

Ho'oponopono



Four Magic Sentences

If something troubles you, if something sends prickles up your spine and you would like best to turn around and go away, and above all, if someone presses your buttons, always direct your thoughts to the following sentences:

I am sorry.
Please forgive me.
I love you.
Thank you.

These four sentences work like a sort of mantra or magic formula; they are like a meditation. They operate through time and space, beyond cause and effect, and transmit directly to your Higher Self, your subconscious and your waking consciousness. After a short while you achieve inner peace, and change from disharmony to harmony. You move yourself from separation to union while you say:

I am sorry.
Please forgive me.
I love you.
Thank you.

Meaning of the Sentences

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 (through whom I am connected energetically, genetically, and by tradition as much as by history) have caused harm. Now, through the power of the spoken word, I am freed of this guilt.



Meaning continued

Please forgive me: 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: 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: 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.

Information partially taken from:
<http://www.esswellness.com/news/newstitem.aspx?newsid=932&newsitemid=6799>



Heike Zelnhefer, LMSW, C.Ht.

347.441.4249
4mywellness@gmail.com
www.mind-and-body-works.com



... continued ...

Ho'oponopono

... means to make right.

HO'OPONOPONO is the Hawaiian ritual of forgiveness. It proceeds from an understanding of the unity of everything in the world, which is true even though we feel ourselves to be separate. Because of this unity or oneness, nothing can happen in our own world without creating a resonance in the observer. It follows that we can only influence problems in the external world if we heal the corresponding inner resonance. To accomplish this, Ho'oponopono relies on four magic sentences: "I am sorry. Please forgive me. I love you. Thank you."

Essentially, it means to make it right with the ancestors, or to make right with the people with whom you have relationships. It can also be a way to make things right with your Self. It is an ancient way of seeking forgiveness.

The theory behind it is that we carry with us collective guilt from our ancestors, our own guilt, as well as we carry with us all the people that are important to us and that we have caused pain. Ho'oponopono makes it "all right" with them. The process of Ho'oponopono is to align with and clean up our genealogy as well as to clean up our relationships with other people in our lives and our own life.

- Bring to mind a situation, e.g. "a person (John Doe) irks you because John Doe interrupts you while you are talking" or "an empty bank account."
- Sit in silence and ask yourself the following questions → "If I were John Doe, why would I interrupt you while your are talking?"
- You may be surprised by what thoughts come up in your mind. You may start thinking, "If I were John Doe, I interrupt because I'm just not interested." or "because I don't want to hear the truth."
- For each thought that you have, say the following:

Please forgive me, I forgive you, I forgive me
I am sorry
I love you, I love me.
Thank You

- Next, ask another question → "Why did I attract John Doe into my life?"
- Again, listen to the answers and for each answer or thought you have, say the following again:

Please forgive me, I forgive you, I forgive me
I am sorry
I love you, I love me
Thank You

Go through this until you have explored all possible answers or thoughts.

If you wonder about an empty bank account, ask yourself

- a) "If I were the bank account, why would I act / behave that way?"
- b) "Why do I attract an empty bank account?"

Again, the answers may surprise you... be open and have fun! Some of your thoughts / answers may just be very funny. And again, for each thought, say

Please forgive me, I forgive you, I forgive me
I am sorry
I love you, I love me
Thank You

When you use ho'oponopono, let go. Don't attempt to dictate. Don't attempt to direct. Let go of your ego expectations, and allow yourself to be carried down a gentle, loving stream of transformation. This is the proper way -- the only way -- to use ho'oponopono.

