

Affirmations for the Heart
For Healing and Forgiveness

Forgiveness is a gift that given to the Self. It is a power that creates healing and freedom that allows your Spirit to soar, unencumbered, weightless and free from pain.

The following are Affirmations that I have created for you to repeat when you rise in the morning and when you retire for the evening. Each of them is filled with the energy of great healing, of self- love and of renewal.

1. I AM ready and willing to begin the process of Forgiveness
2. I AM accepting of myself as I AM.
3. I AM willing to give myself the compassion and patience that I need as my process of Forgiveness unfolds.
4. I AM willing to be free from guilt, remorse, shame and anger.
5. I AM never alone in my Forgiveness process. The Universal Divine consciousness is my partner in this process of Healing and Self –Love.
6. I AM ready to release the burden of my pain, disappointment and misgivings
7. I AM willing to see things differently
8. I AM worthy of the new life that is before me
9. I AM ready to receive the changes that my new perspective is creating
10. I AM both the giver and receiver of this gift of Forgiveness and understand that I AM it's partner in healing
11. I AM a blessing to myself and all those I meet as I AM open, receptive, clear, joyous and free.