

Ho'Oponopono Forgiveness Exercise

Ho'Oponopono is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as correction, practiced by Indigenous Hawaiian healers, often within the extended family by a family member. It is simple, and you can do it again and again continue to experience new openings of the heart. Forgiveness is just as much for you as it is for the other person. Forgiving ourselves allows us to release the emotions involved and forgive the other person as well. A tremendous amount of our personal energy supply is tied up in negative emotions such as anger, resentment, and hate.

Why? Because it takes a lot of work, attention—and energy—to hold a grudge and stay angry.

Forgiveness is not a statement that what they did was okay, or endorsement of someone's actions. It certainly does not mean you need to allow this person back in your life, you may choose that to protect your energy and release your relationship with this person. When we forgive we are allowing ourselves to release the trapped emotions inside our body that disrupt our joy in life. Through forgiveness we stop allowing others to have control over our joy and lives.

On this page or a separate sheet of paper let's send some Ho'Oponopono out! Lets focus on who or what you have a strained relationship with at this moment and is disrupting your ability to feel joy in your life.

Who or what is having you experience the emotion of unforgiveness?

I'm sorry for,

Please forgive me for,

Thank you for,

I love you. Send out the feeling of love and forgiveness to this person as you write one thing you love them for.

Pause and reflect on forgiveness. Really feel yourself letting go of the anger, resentment, or hurt you were feeling. Smile inwardly at the person.

Repeat this affirmation- I permanently clear all negative attachments about **(say the person/thing/emotion)** backwards, forwards, and sideways, up & down, I clear all layers on all levels.

Now take this letter of forgiveness and tear it up, burn it, and release it to god and the universe. Enjoy the feeling of release and the lightness that is now in your heart.

