

Forgiveness Generator

Release the Hold of the Past

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you easily release pain caused to you by others. See yourself letting go all grudges. See this as a purely selfish act.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming free from the harmful actions of others in your past.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I forgive my friends

I forgive my enemies

I forgive those who have done me harm

I forgive those who hurt me

I forgive those who manipulated me

I forgive those who took advantage of me

I forgive those who abused me

I forgive those who took me for granted

I forgive those who left me behind

I forgive those who forgot me

I forgive those who let me down

I forgive those who rejected me

I forgive those who laughed at me

I forgive those who marginalized me

I forgive those who spoke out against me

I forgive those who gossiped about me

I forgive those who lied about me

I forgive those who lied to me

I forgive my parents

I forgive all adults who mistreated me

I forgive those who abused their power

I am loving

I am kind

I am compassionate

I am all forgiving

I am all loving

I forgive and forget

I forgive and help

I forgive and love

I forgive and assist

I forgive and rise above

I forgive and let be

I forgive and let live

I forgive and look forward

I heal my past

I forgive my past

I forgive my present

I heal my present

I forgive my future

I heal my future

You forgive your friends

You forgive your enemies

You forgive those who have done you harm

You forgive those who hurt you

You forgive those who manipulated you

You forgive those who took advantage of you

You forgive those who abused you

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