



# CENTER FOR TRUE HEALTH

## Master Sha's Self-Healing Forgiveness Practice

Forgiveness practice empowers you to self-heal your spiritual, mental, emotional, and physical bodies, as well as transform your relationships, finances, and more. Forgiveness brings inner joy and inner peace. Forgiveness is a golden key to healing. Follow this simple "Say Hello" formula:

Dear soul mind body of my \_\_\_\_\_ (name the system, organ, part of the body, health condition, relationship, finances, business, or other area of your life that requires forgiveness),

I love you.

You have the power to completely heal and transform yourself.

Please do an amazing job.

Thank you.

Dear Divine and Tao,

Please forgive my ancestors and me for all mistakes we have made in all lifetimes.

In order to receive your forgiveness I will serve unconditionally.

To anyone I have hurt in any lifetime, I deeply apologize.

Please forgive me.

To anyone who has hurt me in any lifetime, I offer complete forgiveness.

Chant or repeat 10-15 minutes twice a day. The longer, the better!

I forgive you

You forgive me

Bring love, peace, and harmony

Bring love, peace, and harmony

I love my heart and soul

I love all humanity

Join hearts and souls together

Love, peace, and harmony

Love, peace, and harmony

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