

A Buddhist Prayer on 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.*