

## *Your Forgiveness List*

I. People, organizations, situations, or experiences of the past or present who I now forgive:  
(List Below)

“I FULLY AND FREELY FORGIVE. I LOOSE AND LET YOU GO TO YOUR GOOD QUICKLY AND IN PEACE. ALL IS CLEARED UP BETWEEN US NOW AND FOREVER.”

II. People, organization, situations or experiences of the past or present whom I desire to forgive me.  
(List Below)

“YOU FULLY AND FREELY FORGIVE ME. YOU LOOSE ME AND LET ME GO TO MY GOOD QUICKLY AND IN PEACE. ALL IS CLEARED UP BETWEEN US NOW AND FOREVER.”

Here is a forgiveness technique that can transform you life: Spend half an hour every day mentally forgiving everyone that you are out of harmony with, or are concerned about. Subconsciously they will respond. If you have accused yourself of failure or mistakes, forgive yourself too.

Many people are never permanently prospered, no matter what else they do, because they have not done this. Until they forgive, their prosperity does not come. The word “forgive” simply means “to give up”. Forgiveness is a pleasant inner act that helps you “give up” negative emotions and clears away the blocks to your good. As you practice forgiving yourself and others daily, the results in increased health, wealth and happiness will astound you!