**Ho' oponopono Ceremony (Hawaiian huna healing practice)**

**Notes taken from the book "Ho' oponopono" by Ulrich E. Dupree**

**Ho' oponopono is a spiritual method of purification that cleanses us from fears, destructive relationship patterns, and any religious dogmas that oppose our personal and spiritual development It cleans out the blockages in our thoughts and cell structures, for our thoughts are made manifest in our body.**

**Ho — means to make Pono — means right or correct**

**Ho' oponopono — means to make right, to join with one's Higher Self and the Source of All Being.**

**What obstructs our experience of real abundance, loving togetherness, inner wealth, spiritual growth and perfect health**

**is our own self. it is in our thinking.**

**These four sentences are a meditation and a prayer.**

**Four Steps and Their Meanings:**

**I AM SORRY**

**I apologize. I perceive that I suffer, and that connects me to my feelings. I no longer reject the problem, but recognize my learning task I or my forebears (with whom I am connected energetically, genetically and by tradition as much as by history) have caused harm. I know where I stand and feel remorse.**

**PLEASE FORGIVE ME for having, through myself or my forebears, consciously or unconsciously disturbed you and me in the course of our evolution. Please forgive me for having acted contrary to the divine laws of harmony and love. Please forgive me for having until now judged you (or the situation), and in the past disregarded our spiritual identity and connectedness.**

**I LOVE YOU and I love myself. I see and respect the Divine in you. I love and accept the situation just as it is. I love the - problem that has come to me to open my eyes. I love you and myself unconditionally with all our weaknesses and faults.**

**THANK YOU, for I understand that the miracle is already underway. I thank God and the angels for the transformation of my request. I give thanks, because what I have received and what will come to pass is what I have deserved through the law of cause and effect. I give thanks because, through the power of forgiveness, I am now freed from the energetic**

**chains of the past. I give thanks that I may recognize and join with the Source of all Being.**

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**1) Think of a problem that is occupying you or a good friend. Visualize this problem and search for it within yourself. What feelings come up? Breathe peacefully and be relaxed. Observe your feelings and the problem. Now say the four sentences and read the clarifications relating to each. Remain an observer. Repeat the four sentences to yourself until a feeling of understanding and sympathy (apathy might be more appropriate for some) arises. Give thanks.**

**2) Morning and evening, place yourself before a mirror and repeat ten times intensely: *(or it may be possible to do so***

***by just seeing yourself in your mind's eye and then repeating the sentences)***

***\** I am sorry**

**\* Please forgive me**

**\* I love you — (insert your first name)**