

# Forgiveness

Read and understand the following.

## FORGIVENESS HEALS, FORGIVENESS PROSPERS

When you hold resentment toward someone or some condition of the past or present, you are bound to that person or condition by an emotional link that is stronger than steel. This blocks your prosperity and keeps you tied to the very person or condition you are trying to get free of. The practice of forgiveness is the only way to dissolve that unhappy link and go free to a better life.

### SAY:

All that has offended me, I forgive. Within and without, I forgive. Things past, things present, things future, I forgive. I forgive everything and everybody who can possibly need forgiveness of the past or present. I forgive positively everyone. They are free now and I am free, too. All things are cleared up between us now and forever.

(Here make a list of everyone who needs forgiveness.)

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“\_\_\_\_\_, I fully and freely forgive you. I loose you and let you go. You fully and freely forgive me. You loose me and let me go. All things are cleared up between us now and forever. There is now no condemnation in you, for you, or around you. You are healed of all critical states of mind. You are now free.”

*(I suggest that you read your list every night and morning. Pick two or three people, put each name in the above blank, and say the last paragraph. You may want to include yourself for forgiveness, too.)*

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