

Soul Power Institute™

Forgiveness Practice for Humanity

Forgiveness practice empowers you to self-heal your spiritual, mental, emotional, and physical bodies, as well as to transform your relationships and finances. 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 heal and transform yourself.
Do a great 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.*

Then chant or sing repeatedly:

*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*

Chant or sing sincerely from the heart for fifteen minutes.

We recommend doing two 15-minute forgiveness practices each day.