

PRAYER FOR FORGIVENESS

(Recognition) I turn my attention and my awareness to the only thing that is True – the never-ending and overflowing Perfection and Grace of Sweet Spirit, in and through all of Life. It is the All Good, the Mother Father God, the Perfect Presence. It is the beautiful unfoldment of Goodness in all things, for the highest and best of all. It is the still small voice of Divine guidance and discernment, and the sweet release of everything that no longer serves.

(Unification) And as I am made up of the Goodness That Created Me, that Truth is present in my being, too. The still small voice speaks in the depths of my soul, leading me and guiding me. I am the Infinite Capacity for Perfection and Grace, for Beauty and release, for endless Love. There is no part of God that is absent in me, no place in me that is anything other than the Divine.

(Realization) And so I speak this Word of Truth about my life, affirming that the Love and Grace that is already present within me is more deeply revealed as a falling-away of everything that is ready to be released. I do not claim that what happened was acceptable. And yet, I realize that this grudge I carry hurts no one but myself. And so, I forgive. I access the powerful discernment within myself to put down that rock of hurt and anger and shame. I release it from my mind, from my body, from my soul, for it was never mine to carry. I refuse to allow the poison of that experience to taint even one more day of my life. I forgive, allowing the Grace of God to work within me, cleansing my heart and making me new. I release my transgressor from the bondage of my judgment, and I release myself from the responsibility of punishment. I let Spirit do Its job of running the Universe, and rise up with the lightness and Freedom of sweet release. I trust that all is well, right here and right now.

(Thanksgiving) And my heart overflows with gratitude for the Beauty of it all. I am thankful for the lightness I feel in my heart right now. I am grateful, knowing that

this prayer is already the Truth in the Mind of God, and that Spirit is at work in me right now bringing it into physical reality. I give some mighty thanks that I am able to forgive.

(Release) So I release this prayer, trusting completely that it is done. The Law of Cause and Effect accepts this prayer into Its Divine Mechanism, amplifying my intention and bringing it forth into magnificent manifestation. It is done. And so it is.