



Additional Ho'oponopono Techniques and Exercises

Won't It Be Cool When.....

Take time throughout the day to ask yourself the following question – Won't it be cool when Ho'oponopono helps me heal from

Won't it be cool when I experience Ho'oponopono Miracles and Moments like

THE BOOK OF POSITIVE HO'OPONOPONO MIRACLES & MOMENTS

Purchase a nice book or journal with an inspirational cover.
Label it "My Book of Positive Ho'oponopono Miracles and Moments."
Each morning or evening write down the Ho'oponopono miracles and moments that you have experienced and are grateful for and the ones you plan on being grateful for.

BLUE SOLAR WATER

Create your own blue solar water bottle with any blue tinted bottle or purchase a beautiful blue solar water bottle at www.BottlesandFoamers.com.

Fill with tap water and put in the sun for 1- 6 hours.
Clean, clear and erase old patterns, memories and negative beliefs by drinking, bathing, and washing with it!



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THE WHAT ELSE EXERCISE

Sit down with some pen and paper or a compute and ask yourself, "What would I like to be most healed of?" Write down whatever comes to mind. Now ask yourself what else would I like to be healed of? Do this 6 times. What else, what else, and what else? If you get stuck ask yourself, "What else do I need to be healed of?" "What else would others say I need to be healed of?"

THE PRIORITY HO'OPONOPONO HEALING CIRCLE

Gather two or more people that believe in Ho'oponopono healing and tap on each other's index card in one pile, at the same time, with an eraser for 5-6 minutes.

If no one is available, draw a circle and write down the one thing you need healing from the most, in the center of the circle. Then write down other intentions you have for healing around the circle's outer rim. Tap and repeat the four Ho'oponopono phases for 4-5 minutes while first tapping on the inner circle and then the outer circle for 2-3 minutes.

Take a deep healing breathe when you are done.

THE TAPPING ERASER

Take a pencil with an eraser or any eraser and tap on an index card with an issue, need, want or an intention either positive or negative. You may also tap on a party list, event list, client list or potential client list, any list at all and even your bank statements. Tap with the eraser while practicing the 4 pillars of healing and reciting the 4 Ho'oponopono phrases. If you feel comfortable tap on any part of your body where there is illness, pain, discomfort, or concern while repeating the 4 Ho'oponopono phases.



THE MORRNAH PRAYER

Repeat the Morrnah Prayer four times while plugging in the same problem or intention – say it out loud expecting a healing response. Record the results in your Book of Positive Ho'oponopono Miracles and Moments.

HO'OPONONO I STATEMENT PROCESS

Fill in the following blanks!

I Now Know _____ about the healing Ho'oponopono prayer/process.

I Now Believe Ho'oponopono can help me

I Believe _____ about myself.

I, _____, now declare that with the healing I receive with the Ho'oponopono Prayer/Process I am capable of

In order to live my best life, I Now Commit to



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HO'OPONOPONO BEST SELF PROCESS

I now declare, that with the healing I receive with the Ho'oponopono Prayer/Process, I am capable of

In order to live my best life I now commit to

My life is

In order to be my Best Self, I now commit to

I am

In order to Share My Best Gifts and my Ho'oponopono Experience, I now commit to

My Gifts are
