

The Forgiveness Prayer I

Stage 1 – The Forgiveness Prayer of Peace

Whenever you are in a state of anger or resentment towards another person, engage this prayer practice until you attain 'Peace of Mind.'



I Forgive my neighbor¹



...no matter what they've done to me.²



I Love them³



...as I Love myself



God's the Peace



...I Am.

Stage 2 – The Forgiveness Prayer of Gratitude

Once you have achieved 'Peace of Mind' regarding the object of your Forgiveness Practice, engage this next Prayer Practice until you feel Gratitude towards them.



I'm Grateful to my neighbor¹



...for all that they have done for me.²



I Love them³



...as I Love myself



God's the Joy



...I Am.

1. In this blank use the name of any individual, organization, object, condition or creature that is creating strife in your life. Try to phrase the name in such a way as to preserve the cadence of the lyrics. For example: instead of just saying "I forgive Martha..." you might want to say "I forgive sweet Martha..."
2. In this blank, use the term "he's / she's / they've / it's," as appropriate.
3. In this blank, substitute the term "him / her / it," as appropriate.

Additional Suggestions

- It is highly recommended that you use the **Oneness Prayer** (Sect 9-19) as an Invocation prior to performing this **Forgiveness Prayer**, or the other alternatives suggested below.
- A more challenging, but highly effective alternative to **the Forgiveness Prayer**, is to use either the **Praising Prayer** (Sect 2-7), or the **Great GodSong Chant** (Sect. 9-20).
- When a major forgiveness is called for, it is suggested that you perform seventy repetitions of this Prayer each day for seven days. See: **70x7 Forgiveness Practice** (Sect. 9-23).
- This Prayer can also be effectively performed without the postures. One way to do this is to recite one repetition of the prayer on each 'decade bead' of a Rosary. You could also use an eastern 'mala,' or any other type of prayer beads.