

Ho'oponopono

The 4 Healing Phrases

I love you

(I am returning to my source of Divinity, wiping my inner mind clean.)

I am sorry

(I am sorry for whatever unconscious program is in me that created this event.)

Please forgive me

(Forgive me for being unaware to my own unconscious thoughts.)

Thank You

(Thank you for releasing this program from my being, and making room for divine inspiration. This puts you in a trusting state.)



Donna Bloom, BCH
(516) 933-3669

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Overview & Action Steps

Ho'oponopono means to make things right, to balance and heal a situation. It is a Hawaiian mantra/prayer that offers profound inside healing. It helps to heal mental, emotional and physical issues quickly and easily.

1. Commit to reciting it daily so the mantra becomes natural and automatic. A daily connection to Source/Divinity.
 2. Choose a situation, issue, concern or goal which is in need of support.
 3. The goal is to uplift your personal and energetic vibration.
 4. Be open to take inspired action.
- Become aware of guidance, new perspectives, new ideas, positive shifts or even a sense of relief or comfort.

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The 2 Main Tenets

1: it is not the person, it is the program running in the subconscious.

2: It's not your fault, but if it is in your life, it is your responsibility.