



Kerry Armstrong

HEALING

Self Forgiveness Prayer

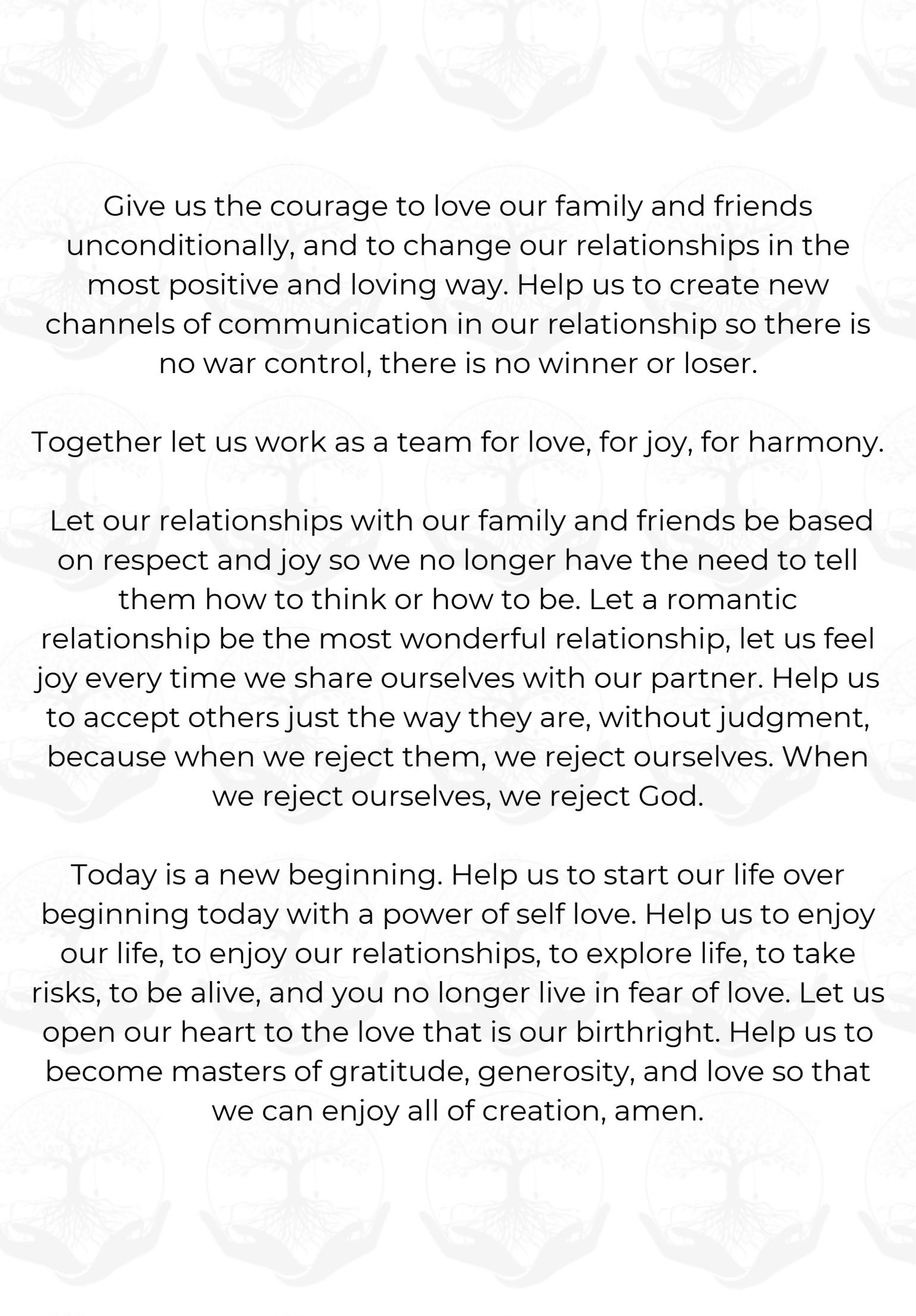
Today, creator of the universe, we ask that you help us to accept ourselves just the way we are, without judgment. Help us to accept our mind the way it is, with all of our emotions, our hopes and dreams, our personality, our unique way of being. Help us to accept our body just the way it is, with all its beauty and perfection. Let the love we have for ourselves be so strong that we never reject ourselves or sabotage our happiness, freedom, and love.

From now on, let every action, every reaction, every thought, every emotion, be based on love. Creator, to increase our self love and tell the entire dream of our life is transformed, from fear and drama to love and joy. Let the power of our self-love be strong enough to break all the lies we were programmed to believe — all the lies they tell us we are not good enough or strong enough or intelligent enough, that we cannot make it. Let the power of our self-love be so strong that we no longer need to live our life according to other people's opinions. Let us trust ourselves completely to make the choices we must make. With our self love, we are no longer afraid to face any responsibility in our life or face any problems and resolve them as they arise. Whatever we want to accomplish, let it be done with the power of our self love.

Starting today, help us to love ourselves so much that we never set up any circumstances that go against us. We can live our life being ourselves and not pretending to be someone else just to be accepted by other people. We no longer need other people to accept us or to tell us how good we are because we know what we are. With the power of our self-love let us enjoy what we see every time we look in the mirror.

Let there be a big smile on our face that it has is our inner and outer beauty. Help us to feel such intense self-love that we always enjoy our own presence.

Let us love ourselves without judgment, because when we judge we carry blame and guilt we have the need for punishment. Strengthen our will to forgive ourselves in this moment. Clean our bites of emotional poison and self judgments so we could live in complete peace and love. Let our self-love be the power that changes the dream of our life. With this new power in our hearts, the power of self love, let us transform every relationship we have, beginning with the relationship we have with ourselves. Help us to be free of any conflict with others. Let us be happy to share our time with our loved ones and to forgive them for any injustice we feel in our mind. Help us to love ourselves so much that we forgive anyone who has ever hurt us in our life.

The background features a repeating pattern of a stylized tree with roots and branches, held within two hands. This motif is repeated across the entire page in a light, semi-transparent grey color.

Give us the courage to love our family and friends unconditionally, and to change our relationships in the most positive and loving way. Help us to create new channels of communication in our relationship so there is no war control, there is no winner or loser.

Together let us work as a team for love, for joy, for harmony.

Let our relationships with our family and friends be based on respect and joy so we no longer have the need to tell them how to think or how to be. Let a romantic relationship be the most wonderful relationship, let us feel joy every time we share ourselves with our partner. Help us to accept others just the way they are, without judgment, because when we reject them, we reject ourselves. When we reject ourselves, we reject God.

Today is a new beginning. Help us to start our life over beginning today with a power of self love. Help us to enjoy our life, to enjoy our relationships, to explore life, to take risks, to be alive, and you no longer live in fear of love. Let us open our heart to the love that is our birthright. Help us to become masters of gratitude, generosity, and love so that we can enjoy all of creation, amen.