

Preston Hot Springs Library Presents: **Continued Healing through Ho'oponopono with Lisa Scott**

Ho'oponopono is a Hawai'ian healing modality, meaning: Ho'o (to make) Pono (good or balanced) and 2x pono is very good! It is where in traditional form, the elders (Kupuna) would act as mediator to friends, families and communities to work through personal issues and conflict with sessions that would sometimes take days. The circle wasn't broken until healing had been achieved, then feast would follow.

Dr. Hew Len, a clinical psychiatrist and contemporary component of the Therapy of Ho'oponopono, once said that "The purpose of life is to be restored back to Love, moment to moment. To fulfill this purpose, the individual must acknowledge that he is 100% responsible for creating his life the way it is. He must come to see that it is his thoughts that create his life the way it is from moment to moment." This concept of "restoration" is a big reason why Ho'oponopono is such an effective tool for treating issues of addiction and mental health because the ultimate goal of recovery is to be wholly restored and heal at the cellular level. It's mantra: I love you, I'm sorry, Please forgive me, and Thank you can be interchangeable with the recovery steps in some rehab clinics in Hawaii. It's main course is to heal self and the universe at the cellular level.



When:

**Friday, February 20,
2026**

What Time:

1pm

Where:

**Preston Hot Springs
Library**