**The Ho’oponopono:**

**I LOVE YOU**

**I AM SORRY**

**PLEASE FORGIVE ME**

**THANK YOU**

\*\*\*\*\*\*\*

How to Clear Self Using Breath & Breathing

(clears away junk, dense energy, attachments, etc.):

Slowly inhale breath to the count of ten.

Hold breath for the count of ten.

Exhale breath to the count of ten.

Pause to the count of ten before inhaling.

Do this ten (10) times in a relaxed state.

JamesMcChesney.com

