

Forgiveness prayers by Eric Kolvig

Extending forgiveness to yourself:

I allow myself to be imperfect. I allow myself to make mistakes.
I allow myself to be a learner, still learning life's lessons. I forgive myself.
If I cannot forgive myself now, may I forgive myself some time in the future.

Asking forgiveness from others for the harm that you have done to them:

Please allow me to be imperfect. Please allow me to make mistakes.
Please allow me to be a learner, still learning life's lessons.
Please forgive me.
If you cannot forgive me now, please may you forgive me sometime in the future.

Extending forgiveness for those that have harmed you:

Just as I allow myself to be imperfect, so I allow you to be imperfect.
I allow you also to make mistakes. I allow you to be learners, still learning life's lessons.
I forgive you.
If I cannot forgive you now, may I forgive you sometime in the future

~*~

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