

## Prayer of Forgiveness

I forgive all those who I feel may have harmed me, either knowingly or unknowingly.

I forgive my parents and those closest to me who may have treated me in ways I didn't like.

I forgive everyone who I may believe has acted wrongly.

I especially forgive myself for anything I may ever have done that doesn't measure up to my values and beliefs.

I lovingly let go of judgments that are holding me back from enjoying life to its fullest.

As I learn to forgive, I open myself to a life of pure joy and happiness.

I find the greatest result when I lovingly forgive and accept myself as I am.

As I eliminate anger and resentment, the warmth of Love circulates through my mind, my body and my world.

The energy that I would have used in being angry, I now release in love.

I dismiss all tendencies to be angry, fearful, or resentful.

In exchange I am filled with faith, love and trust.