

Forgiveness Prayer



As Guided by Grand Master Choa Kok Sui



“Forgiveness is Therapeutic.
Forgiving Heals the Soul.”

— Master Choa Kok Sui





How to Practice?



Repeat this prayer **7 times** in one sitting for deeper cleansing and release.



For long-standing resentments, practice this prayer for the individual daily for **21 days** — or continue for as long as needed until peace is restored within.

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Forgiveness is not a matter of who is right or wrong. It is a matter of doing the right thing. Just because you forgive somebody does not mean that you have to allow the person to beat you up.



Forgive & Keep Your Distance.

-Master Choa Kok Sui



Giving Forgiveness

Visualize the person in front of you.

Atma Namaste

I salute the divinity within you.

We are all children of God.

Children of the Supreme Being.

We all mistakes.

I forgive you for your mistakes.

I forgive you for the hurt and pain you have
given me.

You are forgiven, and the matter is forgotten.

May the Supreme God bless you with divine
forgiveness.

May the Supreme God neutralize your
negative karma.

May peace be with you, and with me.

| ॐ Shanti Shanti Shanti ॐ |

Seeking Forgiveness

Visualize the person in front of you.

Atma Namaste

I salute the divinity within you.

We are all children of God.

Children of the Supreme Being.

We all mistakes.

I seek forgiveness from you for my mistakes.
Please forgive me for the hurt and pain I have
given you.

I am very very sorry.

May the Supreme God bless me with divine
forgiveness.

May the Supreme God neutralize my negative
karma.

May peace be with you, and with me.

| ॐ Shanti Shanti Shanti ॐ |



Forgiveness is a gift you give
yourself and your soul.

May this practice bring you
lightness, peace, and freedom
with every repetition.

May you be at peace.

Thank you.

-Arnaab Bhattacharjee