



Ho'oponopono

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Introduction

Ho'oponopono is the ancient Hawaiian healing practice of forgiveness and reconciliation. Its roots reach far back into the past; possibly back to the time of Atlantis, Lemuria and the High Vedic culture.

Ho'oponopono belongs to a system of Hawaiian teachings called the '*Huna*'. "*Hu*" meaning knowledge and "*na*" wisdom.

'*Ho*' means 'to make' and '*pono*' to right or correct. Ho'oponopono literally means 'to make rightly right'. To make rightly right means to join oneself with one's Higher Self and the Source of All Being.

Ho'oponopono has been used for centuries to correct, restore, support and maintain peaceful relationships between people, spirit and nature. It is an elegant, effective practice in which participants arrive at unity, inner peace, and a return to harmony.



Compassion in Action

Historically, the traditional healing ritual is practiced as a family conference. Family members gather to speak of misunderstandings and misdemeanors in the presence of a required mediator; a senior qualified practitioner or Kahuna who guides the practitioners through a problem-solving process of forgiveness and reconciliation.



The conference begins and ends with a communal prayer to join each member with the Source, with God, and the ancestors. In prayer, members seek help, insight, and strength.

Mutual requests for and guarantees of forgiveness are spoken. Members speak of the unfulfilled needs, injustice, rule infringements, pain, and expectations.

All members honestly search their hearts to find how they have contributed to the problem.



The four phrases of
Ho'oponopono are spoken,
chanted, or sung in unison
and repeated until
forgiveness is given and
reconciliation is reached.

I'm Sorry
Please Forgive Me
I Love You
Thank You

The matter is now settled
with "God, the angels, and
ancestors. It is done".





The Meaning of the Phrases

The four phrases seem like a mantra or magical formula, but they are rather a meditation and a prayer. They operate through time and space, beyond cause and effect, and transmit themselves directly to your Inner Family, the Higher Self the Inner Child and your subconscious and waking consciousness (Dupree, 2014, p.30)."

You move yourself from disconnection to joining together as you say:



I am sorry.

When you say you “I’m sorry”, you recognize and accept responsibility for your actions, thoughts and emotions that have caused conflict in your actuality.

I perceive I am suffering and that connects me to my feelings. I no longer reject the problem but view it as a learning task.

You are not condoning or excusing the behavior of others but transcending victimization to empowerment.



Please forgive me.

Please forgive me for having, through myself or my ancestors caused hurt. Please forgive me for having acted in a way contrary to the divine laws of harmony and love.

The words “please forgive me” are said to as a call to make amends to your higher self and the universe.



I love you.

The 'I' Ho'oponopono is love in action. Forgiveness and healing come from an understanding of the unity of the world.

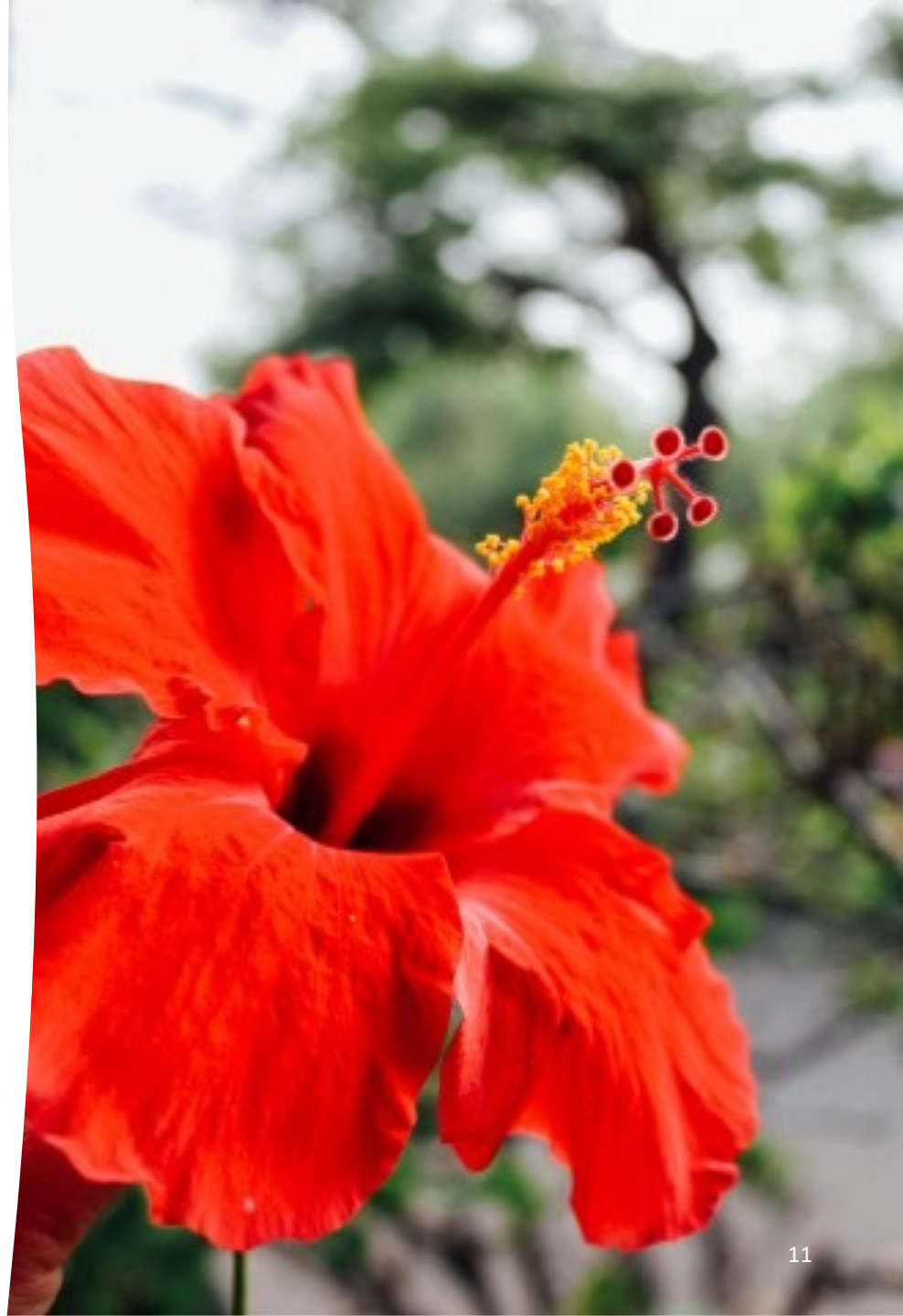
Nothing can occur in our world without creating a resonance in the external world.

