

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness that involves expressing remorse, asking for forgiveness, expressing gratitude, and expressing love in order to heal and transform relationships. It aims to bring about healing, understanding, and connection within oneself and with others.

It can help free you from the control of the person who harmed you. Sometimes, forgiveness might even lead to feelings of understanding, empathy and compassion for the one who hurt you. Forgiveness doesn't mean forgetting or excusing the harm done to you.

There is a famous ho'oponopono story about a man named as Dr. Ihaleakala Hew Len, who healed every patient in the criminally insane Hawaii State Hospital without ever seeing a single patient. To do all of this, he used the famous Hawaiian Ho'oponopono technique of healing and regeneration. You can use this tool to heal yourself.

Ho'oponopono: A Hawaiian Prayer For Forgiveness, Peace, and Love

1. I'm Sorry.
2. Please Forgive Me.
3. Thank You.
4. I Love You.

HO'OPONOPONO THE FOUR MANTRAS EXPLAINED

Ho'oponopono is about taking responsibility for everything that affects your state of being. It's the art of acceptance, forgiveness and cleansing of the energies that you attract into your life.

#1 I'm Sorry

When you say "I'm sorry, you are recognizing and accepting responsibility for the actions, thoughts and emotions that have caused conflict to manifest into your reality.

#2 Please Forgive Me

The words "please forgive me" are said as a request to make amends with your higher self and the universe alike.

#3 Thank You

"Thank you" is the opportunity to show gratitude to your higher self as well as the universe for allowing your negative thoughts, actions and emotions to be cleared.

#4 I Love You

"I love you" can be emitted out to the universe (God, source energy etc) as a form of gratitude. When you use the words in this way you are saying "I love you for allowing me this earth experience"