

FORGIVENESS

Forgiving the People Who Have Hurt You

Namaste!

I salute the Divinity within you,

We all are children of God, children of the Most High

We all make mistakes, we are all evolving.

You are forgiven.

God's Blessing be with you,

Peace be with you, you are forgiven

I release, I am letting go.

CUT! CUT! CUT!

(Be still, be aware. Feel compassion for that person)

Forgiveness From Those You Have Hurt

Namaste!

I salute the Divinity within you,

We all are children of God, children of the Most High

We all make mistakes, we are all evolving.

I apologize for my mistakes and for hurting you,

I humbly ask for forgiveness.

God's Blessing be with you. Peace be with you.

I release, I am letting go.

CUT! CUT! CUT!

(Be still, be aware. Feel compassion for that person)