

The 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 once a day, more if needed.

Picture those you need to forgive, including yourself, God, etc.

You are releasing the pain of the past and
the energetic hooks to a situation, person, place or thing.

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.

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