

FORGIVENESS PRACTICE
DR. AND MASTER ZHI GANG SHA

Forgiveness Practice is the key to self-clear negative karma. Negative karma is the root cause of sickness and of challenges in relationships, finances, and any aspect of life. Do this Forgiveness Practice often and with sincerity. Every aspect of your life could be transformed beyond words, comprehension and imagination.

Here is how to do Forgiveness Practice.

Apply the Four Power Techniques®:

Body Power.

Place one palm over your navel and your other palm over the Ming Men acupuncture point on your back directly behind the navel.

Soul Power.

Say *hello* to inner souls and outer souls.

Inner souls:

Dear soul mind body of _____ (request of organs, bodily systems or parts of the body),

I love you.

You have the power to heal yourself.

Do a good job.

Thank you.

Outer souls:

Dear Divine,

Dear Tao, the Source,

Dear countless healing angels, archangels, Ascended Masters, gurus, lamas, kahunas, holy saints, Taoist saints, buddhas, bodhisattvas and all kinds of spiritual fathers and mothers,

Dear Source Ling Guang Calligraphy,

I love you all.

Please give me healing, rejuvenation and life transformation for _____ (make your request).

I am extremely grateful.

In order to be forgiven,

I must serve unconditionally.

To serve is to make others happier and healthier.

To chant is to serve.

To meditate is to serve.

To volunteer is to serve.

*To donate is to serve.
I will serve.*

Sound Power.

Sing or chant the Divine Soul Song *Love, Peace and Harmony* silently or aloud:

*Lu la lu la li
Lu la lu la la li
Lu la lu la li lu la
Lu la li lu la
Lu la li lu la*

*I love my heart and soul
I love all humanity
Join hearts and souls together
Love, peace and harmony
Love, peace and harmony*

Now chant any of the following Source Ling Guang Calligraphies:

*Da Ai – Greatest Love
Love melts all blockages and transforms all life.*

*Da Kuan Shu – Greatest Forgiveness
Forgiveness brings inner joy and inner peace to all life.*

*Da Ci Bei – Greatest Compassion
Compassion boosts energy, stamina, vitality and immunity of all life.*

*Da Guang Ming – Greatest Light
Light heals; prevents sickness; purifies and rejuvenates soul, heart, mind
and body; transforms relationships, finances and business; increases
intelligence; opens spiritual channels; and brings success to every aspect
of life.*

Ling Guang – Soul Light

Tao Guang Zha Shan – Tao Light Explodes and Vibrates

Practice for at least ten minutes per time. Practice several times day so that your practice time totals at least one or two hours a day. To chant more is to receive more benefits.