

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

Dear [Recipient's Name/Universe/Yourself],

I hope this letter finds you in a space of peace and understanding. Today, I am reaching out to cleanse my spirit and release any negative karma I may have accumulated. I recognize that my past actions may have caused harm, and I sincerely wish to heal and grow from these experiences.

I forgive myself for [specific actions or thoughts] and take full responsibility for the impact they may have had on others. I acknowledge my mistakes and the lessons they have brought into my life. I am committed to making amends and doing better moving forward.

To those I have wronged, I extend my heartfelt apology. I ask for forgiveness for any pain I may have caused, knowingly or unknowingly. I release any resentment or guilt that may linger within me and invite love and light to take their place.

With this letter, I intend to let go of negative emotions and embrace positivity, empathy, and compassion. I am open to the healing process and ready to transform my energy into something valuable.

Thank you for allowing me the space to express my intentions. I trust in the Universal flow of energy to cleanse my karma and guide me toward a more harmonious existence.

With love and sincerity,
[Your Name]