*BS"D*

           LIFE PATH CLEARING
 Guided Teshuva Process

             *To help you spiritually move beyond your limiting life patterns*

***Instructions***

∞ State your intention of who you want to include with you in this Clearing, along with your and their families and Family Systems, as well as any groups, Klal Yisroel *(the Jewish nation)* and mankind, as you wish. *(This is the reason that the Clearing is expressed in the plural “we”.)*

∞ Make a commitment of any amount of money or time you desire as tzedaka *(charity)*.

∞ State what physical, mental, emotional or spiritual limitation you desire to move beyond. Focus on the larger issues and include how you experience them in your life. For example, “Issues of success, including relationships, finances, self-love, wellness, etc.”

∞ Ask assistance from HaShem to do this Life Path Clearing in the most sincere way.

 ∞ Make an ongoing spiritual commitment in gratitude for HaShem’s help with this Clearing *(for example, to give tzedaka/charity on a more regular basis or greater time, focus or joy in a specific mitzvah, etc.).*

∞ List at least 3 of your strengths and good points to help you to be ready to do this.

∞ You do not have to do the whole Clearing at once. Go as far as you desire and proceed from there when you continue.

∞ State the following with as much intention and heartfelt connection to BE the words as possible.

***Clearing:***

1. *(Say standing 3 x’s)* With love and joy, we are sorry and ask forgiveness at every level for anything we may have done that lead to our life issue of \_\_\_\_\_\_\_*(the issue you are clearing)* and its consequences.

2. We desire and are grateful for Your assistance, HaShem, to elevate our thoughts, feelings and actions beyond those of the past and to not repeat what caused this life issue and its consequences, and that you please bless us to be a Kayli *(vessel)* that can hold this bracha.

3. We forgive anything we may feel negatively toward Hashem, ourselves and everyone who partnered\* with us in this life lesson (was affected by, witnessed or caused it). *(\*Note: a life lesson “partner” can also be understood as a “teacher” or a “mirror” to us of what we need to learn, overcome or experience for the growth of our soul—they are our “partner”, so to speak in this)*

4. We accept Hashem, ourselves and our “partners”.

5. We empathize with and have compassion for Hashem, ourselves and our “partners”.

6. We thank Hashem, ourselves and our “partners”.

7. We (*optional:* choose to) love Hashem, ourselves and our “partners” *(as a tselem Elokim- G-dly soul- not what they did)*.

8. We accept, forgive and appreciate the world You created for our sake.

9. We ask that we and our “partners” be released from all consequences.

10. We bless ourselves and our “partners” to learn and grow from this Life Lesson and to become our highest best.

11. *Think about and fill in*: This life issue has been a gift or benefit \_\_\_\_\_\_\_\_\_\_\_.

12. Please transform \_\_\_\_ *(the life issue you are doing this for)* in all ways and help us receive and accept it, and please continuously make our Life Path ever better.

13. Please help and strengthen us to move beyond this issue and to be unafraid to connect to You, to know we can follow the Torah and still be our true selves and to not let other people’s attitudes or lack of connection to You affect our thoughts or actions.

14. Please help us use this issue and how it made us grow to help others, the Jewish people, Mankind and the world.

15. Thank-you HaShem for helping us to do this.

 ***CELEBRATE!***