

Ho'opono Pono

A deeply healing ancient ritual & powerful mantra from Hawaiian Culture.

Ho'opono, Ho'oponoPono

I'm So Sorry, Please Forgive Me

I Thank You and I Love You

Listen & Chant from the heart, with your purest presence
To resolve conflict / To bring things back in balance

- *Sing to yourself- especially the child within you.*
- *Sing to someone else.*
- *Sing to Mother Earth/the world.*

Strong Mantra. Helps reconnect with peace within yourself... We take our full responsibility for our own body, heart, mind and spirit. Peace begins within me. How can I expect peace outside of myself, if there is a war within me? In the end, there only is 1....

We dive into our heart and our mind - helping and guiding us to take full responsibility for our own heart, mind, feelings and actions. *Thank you for being my teacher, showing me ways how I can be the best version of myself. I love you and know that we are the same.*

Ho'oponopono: "cause things to move back in balance" or "make things right."

"Ho'o"= "to make" / "Pono"= "life balance"

To receive the medicine from our ancestors, from the infinite source within and all around us

Brings healing to us and to all beings suffering from humanity's sense of separation and a planet in turmoil.

A prayer, offering, intention & journey for:

self-love, healing, balance / honoring ourselves, each other and the planet. healing and awakening to our unity consciousness. **Reconciliation; Forgiveness; Gratitude; Letting go; Cleansing; Love.**

Powerful way to cleanse the body of guilt, shame, haunting memories, ill will, or bad feelings that keep the mind fixated on negative thoughts.

A tool for reconciliation and restoring self-love and balance; simple mantra for self-love.

When we speak this with sincerity to our own Divinity and to our beloved Gaia, a cleansing love can flow like the flowers offered in prayer to the river.

Most people, when attempting to forgive either others or themselves, make the mistake of thinking that forgiveness = total absolution, or an erasing of the wrongdoing. This is ultimately futile because it ignores hurt feelings, which inevitably bubble back up later if they are not addressed.

Ho'opono Pono

Divine creator, father, mother, son as one...

*If I, my family, relatives and ancestors
have offended you, your family, relatives
and ancestors in thoughts, words, deeds and
actions from the beginning of our creation to
the present, we ask your forgiveness...
Let this cleanse, purify, release, cut all the
negative memories, blocks, energies and
vibrations, and transmute these unwanted
energies into pure light....And it is done.*