

FORGIVENESS MEDITATION

For any way that i have caused harm to another,
knowingly or unknowingly, in thought, word, or deed,
because of fear, anger, or ignorance,
I ask forgiveness, as much as is possible in this moment.

For any way that I have been harmed by another,
knowingly or unknowingly, in thought, word or deed,
because of fear, anger or ignorance,
I offer forgiveness, as much as is possible in this moment.

For any way that I have caused harm to myself,
knowingly or unknowingly, in thought, word, or deed,
because of fear, anger, or ignorance,
I offer forgiveness, as much as is possible in this moment.

I forgive you
Please forgive me
Lets forgive ourselves
Please
Thank You