



FORGIVENESS

T H E B I G L I E

**Kabbalistic tools & meditations for
true forgiveness and soul correction.**



Forgiveness: The Big Lie!

Forgiveness—the word alone carries centuries of spiritual weight. It’s preached from pulpits, unpacked in therapy, glorified in books, and whispered in self-help circles as the key to inner peace. But what if we’ve misunderstood it? What if the modern obsession with forgiveness has masked a deeper, more transformative truth?

What if forgiveness—while beautiful in essence—can actually block your spiritual growth when misunderstood or misused?

You see, forgiveness is not about condoning what happened. It’s not about pretending you’re okay when you’re not. It’s not about saying, “It didn’t matter.” Forgiveness matters because your soul matters. Because the longer you carry pain, judgment, or resentment—even unconsciously—the more your spiritual Light gets blocked.

Kabbalistically, we are here for one reason: Tikun, spiritual correction. Every person who wronged us, every uncomfortable experience, is a mirror—a lesson wrapped in disguise. And forgiveness, when done with consciousness, is a powerful technology. It untangles your energy from the past. It sets your soul free. It allows you to move forward—not as a victim, but as a creator.

True forgiveness is not weakness. It’s not passive. It’s a bold act of soul reclamation.

In this soul-awakening guide, you’ll receive sacred tools like the Ribono Shel Olam bedtime meditation and the 72 Names of God to help you release what no longer serves your Light.

Because at the end of the day, forgiveness is not about them. It’s about you—your peace, your elevation, your freedom.

This isn’t about blame. It’s about clarity. It’s not about forgetting. It’s about rising.



The Kabbalistic Forgiveness Meditation (Before Sleep)

Before we recite this meditation, we should reflect on our day and search for any negativity we may have caused others—or that others may have caused us. According to Kabbalah, if a person goes to sleep harboring ill feelings, these emotions prevent both souls from elevating to the Upper Worlds during the night.

This is not about condoning what was done. It is about cutting cords, freeing your energy, and elevating your soul through the principle of Tikun—spiritual correction.

We acknowledge that forgiveness is not about excusing the messenger, but about embracing the deeper spiritual truth: that they were sent for our benefit.

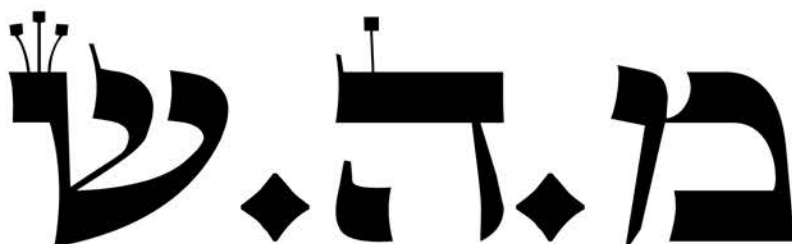
***“Forgiveness is not letting them off the hook.
It’s letting yourself off their energetic chain.”***

~Rabbi Abe

The Meditation: Ribono Shel Olam (Master of the World)

Master of the World, I hereby forgive and pardon anyone who has angered or irritated me or has violated against me, whether against my body, my money, my honor, or anything else that is mine; whether by force or willingly, whether by mistake or intentionally, whether through speech or action; whether in this incarnation or any past lifetime, or from any human being, and may no one suffer on my behalf. May it be Your will, Creator, my God and God of my fathers, that I will not fault again. And any fault I have already committed before You, erase with Your bountiful compassion, but not by suffering of any kind or illnesses.

Spiritual Tool For Emotional Healing



Mem Hey Shin

Use the specific Name **MEM HEY SHIN (מ.ה.ש)** for emotional healing and releasing resentment. Scan the Hebrew letters with your eyes from right to left while meditating on releasing judgment. Imagine a divine Light melting the anger and grief from your heart.

Forgiveness Is Not the Goal—Freedom Is

If you're still walking around saying, "I forgive everyone who hurt me," but you feel heavy or stuck, you haven't truly forgiven.

You've likely fallen into the big lie—that forgiveness is a spiritual finish line. It's not.

The finish line is soul freedom. The journey is Tikun. The vehicle is accountability. Don't chase fake peace. Chase truth.

And as you do, may your soul rise, your heart heal, and your Light expand.

Scan Right to Left





Thank you for downloading!

Thank you for embarking on this journey of self-discovery and spiritual growth. May this free download guide you toward a deeper understanding of yourself and the universe. Remember, the soul's journey is a lifelong pursuit, and every step brings us closer to our true essence.

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