



A Buddhist Prayer of Forgiveness

If I have harmed anyone in any way,
either knowingly or unknowingly, through
my own confusions, I ask their forgiveness.

If anyone has harmed me in any way,
either knowingly or unknowingly, through
their own confusions, I forgive them.

And if there is a situation
I am not yet ready to forgive
I forgive myself for that.

For all the ways that I harm myself, negate, doubt,
belittle myself, judge or be unkind to myself,
through my own confusions,
I forgive myself.