

## Forgiveness and Emotional Freedom Affirmations

*I release all resentment and open my heart to peace.*

*I forgive myself and others with compassion and grace.*

*I am no longer bound by my past—I am free.*

*Love flows through me effortlessly.*

*Every experience has shaped me into who I am today.*

*I choose to heal rather than to hold onto pain.*

*Forgiveness is my gift to myself.*

*My spirit is light, open, and full of love.*

*I am deserving of peace, joy, and renewal.*

*I bless the past and embrace the present moment.*

