

## **Forgiveness Prayer**

If there is anyone or anything that has hurt me in the past, knowingly or unknowingly, I forgive and release it. If I have hurt anyone or anything in the past, knowingly or unknowingly, I forgive and release it. If I have hurt myself in the past, knowingly or unknowingly, I forgive and release it. (Asking for the highest good).

The healing power of this prayer is limitless. Our past consists of anything prior to ‘this breath’ and ‘this breath’ etc. Done at the end of the day, it clears all the negativity that builds walls of separation within us. Working with this prayer for 32 days consecutively has proven, in many cases, to heal insurmountable chasms of pain and separation in relationships with self, God/Spirit/Source, other people and situations in our lives. It’s not necessary to know the root cause; we just have to be willing to forgive. Forgiveness is the key that opens the floodgates of Love.

## **Prayer For Releasing Outside Influences**

If what I am experiencing is not mine, may God/Spirit/Source have His Shield around me and I release whatever it may be to Him. (Asking for the highest good).

This prayer can be used at any time one feels a sensation (physical, emotional or mental) that may be perceived by you or empathetically taken from someone else. Empathetic absorption is done in an effort to understand or to relieve the burden or pain of someone else. This unconscious action is not a service to God/Spirit/Source, others, or us. Use this awareness to help the person and/or yourself to release all to God/Spirit/Source. Therein lies the healing.

## **Prayer For Loved Ones and Energy Patterns**

Father/Mother/God/Spirit/Source, we ask that this energy pattern/soul be sent on in its spiritual evolution for the highest good and mutual benefit of everyone concerned.

This prayer may be used to release any energy that interferes with you won personal evolution. All Souls are created in Divine Love. A loved one is a known or unknown Soul that may be seeking a completion with you so that it may continue on its evolutionary path. An energy pattern is any kind of energy that is sustained by your vibration. These energy patterns mask your authentic self. Any experience that you have – depression, emotional, anger, thought-forms, self sabotage, all of that is not truly part of our clean pure innocence Soul: your authentic self. So to reconnect with you authentic self you can use this prayer to transmute those patterns to God/Spirit/Source. If you know the specifics of what is being released, you may substitute that for the phrase energy/Soul pattern.