

Tao Calligraphy Healing Field Self-Healing Practices



Your soul has the power to nourish and heal itself.

Dr. & Master Sha's Six Power Techniques

- **Body Power.** Use hand and body positions for focusing energy.
- **Breathing Power.** Use the breath to heal. Inhale deeply through the nose, hold breath for two seconds, then exhale completely through mouth.
- **Mind Power.** Visualize golden light. "Golden light shines" all sickness disappears. Use creative visualization, focus and concentration of the mind.
- **Soul Power.** Say hello to your own soul and to other souls. Request the soul to bless itself.
- **Sound Power.** Chant affirmations and healing mantras with a frequency and vibration for wellness/transformation. What you chant is what you become.
- **Tracing Power.** Write/trace affirmations. Follow the path of the Tao Calligraphy. Chant affirmations or sing healing songs while you trace. Hold fingers and thumb together.



Say Hello Formula

Use the Say Hello® formula to connect with Soul Power for maintaining a healthy and happy life.

Dear Everyone and Everything, I love you and appreciate you. Please join me to uplift our frequency and vibration to be healthier and happier.

I have the power to heal and transform myself.

You have the power to heal and transform yourself.

Together, we have the power to heal and transform the world.

Dear soul mind body of _____ (name one aspect of your life), I love you.

You have the power to heal yourself.

Thank you.

Forgiveness Practice

Forgiveness brings inner joy and inner peace. It is a golden key to living a healthy and happy life.

Dear Everyone and Everything. I love you and appreciate you. Please forgive my family and me for all the mistakes we have made in all our lifetimes. We deeply apologize. Thank you. To all the souls that have hurt my family or me at any time. I forgive you unconditionally. Thank you.

Then chant or sing repeatedly:

*I forgive you unconditionally
You forgive me unconditionally
Bring love, peace and harmony
Bring love, peace and harmony*

Now sing the healing song *Love, Peace and Harmony* as service to humanity and all souls:

Love Peace Harmony

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

*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*

Chant or sing sincerely from your heart for 15 minutes. It is recommended to do two 15-minute sessions of Self-Healing Practices each day.