SHAMBHALA - FREE GIFTS OF LIGHT

I AM Forgiveness

Decrees of release and new beginnings - print it, post it where you will see it, and speak each decree aloud with gratitude.

I RELEASE

I AM Forgiveness: I release the past and walk free in the Light.

I FORGIVE MYSELF

I AM gentle with my own heart; I forgive myself and begin again.

I FORGIVE ALL

I AM Forgiveness for every person and every memory; all is Light now.

THE VIOLET FLAME

I AM the Violet Flame of mercy, transmuting all into Light and love.

A NEW DAWN

I AM a new dawn: today I choose peace, freedom and joy.

I AM Forgiveness - free, and shining in the Light.