**Forgiveness Prayer**

By Dr. Catherine Ponder

**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 possibly needs forgiveness of the past or present.**
**I forgive positively everyone.**

**I am free and they are free too.**
**All things are cleared up between us now and forever.**

How to use: Say at least 1x/day, more if needed. Picture those you need to forgive. Say it aloud from your heart. Do this for 40 consecutive days.
For even greater results, do this every day!
Your life will transform for the better.

**George Koury ~ Psychic Medium & Angel Messenger**

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