



EXERCISE 1D: THE HO'OPONOPONO PRAYER

Start with self-forgiveness. When you are in a quiet place, relax into a meditative state by focusing on your breath. Then...

- ◆ Step 1: Tune in to the resentment that is keeping you stuck and say, "I'M SORRY."
- ◆ Step 2: Ask for forgiveness for the harm you caused yourself by holding on to anger and say "PLEASE FORGIVE ME."
- ◆ Step 3: Thank your higher self for its forgiveness and grace by saying, "THANK YOU."
- ◆ Step 4: Tune in to your enlightened self and the love it has for you, and say, "I LOVE YOU."

Say, "I'm sorry, please forgive me, thank you and I love you" as many times as you need to until it feels complete.

Then you can repeat this process for forgiving others at the soul level rather than the personality level. You're not excusing behavior or blaming anyone.

When you say, "I'm sorry," and "Please forgive me," you are taking responsibility for any part you might have unconsciously or consciously played in the rift or misunderstanding.

You also are owning the resentment you harbored which might have harmed the other person and releasing any guilt you might feel.

Then you say thank you for the forgiveness and send your unconditional love to the other soul that is still learning and evolving.