

Consciously, with folded palms at my heart,  
the divinity within me salutes the divinity within you.

I acknowledge that we all come from the same source of life.  
We all make mistakes. Mistakes are part of the learning process.

For the harmful acts of mind, speech and body  
that I have committed while in a disturbed state of mind,  
towards the Spiritual Teachers, the Teachings,  
the Spiritual Community,  
my parents, my siblings, my relatives, my friends and  
others in this lifetime or any other lifetimes;

All that has been done by me consciously or  
unconsciously,  
due to ignorance and my abundance of faults,  
be it the breaking of a vow,  
causing harm to any sentient being,  
looking down on others, being judgmental,  
engaging in unnecessary arguments,  
being full of pride and ego,  
abandoning love and respect that is offered,  
and not giving love that is needed,

I humbly confess all of these, as well as any other disgraceful actions,  
which I have committed.

I fully acknowledge my unskillful behavior  
and seek forgiveness from those to whom I have caused pain and suffering.

To any beings who have hurt me through their unskillful actions and behaviors,  
I fully, completely, profoundly and deeply forgive you and release you with great love.

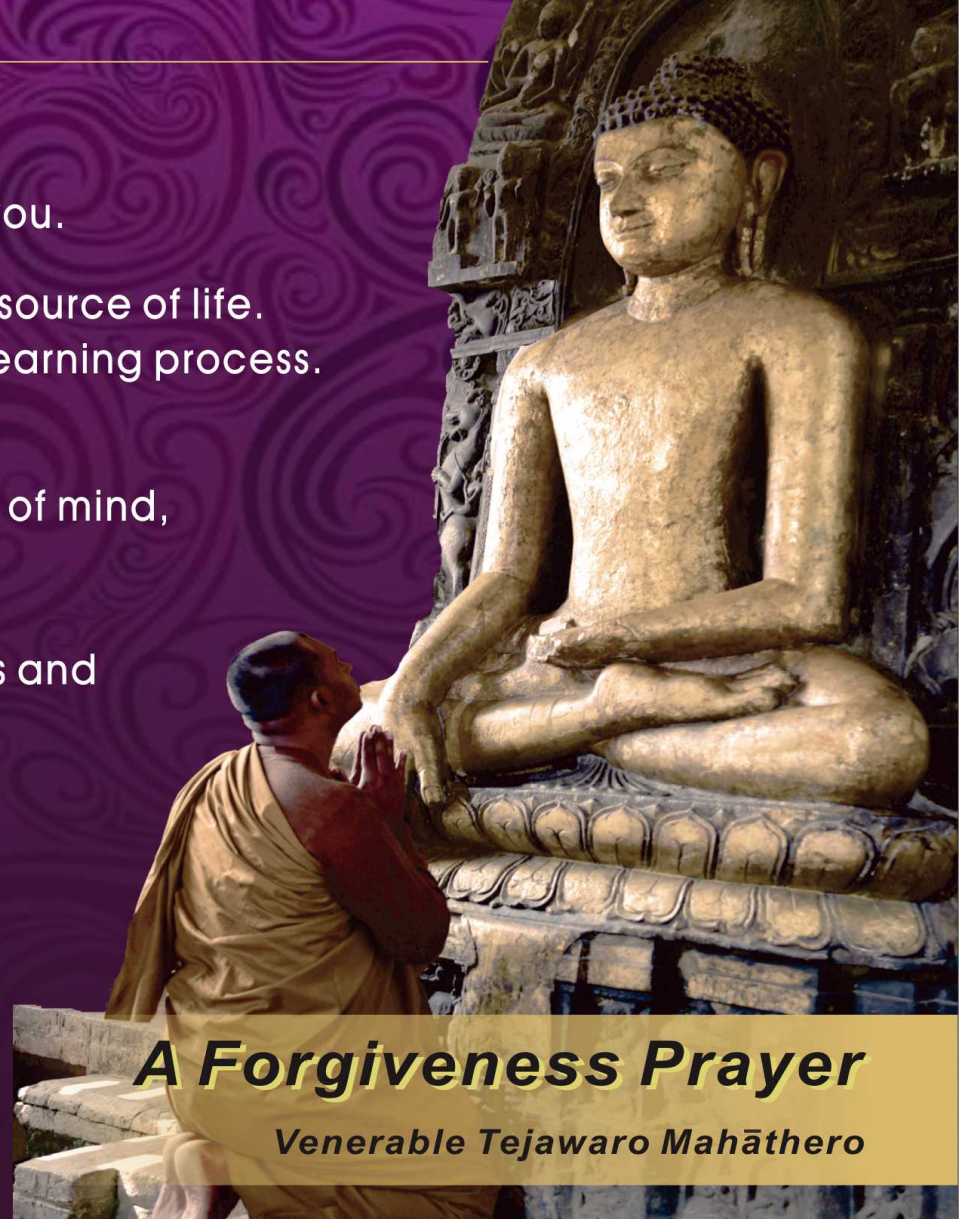
I also completely and deeply forgive myself for all disgraceful and unholy actions  
that have hurt any being. I vow to learn from my mistakes and  
to mindfully avoid making them again.

I sincerely request all the Great Compassionate Ones and Spiritual Masters  
to please accept my wrong doings. Please heal the hearts of any of those who  
I have hurt.

I am ready and willing to be purified, and humbly ask to be shielded from all evil forces.

Thank you to all the Great Compassionate Ones for protection and guidance,  
and for helping me to attain understanding and wisdom.

Thank you, thank you, thank you. I remain, always, your humble servant.



## ***A Forgiveness Prayer***

***Venerable Tejawaro Mahāthero***