



My Holistic Self Counselling

Heal. Grow. Expand.



# Ho'oponopono Meditation

Repentance, Forgiveness, Gratitude and Love. The forces at work with the Ho'oponopono, though few in number, hold immense power to heal.

What is it and what is the purpose?

The “Ho’oponopono” (pronounced [HO-oh-Po-no-Po-no](#)) is a beautiful Hawaiian prayer for balance and forgiveness. The word ho’oponopono can be translated as “cause things to move back in balance” or “make things right”. On a fundamental level, it is about asking, “Who am I?”, moving past our memories to experience as our True Self.

“The main purpose of this process is to discover the Divinity within one’s self. Ho’oponopono is a profound gift which allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past.” -Mornah Nalamaku Simeona

## Miracle of the Ho'oponopono

As unbelievable as it sounds, Dr. Ihaleakala Hew Len cured an entire ward of criminally insane patients without ever meeting them. He reviewed each of the patients' files, and then he healed them by healing himself using the Ho'oponopono. When we truly learn this healing power, we experience freedom and peace we did not know was possible.

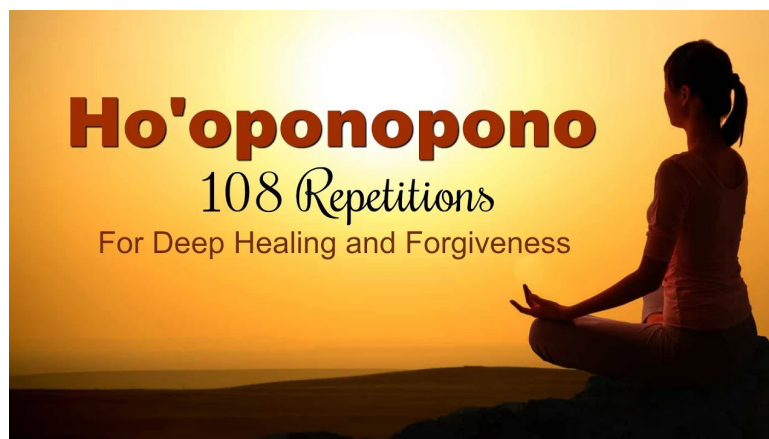
The Ho'oponopono allows us to reclaim our inner connection with love, our Divine Source, resulting in peace, harmony and freedom.

## A Simple Yet Profound Practice.

To practice ho'oponopono meditation, start by closing your eyes and taking a few deep breaths.

You may wish to choose a situation, thought or feeling that you already accept to be your fault. Then, slowly repeat this mantra to yourself nine (9) times: **“I’m sorry, Please forgive me, Thank you, I love you, I’m sorry, Please forgive me, Thank you, I love you”**— and so on.

After repeating the mantra, take a few more deep breaths and allow some time for stillness and silence as the mantra message resonates. When you are ready, open your eyes, take another deep breath and recognize how you feel.



## Step 1: Repentance - I'm sorry

It is common human nature to resist accepting responsibility for the problems we believe come from outside ourselves. As we begin to take responsibility for our inner problems, we can acknowledge that we are the masters of our minds. As the only master, we realize that it is our mind that holds onto our pain, causing us to relive it over and over again. When we accept our responsibility for our suffering, it is natural for us to begin to feel sorry.

Start there and say you're sorry. Just saying "I'm sorry" is sufficient. Once you feel more comfortable with the process, you may wish to add power by being more specific, for example, "I accept responsibility for (problem) in my experience, and I am sorry that something in my consciousness has brought this into my reality."

## Step 2: Forgiveness - Please forgive me

Before we can practice forgiveness, we must understand what forgiveness is and what it is not. Many people struggle with the concept of forgiveness because they have a misconception of what it means to forgive and what they are forgiving. Forgiveness is not granting total absolution or erasing wrongdoing. This misconception ignores the pain and hurt feelings, which, if not addressed, will inevitably resurface later.

Forgiveness is about acknowledging the wrongdoing and the pain it caused, then allowing space for healing, releasing the control the pain has had on many (if not all) of our experiences moving forward. Taking back control of our mind and experience, we see that every pain, though perceived to come from an external source, is held in our minds.



When we practice the Ho'oponopono, we realize that we are the only ones who can heal our pain. By changing ourselves, we change our experiences. The secret? The Ho'oponopono changes our paradigms and ultimately our perceptions, allowing us to change how we show up at this moment. Forgiveness is not a dismissive process but one of intention and attention.

It is common to worry about who we are asking forgiveness from, but that will change as we go. More important than focusing on who we ask is that we ask. Please forgive me. Though we can direct that forgiveness outward, as we remember our remorse from step 1, we direct it inward, asking ourselves for forgiveness. You may feel led to ask over and over. Say it as often as you feel led, with meaning and conviction.

### Step 3: Gratitude - Thank you

As you practice step 3, allow the feeling of gratitude to come in and fill you up. Thank whatever it was that just forgave you. Thank your body, your heart, your mind, your Higher Self. Just keep saying "Thank you," as much as you feel led.

### Step 4: Love - I love you

Say, "I Love You" to yourself. Say it to your body, to the air you are breathing, to the process and healing. Say I love you to all that brings you joy, to your passions and even to your challenges. Bring the power of Love into your reality. Let it heal you as it penetrates your pain, your sorrow, your forgiveness and your gratitude.

"The only enemy is the memory playing that you experience as a judgement, anger, resentment, hate, annoyance... The Ho'oponopono is about... saying to the memory that replays the anger, I love, thank you for showing up and giving me one more chance to free you." -Len



## Taking it deeper: Connecting with Divinity

Many people struggle with religion or connection with God, but with the Ho'oponopono, we see that we have Divinity, however it works for us to perceive it, within us. It is through connection with that Divinity within us that we find healing, inspiration and personal growth. The following videos talk about how we connect with Divinity to come back to zero, to that place of inspiration where Divinity can speak to us, free of memories that cause us blocks, pain and suffering.

**The first interview was done in the 1986 with Morrnah and Ihaleakala's,**



**the second was recorded many years later with Ihaleakala.**

