

# Soul to Soul Forgiveness

I am grateful my heart has learned the art of forgiving, by developing defense mechanisms to keep me healthy and productive, by forgiving those who have hurt me without expecting them to ask for forgiveness. I am grateful that my heart has learned the art of forgiving myself for the harm I have caused myself and others, and I **ask for soul- to- soul forgiveness to those I have caused harm.**

I forgive those who have caused me harm.  
I forgive myself for the harm I have caused myself and others, and I ask for soul- to- soul forgiveness to those I have caused harm knowingly and unknowingly.

My cells, forgive me for the harm I have caused you.  
My cells, forgive those who have caused harm to my parents, my grandparents and my ancestors and my cells. I ask on your behalf to ask for forgiveness from the souls of those my parents, grandparents and ancestors have caused harm to.

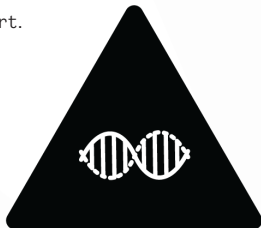
I am forgiving, I have a forgiving heart.  
Thank- you, creator, for giving me a forgiving heart.  
I am forgiving, I have a forgiving heart.

@Emmanueljal

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MY LIFE IS ART