

Forgiveness Prayer

Version 1

'In my God given Power, Sovereignty, and total Freedom, I request assistance from the Divine Eternal Source (God) in clearing any and all resentments, anger, sorrow, shame, guilt, and grievances from my etheric body, auric field, mental aspects, and any other aspects or fragments of self that affect me in the NOW Moment. Please free me completely and totally to forgive myself for all and from all. Please free me completely and totally to forgive all others for all and from all. Please free me completely and totally from anything that stands in the way of allowing the True Divine Essence of 100% pure Light, Love, and Compassion to flow to me and through me NOW. I forgive myself NOW. I forgive all NOW. I AM Free Now, I AM Free Now, I AM Free Now. Thank you. And so it IS.'

Version 2

'In my God given Power, Sovereignty, and total Freedom, I request assistance from the Divine Eternal Source (God) in clearing any and all resentments, anger, sorrow, shame, guilt, and grievances from my etheric body, auric field, mental aspects, and any other aspects or fragments of self that affect me in the NOW Moment. Please free me completely and totally to forgive myself for all and from all. Please free me completely and totally to forgive all others for all and from all. Please free me completely and totally from anything that stands in the way of allowing the True Divine Essence of 100% pure Light, Love, and Compassion to flow to me and through me NOW. I forgive myself NOW. I forgive all NOW. I claim my divine inheritance Now. I claim my self-Sovereign God power Now. I choose the pattern of perfection Now. I AM Free Now, I AM Free Now, I AM Free Now. Thank you. And so it IS.'

Notes:

*I recommend reading this prayer out loud **3 times** each morning giving it your full heartfelt attention and dedication. Crying, yawning, and even unexpected laughter are all signs of healing and the release of trapped emotions—allow it all to flow.*

*If you have time to do this **5-minute 12D shielding meditation** beforehand (to guard and protect your energy), that's ideal. Important: Your mind will likely find this meditation to be extraordinarily bizarre upon the first many listens. This could be especially true if you've come to spirituality from a religious background. Trust what you sense and feel over what you think. If there's even the slightest thread of resonance, follow that thread and trust in your knowing. I've used it every single morning for over 5 months at this point and my mind still finds it to be odd, yet my heart feels peaceful, supported, and protected using it.*

The 3 additional lines near the end of Version 2 are from Ascension Glossary. I was intuitively nudged to add them into the original version I wrote intuitively to

increase the healing power—please use whichever version feels most resonant for you.