

## Introduction to the Ho'oponopono Prayer from the Papa Kalua Lineage

### A Gift from the Ancient Lineage



The original prayer comes directly from Papa Kalua Kaiahua in Maui, to Kumu Karen Leialoha Carroll in Oahu who passed it on to Emma Kupu Mitchell and Kahu Lāhela Johnson during their *Halau* ordination.

When Kahu Lāhela Johnson and Janet Conner created the first *The Goddess Forgives* prayer intensive, they were inspired to adjust a few lines in the prayer to mirror the sacred intention of the intensive.

With each successive intensive, Kahu Lāhela and Janet listen closely to their divine guidance and with deepest respect to the sacred Shamanic tradition, offer new versions of Ho'oponopono to support all of us in creating a world of peace and harmony for all.

Lāhela and Janet ask that you not share this sacred intellectual property with people outside our *Praying at the Speed of Love* community.

It's not that this prayer is secret, although it was not known to many until very recently, but this Hawaiian Shamanic prayer practice is offered as a healing gift by the *Kahus* (keepers) and *Kumus* (teachers) of the lineage with the sacred charter that it be received and used as an instrument of prayer.

If you wish to experience this deep form of Ho'oponopono, Kahu and Janet invite you to watch the on-demand recording of the first [The Goddess Forgives](#) or any of the [prerecorded intensives](#).

There have now been five:

The Goddess Forgives  
The Goddess Forgives Me  
The Goddess Forgives Us All  
The Goddess Forgives; My Body Heals  
Ho'oponopono for Mother Earth

**If you wish to be invited to future LIVE intensives, [register](#) for Janet's Sunday Notes from the Field newsletter**

## **A form of the Ho'oponopono Prayer from the Papa Kalua Tradition**

*A sacred Hawaiian spiritual prayer – making right the things of the past.*

*Permission to pray this form of the Ho'oponopono prayer was given privately to Janet Conner by Kumu Karen through Emma Kupu Mitchell for Janet's individual prayer practice when her son was a political prisoner in 2013. Janet has prayed this form of the prayer for six years, and it continues to reveal its beauty and mystical depth every day.*

This prayer comes directly from Papa Kalua Kaiahua in Maui, to Hawaiian teacher (Kumu) Karen Leialoha Carroll in Oahu, to Emma Kupu Mitchell and Kahu Lahela Johnson in 2008.

### **A Ho'oponopono prayer for self or another.**

I \_\_\_\_\_ (speak your name) wish to do a Ho'oponopono of \_\_\_\_\_ (speak your name or another person or place).

I wish to cut any aka chords or connections which are of imbalance, disharmony, or unwanted memories from conception until the present time.

I also ask for forgiveness for \_\_\_\_\_ (name), who may also have taken part in it.

We ask that these thoughts and memories be erased from your memory banks and that only the good thoughts remain. We ask that \_\_\_\_\_ (name or place) be cleansed, purified, and transmuted to the pathway of light. No longer will these thoughts and connections remain.

*Amama ua noa.* It is given. It is free.