I also forgive the illusory parts of all the people through whom these forces of the illusion act and also forgive all their helpers, instigators and collaborators

- regardless of the network of the illusion they belong to,

- regardless of their ranks and

- regardless of the number of consecutive levels one after another they act from!

I also forgive all other entities, regardless of their harmful functions and regardless of the network of the illusion they belong to, who are also harmful with regards to this eventual danger concerning the planet!

I also forgive the creators of all of them!

I forgive them with all my heart and soul all the harm

- they have caused so far,

- all the harmful things they are causing at this moment and

- all the harmful things they may eventually decide to cause in the future, regarding the causing

of a global or local nuclear conflicts that would endanger the existence of the Living Life of the planet.

I forgive them, Lord!  
I forgive them with all my heart and soul!

(5) Forgive them too, You dear Father One!

(6) And I thank You, Dear Father One with all my heart and soul!  
Thank You! Thank You! Thank You!  
I Love You with all my heart and Soul, with all my Divine Love, Dear Father One!  
Bow

### **(7) Words of Gratitude to the Father One**

Thank You, Lord, for yesterday, today and tomorrow!  
Thank You, Lord, for all that is happening!  
Thank You, Lord, for everything, now, forever and in all times, time and half-time and even after that!  
Thank You! Thank You! Thank You!  
I Love You with all my heart and Soul, with all my Divine Love, Dear Father One!  
Bow

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