You are about to embark on a beautiful healing journey. This technique and healing repairs relationships for the highest good. Often it is difficult to forgive people who have hurt us, and even harder to ask for forgiveness of those we have hurt. There is also the aspect of not knowing the effect or hurt, we have placed on another by our actions and words. In order to have peace in our lives, it is important to release anger, resentment, hurt and un-forgiveness. All of the mentioned block us from knowing deep peace and joy.

By

Marlene Cobb
Ho’oponopono – Reiki Healing
WHAT IS HO'OPONOPONO?

Ho'oponopono, pronounced HOh-oh POH-no POH-no, is an ancient Hawaiian practice of reconciliation and forgiveness. The closest English translation is “to make right” or “to correct an error.” Personally, I had heard of this practice 15 years ago, and while it is an easy practice to learn, and I appropriately said the prayer/mantra in forgiveness work, I did not grasp the concept of why I should do it or how it works. I just blindly used it and trusted that it was doing what it was supposed to do.

In our lives, it is common to assign blame to the outside world. We look to the outside to determine why we are feeling certain emotions. “He made me angry”, “The weather is so depressing”, “I didn’t get invited, they forgot about me”, the phrases we use are endless and most point to an outside force as the cause of our inner turmoil or emotions. The Ho’oponopono philosophy brings to us the view that this is really a delusion. It is something in us rather than the situation itself that is the cause of our distress. I like to call this “something in us” triggers. Whereby something happens to us and we go into auto pilot from an experience we have had before and a reaction is triggered. It is like someone could say something to us in a totally different context than the last experience, but we just hear the words and go into reaction mode. Our subconscious mind is a much like the data on a computer, stored there are all memories of not only this lifetime but previous ones as well. Some of these memories may be personal: they may be difficult experiences that we don’t even consciously remember any longer, we might have blocked them due to how traumatic they were. It is no wonder that we look for the source in the wrong place as we only have what is currently going on in front of us as a reference. Our auto pilot takes whatever is going on and translates it to “I need to get you to change so that I don’t have to be angry anymore” and that sets us up for failure. We cannot change another person, we can only shift ourselves.

You might be reading this and wondering “How can I ever clear up something that happened years ago?” There is no possibility of sifting through our subconscious memory bank to find the past data that is giving rise to your here and now distress. It leads to the instant gratification method of giving whomever a piece of your mind. Yet underneath it all, the situation is still present just waiting for the next trigger to come along. This is where Ho’oponopono comes in. Think of this technique as the delete button on your computer. You make a mistake or decide you no longer need a file and hit delete. You don’t really know (unless you are a programming techy) the process that is set in motion by that action. Your computer however is wired and programmed to ask you if you are sure you want to delete it, and then efficiently takes care of the matter and removes it from your hard drive.

With Ho’oponopono, you say the mantra;

\[
\text{I’m sorry} \\
\text{Please forgive me} \\
\text{I love you} \\
\text{Thank you}
\]

Which is encoded with the following message:

“I’m sorry for the errors in me that are showing up as this problem. Please forgive me for these errors, and please transmute them to zero, so that I will be set free.”
“In me” does not necessarily mean “mine.” In doing this process, you are taking responsibility but not the burden. This allows for a gentler, more peaceful clearing, where you are doing the processing to ease yourself, to garner peace for you. You are in control and have the power to let go, thereby facilitating a healing for all involved.

You might think “that’s it!” I do Ho’oponopono once and everything is healed, yet other memories/triggers will surface over time. When they do, you are given the opportunity to clear them with this gentle technique. Gradually over time you will delight in how well this technique works, rather than straining to figure out solutions or staying angry, you are allowing divine inspiration to transmute the distress.

The wisdom of Reiki understands what is best for the individual, and the energies act accordingly for the best possible outcome. When we include Reiki with Ho’oponopono we connect with everyone on our list. Including the unknown and the forgotten. Relationships are healed for the highest good. All misunderstandings will get cleared. Reiki and Ho’oponopono send a message to the souls of all involved, that all grievances are forgiven and forgotten.

You do not need to be attuned to Reiki for this healing journey. I have infused the healing with Reiki so that all may benefit.
GETTING PREPARED

Take a few moments to ground and relax yourself. Close your eyes, and take a deep
breath and slowly release it. As you continue to breathe in, visualize and feel that breath
going through your body and grabbing any tension to be released on your exhale. When
you feel you are free of tension inhale once more – deeply and on the release say
“ground, ground, ground”.

CALLING IN THE ANGELS

At this point ask your angels and guides to be with you. They will hold the space for
healing to occur, and will assist you.

It is also a good idea to call upon Archangel Michael for protection, Archangel Raphael for
healing, and Archangel Chamuel for finding and connecting all who require healing with
regards to the situation or situations you are working on releasing.

YOUR LIST

Print off the next page in this booklet. This page has been infused with Reiki energy. On
it write the names of those you wish to forgive, and those you are seeking forgiveness
from.

Obviously you will not know the names of the people you have hurt or who have hurt
you in your past lives. You might also have buried some events so deeply in your
subconscious that you cannot recall all you should include on your list. To cover this
please write the following on your piece of paper;

“Everyone I have hurt across all directions of time.”

And

“Everyone who have hurt me across all directions of time.”

Once you have completed your list, you are going to say the Ho’oponopono mantra for
each name three times.

CLOSING

Take as much time as you need to go through your list. Honestly feel that you are
sending healing to each name on the list, and most importantly – know that you are
giving yourself the gift of healing so that you know greater peace.

Once you have completed your list, take few deep breathes. Thank your angels for
being present and ask the Archangels to continue to support all that were involved in
this session of healing.
I'M SORRY
PLEASE FORGIVE ME
I LOVE YOU
THANK YOU