ENLIGHTENMENT PIE
PURIFY. ENERGIZE. HEAL

PURIFY SPIRIT

Forgiveness Practice

Sit in a quiet space and take some deep cleansing breaths.
Dear _____ (name one aspect of your life that requires forgiveness), I love you. Thank you for all that you are teaching me. It is time to heal.

Please forgive myself and my lineage for all the mistakes we have made in all our lifetimes.In order to receive forgiveness I off compassion to all sentient beings and commit to serve unconditionally.To anyone who has hurt me in any lifetime, knowingly or not, I forgive and release you.To anyone I have hurt in any lifetime, knowingly or not, I ask for your forgiveness.

Then chant or sing repeatedly: I forgive you You forgive me Om Shanti Om Om Mani Padme Hung

Chant or sing sincerely from your heart for 15 minutes.

It is recommended that you do two 15-minute forgiveness practices each day

Gratitude Practice

Sit in a quiet space and take some deep cleansing breaths.
Reflect on three things in your life that you are grateful for.
Say Thank You.
Repeat Boddhisattva Prayer 3 times:
May I be a guard for those who need protection
A guide for those on the path
A boat, a raft, a bridge for those who wish to cross the flood
May I be a lamp in the darkness
A resting place for the weary
A healing medicine for all who are sick
A vase of plenty, a tree of miracles
And for the boundless multitudes of living beings
May I bring sustenance and awakening
Enduring like the earth and sky Until all beings are freed from sorrow
And all are awakened.

Trust Practice

Sit in a quiet space and take some deep cleansing breaths.

As you breathe in, imagine breathing in all the Universe wishes to offer you.

As you breathe out feel the surrender of your being to the process of life.