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Findhorn Press Ltd., United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected - despite feelings of singularity and separation - four tenets are disclosed for creating peace with oneself and others: I am sorry, Please forgive me, I love you, and Thank you. Offering practical exercises,...

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- Authored by Ulrich Emil Duprée
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