



## 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, saying hello to your soul, heart, mind, and body to invoke your inner healing abilities:

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, (invoke any outer souls you believe in: Heaven, Tao, Source, Universe, Mother Earth, whatever you believe, saints, angels, buddhas, God, etc.)

Please forgive my ancestors and me for all mistakes we have made in all lifetimes, especially related to \_\_\_\_\_ the area of your life that needs forgiveness.

In order to receive your forgiveness I will serve unconditionally.

To serve is to make others healthier and happier.

To anyone I have hurt in any lifetime, especially related to this issue, 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

Additional Resource: the book, *Greatest Forgiveness* by Dr. & Master Zhi Gang Sha

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