

E Ho'omanamaiola

The sacred mana of truth and light

Name: _____

Date: _____

General House Cleaning

* Anger

* Sadness

* Fear

* Hurt

* Guilt

* Phobias

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Limiting Beliefs/Decisions

Fear of:

* Failure

* Rejection

* Abandonment

* Being Undeserving

* Being Unworthy

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*Other:

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Values

*Relationships *Family *Personal Growth *Health & Fitness *Career

*Spirituality *Life & Living

Trust Honesty Love Support Connection Communication

Ho'oponopono

(Conflict resolution)

*People

*Places

*Things

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