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Ho'oponopono

A mantra for forgiveness

Forgive everyone, for everything

Ho'oponopono is more than just a tongue-twisting mouthful to say! It's a Hawaiian mantra for reparation, healing and forgiveness, and is one of the most simple, nourishing, yet powerful forgiveness tools to use.

Similar forgiveness practices were performed on islands throughout the South Pacific, including Samoa, Tahiti and New Zealand.

Traditionally, ho'oponopono is practised by healing priests or Kahuna Lapa'au among family members of a person who is unwell. Modern versions are performed within the family by a family elder, or by the individual alone.

But in the last few years, this technique of forgiveness has really gained traction in the world of personal development. I was introduced to this technique in about 2006, and initially I was just using it sporadically, usually when I had an argument with my boyfriend at the time. I definitely felt the shift in emotion, but it wasn't until about 6 years later that I really learned the full power of ho'oponopono.

I now teach this to as many people as I can, because I have truly witnessed the power of doing forgiveness work.

All you need to do, is repeat a simple set of statements:

I love you

I'm sorry

Please forgive me

Thank you

By doing this, you are shifting the negative emotion you feel inside and cleaning it up. You'll move from a state of feeling negative, to neutralising those emotions and letting the emotional charge of it go. It kind of takes the sting out of the tail, so to speak.

You say I love you, because love is a high vibration and is very healing. You say I'm sorry, because if it manifested in your life then you have a part to play in it in some way. You say please forgive me to release anything you've contributed to that situation, and you say thank you, for the lessons that experience has brought you.

Since being introduced to ho'oponopono and forgiveness work, I've heard many great speakers, authors, coaches and other amazing leaders in the personal development world also using this technique – people like Abraham-Hicks, Anthony Robbins, and Dr Joe Vitale to name a few.

When you release the crappy energy you are storing in your energy field around that which you aren't forgiving, it really propels you forward in such a powerful way.

Dr Joe Vitale has actually written two whole books on the subject, called [Zero Limits](#), and [At Zero](#), which are an incredibly detailed explanation of ho'oponopono, it's origins and how to use it.

Watch a [short video he has on YouTube here](#).

To use this technique, you can either say it in your mind directly towards a person, place or thing, or you can just repeat the words in your mind if you're not feeling good. If you are feeling neutral or positive, then you can just use the words I love you, thank you. You can also replace “please forgive me” with “I forgive you.”

I also use this if I'm having trouble getting to sleep or if I wake up in the night, and it helps me get to sleep.

Even if you don't 100% mean it at the time, repeat the words anyway. You'll soon see that it makes you feel really good.

In the next document I'll explain how you can use ho'oponopono on specific memories to clear them.

Enjoy!

Coach Carly xx