

What is Ho'oponopono?

Ho'oponopono is an ancient Hawaiian prayer used for healing, transformation and increased inner-peace and self-love. It's a simple yet powerful way to bring healing and forgiveness into your life stream.

You can use it to find peace from a situation in which another person caused you pain. Or you can use it on yourself, to forgive yourself for things you feel you've done wrong (even as a way to ease out of self-hate and let yourself know you care about you), and as a way to bring more love into your life.

Ho'oponopono involves a simple mantra:

Please forgive me.

I'm so sorry.

I love you.

Thank you.

It doesn't matter if you seek to forgive someone or you seek self-forgiveness, the mantra works for all situations. The words are a way of clearing energy for the person saying the prayer. No matter who was involved or what happened, this will remove the associated energies on your end, and is a way of saying to the Universe, "I no longer allow these dark and heavy energies to live in my body or my life stream."

This isn't something you would use in order to get another person to apologize to you (because you can never impinge on someone's freewill), but rather a way to heal yourself, to choose your happiness and lightness above all else. If another person chooses to receive your intentions for resolution, higher perspective and an increase in love rather than hate, then they will act in a way that's right for them.

You may never know that your prayer reached them, as they may choose not to say something, but instead will go forward with greater love and forgiveness in their hearts. It's entirely up to them, and that is why it's important you use this prayer for your own healing first and foremost. This will help the energy to stay the most open and free following, because sometimes we think we know what's best for another person or people involved, when in fact, the best thing is for us to focus on our own soul care and growth and let the Universe/God take care of the rest.

Once you use this prayer you may find it has an onion layer effect, peeling back the layers that need healing until you find a new and lighter energy fills your life. This may happen in an instant, and I find the best way to move through the healing and transformation quickly is to expect nothing but be open to anything.