

The Hawaiian Ho'oponopono Forgiveness Prayer/Mantra

This short and simple prayer/mantra, The Ho'oponopono Prayer, consists of 4 simple phrases:

- Step 1: I Love You
- Step 2: Thank You
- Step 3: I Forgive You
- Step 4: I'm Sorry, Please Forgive Me

Although the words are important, there is no correct order for the 4 phrases, we can say them in any order we want. We can say: "I'm sorry, please forgive me, thank you, I love you, I forgive you." Say it in the order that makes you feel better

These simple phrases have tremendous power. They contain the power of repentance, forgiveness, change, and gratitude, to erase and transform limiting memories or beliefs.

We can use the four phrases to pray to our God of Love to help heal any problem AND in conversations with each other. It's not necessary to know the cause of the problem or to know what the exact problem is.

When we frequently say this mantra and it becomes a habit, eventually our subconscious mind will take over and repeat these phrases for us continuously, so we're healing all the time.

And when we use these phrases in conversations with others, it's not only for us but also to benefit them.

I Love You

Saying "I love you" to God (and each other) heals everything! They allow us to experience the miracle of this moment. And we are reconnected again with the Divine and each other. Anytime we express love we reach back to our original human state, the state without limits...which is pure love.

"I love you" is the code that unlocks the healing of mankind and the Universe.

The idea is to love everything. Love the burden, love the addiction, love the problem, love the problem neighbor or spouse. Love them all.

When we hold onto a problem, which can be caused by replaying memories, tell them silently: "Dear memories, I love you. I am thankful for the chance to liberate you and me."

Memories never retire or go on holiday, unless our healing forces them to retire. The great thing is we don't even have to be conscious of problems to heal them. We can say "I love you" before anything we do, to kind of 'prevent' problems. For example, say it before you make a phone call, or before you get in your car to drive to a meeting or to each other even when something is not bothering us.

Thank You

By saying "Thank you", we express gratitude to God and each other. We show loving gratitude for even small things, and we show our faith in God that problems will be healed for the common good of everyone involved.

Gratitude is very powerful, so really feel it!

I Forgive You

When we say, “I forgive you”, we’re not only saying it to the other who caused the problem. We’re also acknowledging we may be judging and holding a grudge, and therefore adding to the problem. Petitioning God is asking Him to help us to forgive...others or ourselves... we don’t need to ask God to forgive us, He already has.

You see, what happens in our life may or may not be our fault, but it is always our responsibility. Which means we can’t blame anyone or anything for our current reality. Taking responsibility for it, means accepting it, owning it, and loving it, so it can be healed.

When we petition our God of Love to help rectify problems, we first say: “I forgive whatever/whoever is causing the problem, you and myself”

And the great thing about saying “I forgive you” is we heal and the problem is healed for everyone!

I’m Sorry, Please Forgive Me

We say The Ho’oponopono Prayer and phrases to acknowledge that we brought something into our lives by holding onto a memory, which invariably affects others. It is all about taking 100% responsibility for everything going on in our lives AND whatever we notice going on in the life of others.

It’s important to realize that memories are shared. When we spot something in another that we don’t like, we have it in us, as well. Our job is to heal it. As we do, it will leave us and the other person as well. Remember, life is a mirror!

Thank You

By saying “Thank you”, we express gratitude to God and each other. We show our faith in God that the problem will be healed for the good of everyone involved.

Gratitude is very powerful, so really feel it!