



## **Release.**

A Traditional Náhuatl Prayer

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

I release my children from  
the need to make me  
proud, so that they can  
write their own ways,  
according to their hearts.



I release my partner from  
the obligation to make me feel complete. I lack nothing in myself.

I learn with all the beings that surround me through all time.

I thank my grandparents and ancestors who met so that today I  
breathe life. And I release them from the faults of the past and from  
the wishes they did not fulfill, aware that they did the best they could  
to resolve their situations, within the consciousness they had at that  
moment.

I honor them, I love them, and I recognize their innocence.

I bare my soul before their eyes and that is why they know that I do not hide or owe anything, more than being faithful to myself and my own existence walking with the wisdom of the heart.

I am aware that I am fulfilling my life project, free of visible and invisible family loyalties that may disturb my peace and my happiness, which are my greatest responsibilities.

I renounce the role of savior, of being the one who unites or who fulfills the expectations of others.

And learning through LOVE, I bless my essence and my way of expressing, although there may be someone who cannot understand me.

I understand myself, because only I lived and experienced my story; because I know myself, I know who I am, what I feel, what I do and why I do it.

I respect and approve.

I honor the Divinity in me and in you.

We are free.

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Advent Scripture Reference Lectionary  
**1 Samuel 2:1-10; Genesis 21:1-21; Galatians 4:21-5:1**

Advent Hymn Reflection  
**“O Little Town of Bethlehem,”** performed by the Mormon  
Tabernacle Choir



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