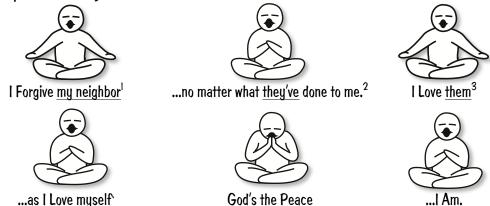
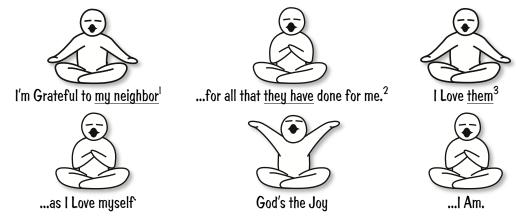
Stage I - The Forgiveness Prayer of Peace

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



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.



- 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.

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