

**THE PROCESS OF FORGIVENESS ONE PERSON AT A TIME:**

I invoke the Divine Presence of God Almighty Father / Mother; my Divine Higher Self.

I invoke the Master Jesus, Mary, the Archangel Michael and all the Angels of the Mikaelic Consciousness. Archangel Michael: I ask you to cut all the cords of fear and addiction between me and ..... name of the person ... and all the people involved in this process of forgiveness. Archangel Michael, I ask you to surround me with your Light creating a shield of protection in all Plans, in all Levels of my Being and in all Dimensions and Directions of Time Space. Master Jesus, wrap me and ..... name of the person ..... and all the people involved with your Light of Pure Unconditional Love so that I can be one with Energy of Pure Forgiveness and Compassion.

Help me healing my Heart through this Process of Forgiveness so that I can reopen it and Receive Pure Unconditional Love and Healing in all Levels of my Being. Mother Mary, help me to let go of the past and to take my life back by starting again from a new perspective of Love, Peace and Compassion. In this First Process we work with one person at a time, imagining that we have him in front of us: ..... name of the person .....

I forgive you for all the pain and suffering you have caused me, voluntarily or involuntarily, consciously or unconsciously, in this life on earth, in other lives and in all the dimensions and the directions of time and space. (Repeat 2-3 times.) ..... name of the person .....

I ask you to forgive me for all the pain and suffering that I may have caused you voluntarily or involuntarily, consciously or unconsciously, in this life, in other lives and in all the dimensions and the directions of time and space. (Repeat 2-3 times.)Name of the person ..... I forgive you for everything ...

Iforgive you for everything!

I forgive you, I love you and I bless you!

I forgive you, I love you and I bless you!

I forgive you, I love you and I bless you!

I forgive you, I love you and I bless you!

I forgive you, I love you and I bless you!

I forgive you, I love you and I bless you!

Repeat until we feel within our hearts that we have deeply and completely forgiven. (from 5 to 20 minutes, it should be recited with the Heart!) You can imagine hugging the person and saying:

Thank you for the lesson I have learned, I bless you, Now I am Free and you are Free, Go in Peace  
... ..

I have chosen pure love and I choose to learn from pure love.

Other people are our mirror for us, so we must forgive ourselves! I forgive myself for all the pain and suffering I have caused to ..... person's name ..... in this life, in other lives and in all the dimensions and the directions of time and space. (Repeat 2-3 times.) I forgive myself for everything! I forgive myself for everything! I forgive myself for everything!

I forgive myself for everything!

I forgive myself for everything!

I forgive myself for everything!

I forgive myself, I love myself and I bless myself!

I forgive myself, I love myself and I bless myself!

I forgive myself, I love myself and I bless myself!

I forgive myself, I love myself and I bless myself!

I forgive myself, I love myself and I bless myself!

I forgive myself, I love myself and I bless myself!

Repeat until we feel within our hearts that we have deeply and completely forgiven. (from 5 to 20 minutes, it should be recited with the Heart!) At the end of the Process of Forgiveness, make the following Positive Affirmations:

I am pure love. I am pure love.

I am pure love. I forgive everyone for everything.

I forgive everyone for everything. I forgive everyone and everything

.I love and approve myself. I am worthy of being loved.

I deserve to love and be loved. I love life and life loves me.

I am pure love. I am pure love. I am pure love.

I live harmonious and happy relationships.

I am free and happy.

Joy is within me.

Peace is within me!

I have chosen the Main Way of Love!

Thank you, thank you, thank you,

It's Done,

It's Done,

It's Done,

And so it is.

Now, Forever and for the Eternity!

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