

## COMPREHENSIVE FORGIVENESS PRAYER FOR OURSELVES

Offered by John Newton

*You may speak this prayer aloud or silently as many times daily as you feel. Positive effects have been reported in many areas of life from this simple practice. Ten or more times will bring optimal results but even one or two times each day will not only anchor the results you received in the live, virtual or recorded session but also address future karma. As the prayers are encoded with a direct connection to consciousness itself and the intelligence structured within it, reading/speaking them connects you with the true source of all health and well-being: The Creator.*

Infinite Creator, All That You Are: For me, all my family members, all our relationships, all our ancestors and all their relationships through all time, through all our lives...

For all hurts and wrongs: Physical, mental, emotional, spiritual, sexual and financial through thought, word or deed: Please help us all forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally. Please and thank you.

For all suicide, incest, murder, rape, abortion and infidelity through thought, word or deed: Please help us all forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally. Please and thank you.

For all times we abandoned or were abandoned; withheld love or had love withheld; weren't nurtured, loved and supported and times we didn't nurture love or support others: Infinite Creator, please help us all forgive, be forgiven and all forgive ourselves, completely and totally. Please and thank you.

Please Infinite Creator, for the highest good: Lift out all weight, pain, burden, sin, death, debt, negativity and limitation of all kind; transform it into your love, and let your love flow back into us, filling and giving us all complete peace, now and forever. Please and thank you. Please and thank you. Please and thank you.

Please help us love and bless each other; love and bless ourselves. Be at peace with each other and at peace with ourselves, now and forever. Please and thank you.