

# The Practice of Ho'oponopono

## **The Prayer: "I'm Sorry, Please Forgive Me, I Love You, Thank You"**



Ho'oponopono brings forth true justice that All of us have been longing for!! Justice free of punishment, guilt, shame or blame. Equality is restored for Everyone & Everything!!

Ho'oponopono is from your Sacred Heart. There is no forcing within any of this! It is your intention & doing your best that will yield the greatest results; Even Miracles!!

***Practice the entire prayer in one continuous stream...***

### **Step 1: I'M SORRY**

Self-Accountability & Self-Responsibility. We are accepting ownership for what has been created-By ourselves and others. This awakens ever greater humility. It also begins to open our awareness of what the other person or group has gone through personally. This evokes compassion.

### **Step 2: Ask Forgiveness – PLEASE FORGIVE ME**

While you may be working with just one person or group, there is also a navigation of Ho'oponopono where you don't need to focus on or worry about who you're asking. Just ask! PLEASE FORGIVE ME. Mean it. Remember & feel from step 1 as you ask to be forgiven. Again, this is deepening into ever greater humility & compassion for who or what & who you are doing this prayer for, but also for YOU.

### **Step 4: Love – I LOVE YOU**

This is I LOVE YOU from and as ALL of YOU. Say it to your body, say it to God, to the Earth, the Universe. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges, your Soul, the person-circumstance or organization. All of this is included within "I LOVE YOU." And need not be said for each individual thing. Mean it. Feel it. There is nothing as powerful as LOVE.

### Step 3: Gratitude – THANK YOU

Say “THANK YOU” – Again, this can be with just one person or group or it doesn’t really matter who or what you’re thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank God. Thank the Universe. Thank whatever it was that just forgave you. All of this is included within "THANK YOU." And need not be said for each individual thing.

### Helpful Mindfulness in Your Practice

- **Remember that everything & everyone has a Soul.** Our home, our car, our belongings and perceivably inanimate objects; And of course Human Beings, plants & animals.
- **Remember to offer this Prayer for YOURSELF!** This is invariably important! You are doing better than we can possibly imagine. Too often we can be very hard on ourselves and quite honestly unforgiving of ourselves. When we do this prayer for ourselves we are also healing deeply stored trauma. We are dissolving conditionings & belief systems that were never ours to begin with.
- **Practice Ho'oponopono Vertically & Horizontally.** This means that we are using our intention and our attention-or focus to project vertically into Infinity & downward into the Earth. You do not have to know where Infinity is, just your pure intention to project into Infinity is more than enough.
  - Projecting Horizontally means that you are projecting to every person, organization or circumstance you have or are interacting with. This can include your deceased loved one's or those who have moved on from this physical plane of existence.

Both Vertical & Horizontal would be practiced simultaneously. Practicing as our Soul and from our Sacred Heart can help immensely with this!

*Deepest Grace & Blessings in Your Practice!*

*Eric Karie*