

Forgiveness Prayers for Ourselves

The more serious our life problems, whether physical or emotional, the more often the Prayers and Affirmations should be spoken. Speak these prayers and affirmations once or twice a day for transformation and spiritual growth; three to five times a day or more to address more serious or life threatening problems.

In the following Prayers the reference to the Infinite as Infinite Light, Infinite Creator or God is formally a reference. Please address the Infinite by whatever name is appropriate for you. These prayers are meant for all people, all religions, and all beliefs. *May the blessings of life be with you.*

John Newton's Comprehensive Forgiveness Prayer

Infinite Creator: For me, all my family members, all our relationships, all our ancestors and all their relationships through all time, through all our lives...

For all hurts and wrongs: physical, mental, emotional, spiritual, sexual and financial through thought, word or deed: Please help us forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally, please and thank you.

For all suicide, incest, murder, rape, abortion and infidelity through thought, word or deed: Please help us forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally, please and thank you.

For all times we abandoned or were abandoned; withheld love or had love withheld; weren't nurtured, loved and supported and times we didn't nurture love or support others: Infinite Creator, please help us forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally, please and thank you.

Please Infinite Creator, for the highest good: Lift out all weight, pain, burden, sin, death, debt, negativity and limitation of all kind; transform it into your love, and let you love flow back into us, filling us and giving us all complete peace, now and forever. Please and thank you. Please and thank you. Please and thank you.

Please help us love and bless each other; love and bless ourselves. Be at peace with each other and at peace with ourselves, now and forever. Please and thank you.

For more information about John Newton and his ancestral forgiveness work please see: HealthBeyondBelief.com

Howard Wills' Prayers & Affirmations

Belief systems can create limitations that inhibit our spiritual growth and awareness. The Infinite sends people blessings daily that often are blocked through scorn, judgment, pride, and other self-defeating attitudes. When using these prayers, if we will suspend our belief systems and speak the entire system of prayers aloud, word for word, we will share in the creation of a reality more beautiful than we could ever imagine - Direct Communion with the Infinite.

[Prayer of Complete Healing For All Relationships](#)

God, we are your children, your humble children. We give you our love and we thank you for your constant love and blessings. We ask God, please, that you lead us, guide us, and direct us into your life, into your light, and into your love.

We ask God, please, that your perfection become our perfection. That your love become our love. That your life become our life. And that your light become our light. Mentally, Physically, Emotionally, Spiritually. And in all ways completely.

We thank you God for these blessings. Thank you God for your love. We ask God, please, that you join us to your earth, to your heavens, to you, to all creation, and to ourselves – minds to feelings to bodies in peace, life, light, love, and perfection.

We ask God, please, that your perfection become our perfection. That your love become our love. That your life become our life. And that your light become our light. Mentally, Physically, Emotionally, Spiritually. And in all ways completely.

We thank you God for this freedom. Thank you God for your love. Thank you God for the healing of all these relationships. Thank you God for the gift of life. And all the many gifts you give us always.

God, we are your children, your humble children. We give you our love and we thank you for your constant love and blessings. We bless all your creations in the entire Universe. And we fill the Entire Universe with our love.

We bless the Earth, the Moon, the Planets, the Sun, all Stars, and all Celestial Bodies. We bless the trees, the plants, the flowers, the waters, the fish, the birds, the wind, the insects, the animals, all humanity, and all life on earth, and in the entire Universe.

And we fill all things, all time, all space, and all dimensions with our love as we celebrate this gift of freedom, life, love, and healing. Now and forever. Thank you God, thank you God, thank you.

[Prayer for All Races, All Nations, All Humanity, the Earth, and All Life](#)

God, we are your children, your humble children. We give you our love and we thank you for your constant love and blessings.

For all races, all nations, and all humanity, back through all time through all our lives - for all hurts and wrongs we have done to each other, to ourselves, to the earth, and to the life of the earth, through thought, word or deed, knowing or not knowing, we apologize for all our hurts and wrongs and we ask to be forgiven.

Help us God please, to forgive all those who have hurt us, to forgive ourselves for the times we have hurt ourselves, and to be forgiven by all those we have hurt. Please God, please God, thank you God, thank you God, thank you God.

And we do forgive and release each other, ourselves, and all life, completely and totally, with God's help, thank you God.

God, help us please to have reverence and respect for all life, and to realize our responsibilities to each other, to ourselves, to the earth, and to all life in the creation of peace and harmony for all life during our lives.

Help us God, please, to attune our awareness, our Intelligence, and our actions to the inner voice of goodness, love, and truth – you, Most High Lord in Heaven. Now and forever. Thank you God, thank you God, thank you.

[The Prayer of Bounty](#)

God, please open my mind, heart, and being to your complete limitless, bountiful prosperity, and love.

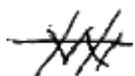
Please help all things that I think, say, and do be filled with your complete limitless, bountiful prosperity & love.

Please allow me to be blessed with the riches and bounty of your Heavens and your Earth always.

Please lead me, guide me, and direct me into your life, into your light, into your love, and into your complete limitless, bountiful prosperity, and love, celebrating life as the gift it is from you Lord, now and forever.

Thank you God, thank you God, thank you God, thank you.

Amen.



For more information about Howard Wills and his prayers and affirmations please see: HowardWills.com

My Current Prayers

After a while of saying the prayers you may find that you begin to add to the original, customizing it as flows from your lips, easily fine-tuning to suit your life and the lives of your ancestors. I typically end up with a prayer that is part-Wills, part-Newton, and part-Me.

I have also been loving the simplicity of the Hawaiian prayer, and find myself frequently reciting it throughout the day,

Dear God,

I bless this day and give thanks for my life, I forgive completely all people who have hurt me, I ask all people I have hurt to please forgive me, I apologize to myself and forgive myself for my wrongs to myself and my wrongs to others, known and unknown in this life and all past lives, throughout all of my lineage, throughout all of time.

I apologize for all my hurts or wrongs to all life forms, I apologize and forgive myself for all my hurts or wrongs to the earth and the life of the earth.

With this release, freedom, peace, power, and new life, I bless all creation in the entire Universe and I fill the entire Universe with my love. I love and bless the Earth, all Life, and all Humanity. I love, bless, and respect, the visible, and the invisible.

I rejoice and give thanks for my new life, power, knowledge, awareness and health, and give complete blessings and love to all life and all creation always.

I thank you God for your guidance, support, your unwavering love and constant blessings.

Amen. (*Amen translates to: in this truth I stand firmly*)

