

Prayers for Self Healing

Here is something that you can practice on a daily basis to keep your mind and your body healed and free from pain. Read it aloud every day and try to learn it by heart. These are your personal forgiveness prayers; you may adapt them however you like.

Forgiveness is the key to healing the body and the soul.

The first prayer should contain the name of any person to whom you want to offer forgiveness. This first prayer should be said throughout the day to cleanse the body of pain. It can also be used as soon as you experience pain. You have to focus on the truth and identify the source of the pain, i.e.: that person(s) in your psychic field with whom you need to clear away old issues. Then say the first prayer for yourself and for them. You should feel the pain dissipating from your body. For maximum effect and to integrate the changes into your life, repeat the prayers 27 times daily.

The exercise following that is the practice of peacemaking.

Talk to the person, either out loud or silently in your mind, and tell them everything that is bothering you, tell them how you feel about those issues, tell them everything negative that you have been holding onto and, then, tell them that you forgive them for all of it, if you can. *Talk to their Higher Self, do not talk to them in person about this process. Unless you can do so easily, without causing the other person any harm..*

So, here are your personal prayers:

_____, I forgive you

Please forgive me,

Let us forgive each other,

Let us forgive ourselves.

Please, Lord. Thank you, Lord. Amen

_____, I forgive you for all of the ways that you have hurt me, physically, emotionally, mentally, psychically, spiritually, sexually, financially or in any other way, knowingly or unknowingly, in the past, present or future through thought, word or deed; through_____

(e.g. anger or other words to describe their actions and to describe your feelings about this person's negative actions)

_____, please forgive me for all of the ways in which I have hurt you. Lord, please help _____ and me to forgive each other and to forgive ourselves.
Please, Lord. Thank you, Lord. Amen.

For all of the women who have ever hurt me, I forgive you all.
All of you women: all mothers, daughters, sisters, aunts, grandmothers, friends, ex-lovers, and partners.
I ask that you all please forgive me.
Lord, please help us all to forgive each other and to forgive ourselves.

For all of the men who have ever hurt me, I forgive you all.
All of you men: all fathers, sons, brothers, uncles, grandfathers, friends, ex-lovers, and partners.
I ask that you all please forgive me.
Lord, please help us all to forgive each other and to forgive ourselves.

For all of us, let us forgive ourselves for all of our hurts and wrongs to ourselves and to others.
Now and forever.
Please Lord. Thank you Lord. Amen

____(Self)____, I forgive you for all the ways you have hurt me.
Through (list all the ways you've hurt yourself) Lord, please help me to forgive myself and please forgive me for all of my mistakes and all of my hurts and wrongs to myself and to others. Please Lord, thank you Lord. Amen

I wish you much love, many blessings and great success in your healing.

~Mirabai Devi

These forgiveness prayers are adapted from the **Howard Wills** Gift of Life Forgiveness Prayers. Original prayers are available at www.howardwills.org.

www.mirabaidevi.org