



HO'OPONOPONO PRAYER

The Ho' Oponopono Prayer is a Hawaiian prayer of forgiveness that has been around a long time. It helps you make peace with not only others, but yourself, and the world around you. To practice the prayer, you simply say four sentences, over and over. You can say them out loud, or in your mind.

- I am sorry.
- Please Forgive me.
- Thank you.
- I love you.

Even if you aren't the one in the wrong, forgiveness is very important. Holding on to anger only hurts yourself, and the Ho' Oponopono Prayer is a beautiful way to release those emotions that no longer serve you. By praying the Ho' Oponopono Prayer you are acknowledging your part in things, and asking for forgiveness.

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