

free soul



Ho'oponopono

There are four healing prayers that are spoken repeatedly like a mantra when you use Ho'oponopono (Ho – oh – Po-no – Po-no) :

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

Speak them as long as you need to, until you feel a release, relief, shift, lifting or cleansing. The order is less important than the sincerity and the emotional presence you internally speak it with.

You can direct these prayers toward a single person, a group of people, a situation, a problem, a health issue, your body, the earth, a nation or region, or a conflict in the world...

Here is a more thorough description of the practice and of the meaning that these four phrases are imbued with:

<https://hooponoanomiracle.com/iloveyou-imsorry-pleaseforgiveme-thankyou-mantra/>

And an in depth reflection of the origin of this shorter four phrase version from Dr Hew Len:
<https://deephoopono.com/the-echoes-of-hoopono-pono-debunking-myths-and-celebrating-the-legacy-of-dr-hew-len-and-morrnah-simeona/>

Enjoy!!