

Ho'oponopono Prayer



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Ho'oponopono Prayer

Ho'oponopono (ho-o-pono-pono) is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as correction, with the synonyms manage or supervise. In this sense, you can think of it as a method for managing (or correcting) your mood or energy.

Ho'oponopono is a powerful technique with incredible healing powers. It's simple and it works.

It consists of 4 simple statements. To begin, take a deep breath or two and then say to yourself (or out loud, if appropriate):

- I am sorry
- Please forgive me
- I love you
- Thank you

No need to memorize the order—you will get results regardless of the order you say it. Repeat the statements over and over until you feel ready to stop. Sometimes I say it once, sometimes 100 times (or it seems like that—in truth I'm not counting and I don't suggest you do either). Let's run through each statement in turn.

1. I am sorry (For what? You will know. Listen for the answer).
2. Please forgive me (For what? You will know. Listen for the answer)
3. I love you (Do your best to mean it)
4. Thank you (For what? You will know. Listen for the answer)

Start by practicing this on YOU (meaning – you are telling yourself you are sorry, you are asking yourself for forgiveness, you are telling yourself you love you and you are expressing gratitude to yourself). Sure you can do it at random times, but I suggest you use feelings of anxiety or overwhelm as a signal to stop and do this quick routine. For clients who struggle with addictions or health challenges, I suggest they do it every time they feel guilty, hopeless, or have a craving. And, you can use this to release judgment you have towards yourself or others. Try it, be amazed and let me know how it goes!



Ho'oponopono Wallpaper

Click below to download the Ho'oponopono Wallpaper and place on your computer.



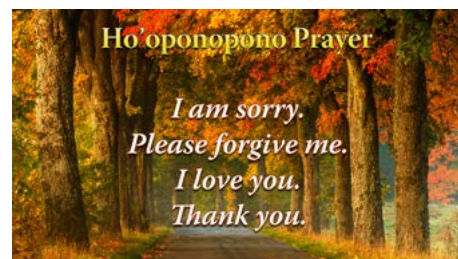
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