

Ho'oponopono

A Hawaiian practice of reconciliation and forgiveness.

The Hawaiian word **ho'oponopono** comes from **ho'o** ("to make") and **pono** ("right"). The repetition of the word **pono means** "doubly right" or being right with both self and others.

There are four simple steps to this method, and the order is not that important. Repentance, Forgiveness, Gratitude and Love are the only forces at work – but these forces have amazing power. The best part of Ho'oponopono is you can do it yourself; you don't need anyone else to be there, you don't need anyone to hear you. You can "say" the words in your head. The power is in the feeling and in the willingness to forgive and love.

Step 1: Repentance – I'M SORRY

Step 2: Ask Forgiveness – PLEASE FORGIVE ME

Step 3: Gratitude – THANK YOU

Step 4: Love – I LOVE YOU

