

Ho'oponopono



In the Hawaiian language this word literally means to “put things in order” or “make things right” and originated with the cultural belief that forgiveness of past wrongs is necessary in order to heal sickness.

The beauty of this practice is that it offers something to do, a way to help, when tragedy occurs. But an additional asset of ho'oponopono is the fact that it can be carried out very simply, by repeating four brief phrases. So this technique can be used anytime and in any place to help bring more positive energy and compassion to any situation. Here are the 4 phrases and the deeper meaning behind them:

- **“I’m sorry.”** The process begins by taking responsibility for what has gone wrong. Saying I’m sorry means that you are willing to bear your share of the suffering that is taking place and you are not seeking to blame anyone else. You are opening your heart to the pain that is present in the situation.
- **“Please forgive me.”** Asking for forgiveness means that you want to restore harmony and put things back in order again. It also means that you are willing to forgive yourself and everyone else involved in the difficulty.
- **“I love you.”** Offering your love helps heal the brokenness that exists and strengthens the bonds between everyone involved. It is a sign that reconciliation has occurred.
- **“Thank you.”** By expressing gratitude you acknowledge that this opportunity to heal is a gift for which you are grateful. But you are also giving thanks in a larger sense for life itself, which includes every triumph and every tragedy.

These 4 simple phrases can be used as a mantra or prayer whenever negative emotions or events occur. Ho'oponopono is one practice with a great potential to bring about healing and reconciliation where it is desperately needed.