



Círculo
CONSCIENTE

Honrando el Pasado, Sanando el Presente

MAKE PEACE WITH

Mom_{OR}Dad

"To honor is to free the soul and heal the heart."





INTRODUCTION

We often carry wounds or unresolved emotions toward our parents. This exercise isn't intended to justify or change the past, but rather to reconcile ourselves internally to release the burden and make room for peace.



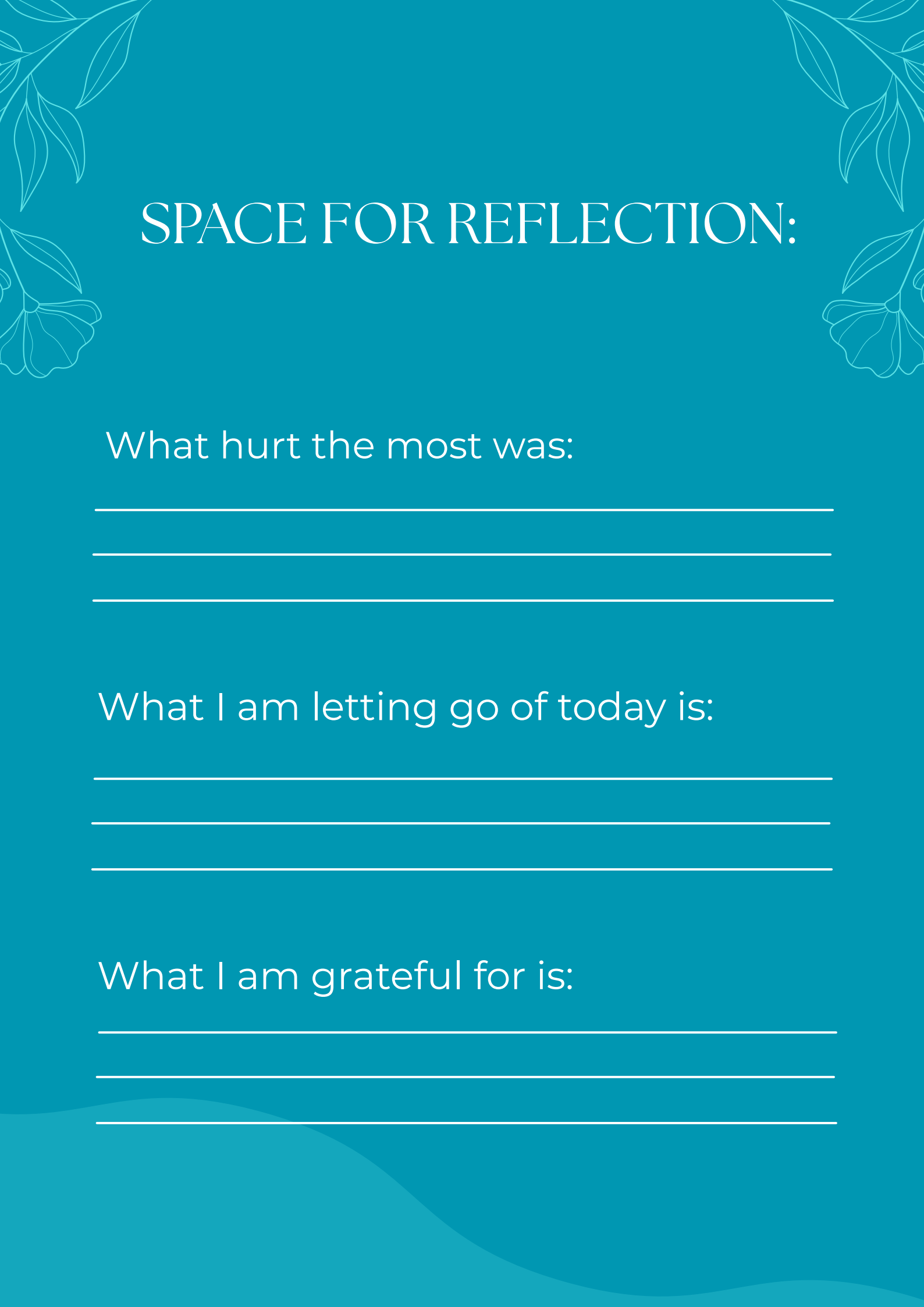
Steps to follow

1. Find a quiet place, sit quietly, and take three deep breaths.
2. Close your eyes and visualize your mom or dad in front of you.
3. Allow memories or emotions to emerge without judging them.
4. With an open heart, repeat silently:

“I acknowledge what was, I accept what could not be, and I choose to be at peace with you.”

5. Imagine releasing that burden with a gesture (for example, dropping a stone, opening your hands, or exhaling deeply).





SPACE FOR REFLECTION:

What hurt the most was:

What I am letting go of today is:

What I am grateful for is:



“Making peace doesn’t change the
past, but it transforms your
present.”

“Honoring the past, healing the present.”

THANK YOU