

Ho'oponopono For Transformation

4 Simple Phrases To Change Everything



Ho'oponopono is a Hawaiian healing technique, prayer, system of love, forgiveness, appreciation and transformation.

Ho'o – means to make, do, create.

Pono – means to balance, goodness, perfect order.

Ho'oponopono is a healing process of creating perfect order and balance to heal a situation (to make things right.)

Modern Ho'oponopono is a problem solving process of repentance, forgiveness and transmutation. It clears the path for healing and to see memories from the eyes of LOVE, and to act from INSPIRATION.

Main Tenets of Ho'oponopono

- 1) It's not the person, it's the program.
- 2) It's not your fault, but it's your responsibility.

Ho'oponopono Mantra

I love you
I am sorry
Please forgive me
Thank you

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Notes

I Love You

I am connecting 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 or feelings.

Thank You

Thank you for releasing this program from my being and making room for divine inspiration.

Ho'oponopono Clears The Path To Freedom

Ho'oponopono is a practice that focuses on connecting with high vibrations to cleanse subconscious programs and memories, ultimately guiding us back to a state of pure love.

When we evoke love for inner healing, external situations, along with feelings of anger and resentment, begin to dissolve and lose their significance. This process neutralizes the energy linked to people, places, and things, creating a natural pathway for forgiveness.

Forgiveness creates space for healing and love, leading to an elevated outlook on life.

