

## The Ho'oponopono Prayer

This prayer is a beautiful practice of forgiveness that comes from ancient Hawaii and is practised all over the world today. People who struggle to forgive either themselves or others, can find comfort in chanting or repeating this prayer.

The word *ho'oponopono* is pronounced *HO-oh-Po-no-Po-no* and means “to cause things to move back in balance” or to “make things right.” It’s a zen-like prayer, to connect inward to our deeper Consciousness who observes and witnesses how we treat and mistreat ourselves.

If we need to forgive ourselves or another for a wrongdoing, chanting this prayer over and over is a powerful way to cleanse the body of any guilt or shame that comes from the wrongdoing. For me, I experience it as a chance to clear my head of the Ego’s negative chatter, to connect with and forgive myself or others for mistakes made and then to release all the hurt. The prayer allows me to reconcile with the wrongdoing and begin to move past it.

I recommend making the practice ceremonial which helps us give this simple, yet deep reconciliation practice the reverence and time it deserves. Making a ceremony is a very individual process so it will be different for everyone but some ideas might involve: finding a quiet space in your home or a beautiful place outside in Nature; lighting a candle, burning incense or my favourite, *palo sante*. It might help to put your thoughts down in a letter;

either to your inner Higher Self/deeper Consciousness/ Witnessing Observer or outwardly, to the person you've hurt (even if they're deceased).

Now take some deep breaths, so you fully connect to your body and to your Higher Self. As you focus on the wrongdoing and any negative thinking that comes with it; place your hands on your heart and repeat the prayer for Forgiveness as often as feels right for you.

### The Ho'oponopono Prayer

I'm Sorry...

Please forgive me...

Thank you...

I Love you...

Whatever you need to ask forgiveness for: arguing with a loved one, breaking a promise, lying to yourself or another, mistreating your body, letting yourself down, hurting yourself or another; begin to accept your imperfections, the very things that make you human; can you learn from this mistake and just let it go...can you see your enemy as another imperfect human being, worthy of compassion? see if the wounds begin to fade... releasing the hurt from your system... fill your heart with Love and Light instead...

If you're written a letter you may want to burn it, watching the smoke carry your words away on the wind... or decide to post it to the person if that's appropriate afterwards? Sit calmly and quietly, bringing your Integrity gently back home to your Higher Self. Can you accept yourself in this state of imperfection? Can you love yourself?