WHAT IS THE HO’ OPONOPONO?

Ho'oponopono is an ancient Hawaiian spiritual practice that involves bringing all things into spiritual balance or alignment by choosing to accept responsibility for all, as all are one; all are interconnected. The Ho’ oponopono mantra brings about this ‘balance’.

Perhaps you have heard about a Hawaiian therapist, Dr. Ihaleakala Hew Len, who cured an entire ward of criminally insane patients, without ever meeting any of them or spending a moment in the same room with them. When he arrived at the treatment center, the cure rates were abysmal, morale was very low, employee turnover was very high. Dr. Len hibernated in his office day after day much to the confusion of staff. Then, after some weeks, things began to change; patients were behaving better, morale was improving. How did he do this? He reviewed each of the patients’ files, and then he healed them by healing himself with the mantra. It seems miracles do happen when you use this method, which Dr. Len calls Self I-Dentity Through Ho’oponopono (SITH).

There are just four simple steps to this method, and the order in which spoken or thought is not important; say the steps in the most comfortable way for you. The mantra/steps is integrative to the power of repentance, forgiveness, gratitude and love.

**Step 1: Repentance – I’M SORRY**

You are, in this step, aware of your responsibility for everything in your mind, even if it seems to be “out there.” Once you realize this, it’s natural to feel sorry. This can be a painful realization, and you will likely resist responsibility until you start to practice this method on the problems you do consider your own, and see results. You could choose something that you specifically already know you’ve caused for yourself: Addicted to nicotine, alcohol or some other substance? Do you have anger issues? Weight problems? Start there and say you’re sorry. That’s the whole step: I’M SORRY. Underneath you are saying, “I realize that I am responsible for the (issue) in my life and I feel terrible remorse that something in my consciousness has caused this.”

**Step 2: Ask Forgiveness – PLEASE FORGIVE ME**

Don’t worry about who you’re asking. Just ask. The Universe will hear. PLEASE FORGIVE ME. Say it over and over if you wish. Or just once. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

**Step 3: Gratitude – THANK YOU**

Say “THANK YOU” – again it doesn’t really matter who or what you’re thanking. ‘Thank you’ are the second most powerful words one can use to the Universe (God, Source, whatever you choose). It doesn’t matter for what you are saying thank you; it could be your home, oxygen, food, whatever. It does not matter as long as all things are held in gratitude.

**Step 4: Love – I LOVE YOU**

I LOVE YOU. Say it over and over. Or just once with full intent. Mean it. Feel it. There is nothing as powerful as these words.

Now choose how or why you wish to use this mantra. My wife Beverly and I use it for everything; she counts on it to make her oven work properly. Just choose the reason you are using the

Ho’ oponopono, envision that reason if you can (though not necessary), and simply say:

**I’m sorry.**

**Please forgive me.**

**Thank you.**

**I love you.**

Again, in whatever order feels most comfortable to you; there are no ‘rules’. Say it just once, or as many times as feels comfortable to you. Please just give it a try the next time you come upon an emotion difficult to deal with, a person, something for which forgiveness is important, or if your oven doesn’t work – IT DOES NOT MATTER THE REASON YOU CHOOSE TO USE IT. It is there for you for all reasons, all needs. – Jim McChesney