We can only influence the external world when we express a deep desire to be our center and live in harmony with humanity, God, and Nature.

Thank you.

I give thanks through
the power of
forgiveness.

“Thank you” is the
opportunity to show
gratitude to your higher
self and the universe for
allowing the clearing of
your negative thoughts,
actions, and emotions.



Evolution of Ho'oponopono

According to the Hawaiian practice, we have a spiritual body, mental body and emotional body that are all different than our physical body. We are all at different stages of unification. The art of Ho'oponopono is to connect the three minds and process of healing the world through healing oneself.

In 1976, Mornah Simeone (1913-1992), Native Hawaiian spiritual healer, Ho'oponopono Master Teacher, author developed the Ho'oponopono beyond simply forgiveness of others but forgiveness of oneself. In this intra-personal model ('I-Identity') the practice requires only the self-practitioner. The practice is between the practitioner and the divine within.

Dr. Hew Len, student of Simonea, continued the work of developing Ho'oponopono beyond simply forgiveness of others but forgiveness of oneself. Ho'oponopono is a profound gift that allows one to develop a working relationship with the Divine within and to learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom; complete freedom from the past.



Dr. Hew Len

Dr. Hew Len, Native Hawaiian, Clinical Psychologist and student of Simeona, continued the work of developing Ho'oponopono as an intra-personal healing practice.

His work with patients in the high security ward of the Hawaiian State Hospital for the Criminally Insane (1983-1987) generated amazing results and inspired the use of the Self-I model self forgiveness.



Dr. Hew Len was assigned to heal mentally ill patients at the facility. Dr. Hew Len did not have personal contact with patients. His knowledge of individuals came from reviewing patient charts while in his office.

Witnessed claimed that Dr. Hew Len would arrive at the hospital and walk through the ward before entering his office. There he would review patient charts and start healing himself using the feelings and perceptions that would arise within him.

Note: He did not “clean” on the patient or “clean” on what he was reading in the records.

Dr. Hew Len believes that everything we see, and experience is nothing more than our individual and collective memories. Clearing happens with Divine inspiration. Total responsibility for your life means that everything in your life , what you see, hear, taste, touch, or any experience is your responsibility because it is in your life. Therefore, in a literal sense, the entire world is your creation. Nothing exists except the projections from within oneself.





The central concept of the Self-Identity (Self-I) is that we take 100% of responsibility for our thoughts, actions, and deeds.

Forgiveness and healing come from an understanding of the unity of the world. Nothing can occur in our world without creating a resonance in the external world.

We can only influence the external world when we express a deep desire to be our center and live in harmony with humanity, God, and nature.



The Application to Living in Harmony and Unity

Ho'oponopono is based on the understanding that we live in a universe of abundance and the Divine, the original Source, wants us to enjoy abundance and perfection. Our thinking persistent attachment to fears, judgments, doubts, and other negative feelings reinforced by experience and by negative mass consciousness frustrates our experience of our own perfection. Ho'oponopono teaches that difficulties are manifestations of past wrongs as memories; these memories influence our daily lives. According to Dr. James, University of Hawaii those who practice Ho'oponopono have a better experience forgiving others and less likely to carry around the burden of unforgiveness and boost your ability to experience gratitude.

The practice of Ho'oponopono continues to grow throughout the world. It is commonly practiced as a meditation or prayer. It has also been linked to other therapeutic modalities and practices.



Caveat-Loss of Cultural Meaning

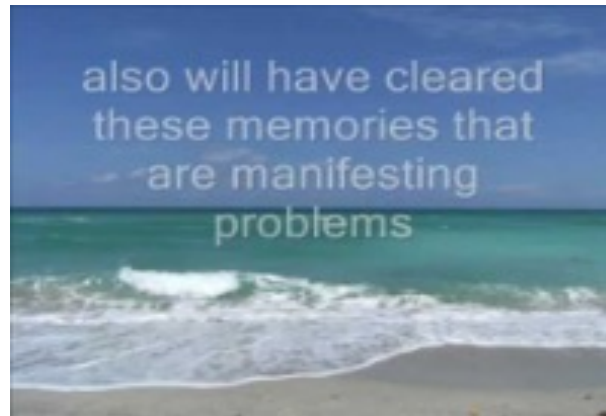
It's simply not just repeating the words but the intention behind it.


Ho'oponopono is still practiced for healing within a family or group setting. When possible, work within the family or community group as originally intended.

When practicing Self – I
Ho'oponopono recognize healing others happens through healing oneself.

Self Identity Ho'oponopono can be practiced as a mindful exercise.







The practice of
Ho'oponopono
continues to grow
throughout the
world.

- Meditation
- Self Healing
- Subliminal access
- Sleep Induction
- Journaling
- Letter writing exercise
- Singing or chanting
- Express gratitude for others and the world

Comments Discussion