**Forgiveness Letter**

Dear Angels,

Please help me to love myself.

Dear Self,

I am deeply sorry for not listening to my inner child and realising that all you needed was my time and love.

I am sorry for criticizing you when all you needed was love.

I am sorry for being busy when all you needed was peace.

I am sorry that you believed all those things that you were told even though they were not true.

I am sorry when I looked in the mirror, I saw hate instead of love.

I am sorry I blamed my body for letting me down, when all it was doing was helping me to see I needed to love me more.

I am sorry for not listening to my Soul and what my true mission was.

I am sorry I gave away your power to others and didn’t respect you,

Please Angels help me to love myself more,

In deepest gratitude for this opportunity to be human,

Yours Truly …………………………………………………………….....