

## *Forgiveness Prayers for Self Healing*

Here is something that you can practice on a daily basis to keep your mind and your body healed and free from pain. Read the prayers out loud everyday and learn them by heart. These are your personal forgiveness prayers; you may adapt them however you like.

Forgiveness is the key to healing the body, mind and spirit.

The first prayer should contain the name of any person to whom you want to offer forgiveness. This first prayer should be said throughout the day to cleanse the body of pain. It can also be used as soon as you experience pain. You have to focus on the truth and identify the source of the pain, i.e: that person(s) in your life or field with whom you need to clear away old issues. Then say the first prayer for yourself and for them. You should feel the pain dissipating from your body. For maximum effect and to integrate the changes into your life, repeat the prayers minimum 27 times daily.

So, here are your personal prayers:

### FIRST PRAYER:

\_\_\_\_\_, I forgive you,  
Please forgive me, Let's forgive ourselves.  
Please, Divine Light. Thank you, Divine Light. Amen

### SECOND PRAYER:

\_\_\_\_\_, I forgive you for all of the ways that you have hurt me, physically, emotionally, mentally, psychically, spiritually, sexually, financially or in any other way, knowingly or unknowingly, in the past, present or future through thought, word or deed; through (e.g. anger or other words to describe their negative words or actions and to describe your feelings about this person's negative words and actions), please forgive me for all of the ways in which I have hurt you, physically, emotionally, mentally, psychically, spiritually, sexually, financially or in any other way, knowingly or unknowingly through thought, word or deed, through (describe your negative words or actions towards them).  
Divine Light, please help \_\_\_\_\_ and me to forgive each other and to forgive ourselves.  
Please, Divine Light. Thank you, Divine Light. Amen.

### THIRD PRAYER:

*-Prayer to cleanse relationships with all women  
(left side of upper body and right leg)*

For all of the women who have ever hurt me,

I forgive you, all of you.

Mother(s), Mother-in-law(s), daughter(s), daughter(s)-in-law, sister(s), sister(s)-in-law, aunt(s), grandmothers, friends, ex-lover(s)/ex-wife(s), partner(s), wife.

I ask that you all please forgive me.

Divine Light, please help us all to forgive each other and to forgive ourselves.

Let us all forgive and release ourselves for our hurts, wrongs and mistakes to ourselves and to others.

Please Divine Light. Thank you Divine Light. Amen

*-Prayer to cleanse relationships with all men  
(right side of upper body and left leg)*

For all of the men who have ever hurt me, I forgive you all of you.

Father(s), Father(s)-in-law, son(s), son(s)-in-law, brother(s), brother(s)-in-law, uncle(s), grandfathers, friends, ex-lover(s)/ex-husband(s), partner(s), husband.

I ask that you all please forgive me.

Divine Light, please help us all to forgive each other and to forgive ourselves.

Let us all forgive and release ourselves for our hurts, wrongs and mistakes to ourselves and to others.

Please Divine Light. Thank you Divine Light. Amen

#### FOURTH PRAYER:

      (Self)      , I forgive you for all the ways you have hurt me.  
Through (list all the ways you've hurt yourself) Divine Light, please help me to forgive myself and to be forgiven for all of my mistakes, hurts and wrongs to myself and to others.  
Please Divine Light, thank you Divine Light. Amen

#### THE FOLLOWING EXERCISE IS THE PRACTISE OF PEACEMAKING:

Talk to the person, either out loud or silently in your mind, and tell them everything that is bothering you, tell them how you feel about those issues, tell them everything negative that you have been holding onto and, then, tell them that you forgive them for all of it, if you can. *Talk to their Higher Self, do not talk to them in person about this process. Unless you can do so easily, without causing the other person any harm..*

*I wish you much love, many blessings and great success in your healing.*

*~Mirabai Devi*

**These short Forgiveness Prayers are from Howard Wills' Gift of Life Forgiveness Prayers. Original long versions of the prayers are available at [www.HowardWills.com](http://www.HowardWills.com)**