

INSTITUTE FOR UNIVERSAL KNOWLEDGE SHARED
SOUL POWER

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 areas 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 _____(your God*)

**Please Forgive my ancestors and me for all the mistakes we
have made in all our Lifetime,**

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 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.**

*Your favourite God/Goddess ie: Shiva, Jesus, Lakshmi, Vishnu, Allah, etc. (From light side only)

Chant or sing sincerely from the heart for fifteen minutes. We recommend doing two 15-minute forgiveness practices each day.