Forgiveness of Others

Who do I need to forgive and for what?

Who needs to know?

What did I learn through this experience?

Universe, please send these people love and guidance, for they know not what they do.

Name: Date:

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Forgiveness of Myself

What do I need to forgive myself for?

What did I learn through this experience?

How can I make a different choice now?

I now free myself from the past. I forgive myself and I forgive_____.

I am ready to live in the moment and I am excited for the future. Thank you Universe for allowing me to see my truth. I open my heart to receive. I now choose love.

Name: Date:

(When complete, burn these pages with the intention of the negative energy being transformed.)

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