

Aztec Blessings

I release my parents from feeling that they have already failed me.

I release my children from the need to bring pride to me; that they may write their own ways according to their hearts that whisper all the time in their ears.

I release my partner from the obligation to complete myself. I do not lack anything. I learn with all beings all the time. I thank my grandparents and forefathers who have gathered so I can breathe life today.

I release them from past failures and unfulfilled desires, aware that they have done their best to resolve their situations within the consciousness they had at the moment. I honor you. I love you. I recognize you as innocent.

I am transparent before your eyes, so they know that I do not hide or owe anything other than being true to myself and to my very existence. That walking with the wisdom of the heart, I am aware that I fulfill my life project, free from invisible and visible family loyalties that might disturb my Peace and Happiness which are only my responsibilities.

I renounce the role of being one who unites or fulfills the expectations of others. Learning through, and only through, LOVE, I bless my essence, my way of expressing, even though somebody may not understand me.

I understand myself, because I alone have lived and experienced my history; because I know myself, I know who I am, what I feel, what I do and why I do it. I respect and approve myself.

I honor the Divinity in me and in you.

We are free.

Ancient Blessing translated from Nahuati, a language spoken in Mexico.