

Ho'oponopono

Ho'o
To make

pono
Right

pono
Times 2

Ho'oponopono is the traditional Hawaiian healing method for resolving conflict and maintaining harmonious relationships within the self and extended family. The form of Ho'oponopono we use frees oneself from ill feelings, releasing you from negative thoughts and patterns that drain your health and energy. Forgiveness completes your own healing.

- **Hakalau:**
 - Close your eyes and calm your mind.
 - Expanded awareness.
- **Construct a stage:**
 - Can be any kind of stage you choose.
 - Physical world stage like a theater.
 - Metaphysical stage like floating in the clouds or space.
- **Invite individuals:**
 - People with whom you are seeking resolution with.
 - Family, friends, workplace associates, relationships, etc.
 - Can be used with people, places and things.
- **Aka connection/cord:** (*Like an umbilical cord*)
 - Aka connection from your heart to their heart.
 - If more than one individual, then more than one aka cord.
 - Let me know when that's done.
- **Infinite Source:**
 - Imagine infinite source of Love, Healing, Forgiveness and Understanding above the top of your head.
 - Allow infinite source to flow into the top of your head.
 - Filling up your body **Now**.
 - Overflowing out of your heart and filling up the individual(s) on the stage until they are **totally whole, healed and forgiven**.
 - Let me know when that's done.
- **Forgiveness:**
 - Then say, ***"I forgive you. Do you forgive me?"***
 - Forgiveness comes from your pu'u wai (heart) & Na'au (inner feelings).
 - Say it and mean it or don't say it at all.

E Ho'omanamaiola ka Malamalama Lapa'au o Hawai'i nei

- **Remember**, When you say ***“I forgive you.”*** your forgiveness is unconditional with the intention that you are forgiving them for whatever you may have perceived or thought that they did to you.
- If it's appropriate, you could include your ancestors with thoughts such as ***“and all of my ancestors forgive you too, from the beginning of time to the end of time, future generations to come.”***
- **Cut Aka Connections:**
 - When you are forgiven, then cut the aka cords and allow them to float away.
 - Knowing that when you reconnect with them again you will be reconnecting with them from where you are now and from where they are now after you've all received the healing.
 - At a higher lever of consciousness.
 - If there are any on the stage that did not immediately forgive you, then cut the aka connections to the ones that did.
 - Continue to channel the ***infinite source of healing*** to those who said “no,” or did not respond.
 - **Remember, Your forgiveness is unconditional** and they do not have to forgive you. However, some people may feel they require your “special attention,” so give it to them. Ask for their forgiveness again.
 - This time no matter what they say, cut the aka connection and allow them to float away. Knowing that when you reconnect with them again (with a thought, a phone call or seeing them) you will be reconnecting with them at that higher level of consciousness.
 - **This process frees you** from old, real or perceived, obligations and allows you to reestablish the connection based on unconditional love which includes forgiveness.
- **Test:**
 - Can you think of the person or persons without feeling any negative emotions.
 - If you do still feel negative emotions (no matter how slight) then do the process again.
 - Do the process until the feelings are pono. Feels right in mind, body and spirit.
 - Repeat the process with any person, groups of people, places, or things.
- Some Kupuna suggest doing this process every morning to start your day fresh.

END