

# **CONSCIOUS LIVING with Angels**

## **Forgiveness**

**(Practice this Prayer one time daily – anytime, anywhere.)**

**I,... (your name)... from the deepest level of my existence  
Now forgive all beings who have ever caused me any pain  
On all levels and in all possible manner of ways  
Back to the very beginning of all time.  
I forgive them right here and now.**

**I,... (your name)... from the deepest level of my existence  
Now forgive myself for any pain I have caused to other beings  
On all levels and in all possible manner of ways  
Back to the very beginning of all time.  
I forgive myself right here and now.**

**I,... (your name)... from the deepest level of my existence  
Now forgive myself for any pain I have caused to myself  
On all levels and in all possible manner of ways  
Back to the very beginning of all time.  
I forgive myself right here and now.**

**I,... (your name)... now free myself  
On all levels and in all possible manner of ways.**

**I now give myself absolute, unlimited and boundless permission  
To follow the true path of my soul**

**Thank you,  
So be it,  
so be it,  
so it shall be,  
And so it is!**

**(One time daily, anytime, anywhere and  
for as many days as you like.)**

