

# The Ritual of Forgiveness

## Part 1

To all those whom I have hurt knowingly or unknowingly, consciously or unconsciously, in thought, in word, or in deed.

I am sorry. Please forgive me.

Let the hurts be healed.

Let the karma be dissolved (*option: Let the Karma be complete*).

## Part 2

To all those who have hurt me knowingly or unknowingly, consciously or unconsciously, in thought, in word, or in deed.

I forgive you. I release you.

Let the hurts be healed.

Let the karma be dissolved (*option: Let the Karma be complete*).