

*PRAAYER OF FORGIVENESS - clears Karma*  
*-Lisa Barnett*



*Divine Spirit/Source/God, please be my forgiveness to anyone or anything that has hurt me, from the beginning until the end of time, whether they realize they hurt me or not. I now forgive them and I release them of any obligation they have had with me.*

*Divine Spirit/Source/God, please be my forgiveness for myself for any hurt that I have caused others, from the beginning until the end of time, whether I realized I hurt them or not. I now forgive myself and I release myself of any obligation I have had with them.*



*Mother/Father/Spirit/Source, please be my forgiveness for myself for any hurt that I have caused myself, from the beginning until the end of time, whether I realized I hurt myself or not. I now forgive myself and I release myself of any negative obligation I had with myself.*

**Forgiveness clears Karma throughout time & space. It allows us to heal our past, which consists of anything prior to this moment and includes our childhood and past lives. Done at the end of the day, it helps to clear all the negativity that builds within us. Working with this prayer for 33 days consecutively has shown to heal chasms of pain and separation in relationships with self, God/Spirit/Source, other people or situations in our lives.**

