

The Forgiveness Mantra

Use this forgiveness prayer or mantra to aid in helping let go of all negativity and all that keeps us from healing and from finding the light that is GOD within..

*Dear GOD please help me and all souls to receive your light, your love, your truth
n your forgiveness.*

Forgive us for our lapses in faith and judgement.

*Give us the strength to overcome our desires, our emotions, our ego and pride, our lust
and our greed, our attachments and our anger and rage...*

Help us go beyond self to touch our souls and to communicate with you...

Directly and Personally....

*I forgive all my personal lapses and faults. I will extract the lesson but in
forgiving my errors, I am releasing them to you to destroy and discard.*

Take a deep breath, imagine being filled with holy water and as you breathe out this flushes through your body to your feet to the centre of the earth where your realised faults and errors are destroyed

Now imagine all souls that u have negative connections with and vice versa... imagine them all in front of you

Now say to them...

1) Please forgive me completely and absolutely

I forgive you the same

GOD please heal and clear all negative connections between me and all other souls

Again take a deep breath, imagine being filled with holy water and as you breathe out this flushes through your body to your feet to the center of the earth where your negative connections are destroyed

2) I forgive you completely and absolutely

Please forgive me the same

GOD please heal and clear all negative connections between all other souls and mine

Again take a deep breath, imagine all the other souls being filled with holy water and as you breathe out - this flushes through their bodies to their feet to the centre of the earth where all negative connections are destroyed

3) GOD please help all souls forgive each other

Please heal and clear all negativity between each and every soul and touch each soul with your light and your love.

Allow all souls to merge into one collective consciousness and then with you dear GOD.

Again take a deep breath, imagine every soul being filled with holy water and as you breathe out this flushes through their bodies to their feet to the centre of the earth where all negative connections are destroyed.

Thank You GOD...