



Heather Hildebrand

Psychic Medium, Angel Therapy Practitioner®, Speaker & Spiritual Counselor

A BUDDHIST PRAYER OF FORGIVENESS

If I have harmed any one in any way,
either knowingly or unknowingly
through my own confusions,
I ask their forgiveness.

If any one has harmed me in any way,
either knowingly or unknowingly
through their own confusions,
I forgive them.

And if there is a situation
I am not yet ready to forgive,
I forgive myself for that.

For all the ways that I harm myself,
negate, doubt, belittle myself,
judge or be unkind to myself,
through my own confusions,
I forgive myself.

