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A Functional Medicine Energy Center Resource

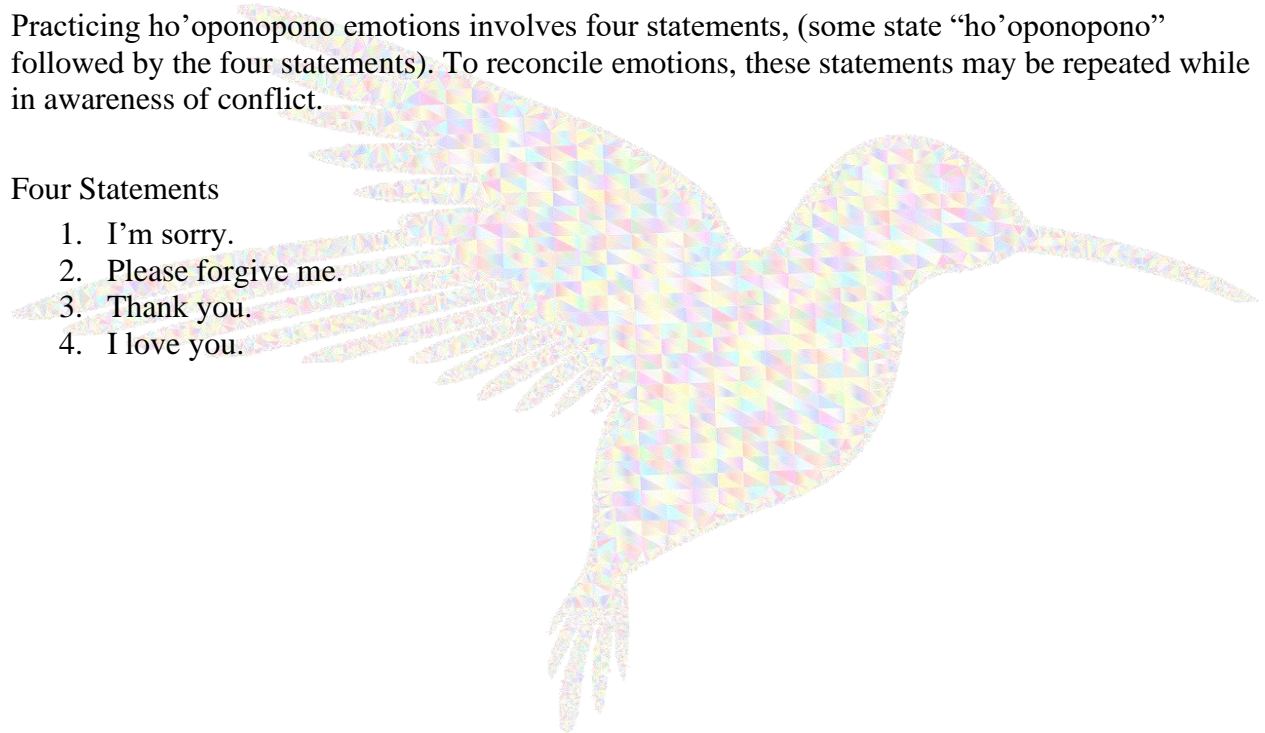
Ho'oponopono

Ho'oponopono translates to English as “correction.” It is a traditional Hawaiian practice of reconciliation and forgiveness among family members that has been applied to relationships and problems outside of the family.¹ In this shift, the focus of ho'oponopono moved from reconciling relationships to reconciling emotions. How ho'oponopono is used is up to the user. It is both an effective dialogue starter for maintaining relationships and overcoming negative thoughts and emotions.

Practicing ho'oponopono emotions involves four statements, (some state “ho'oponopono” followed by the four statements). To reconcile emotions, these statements may be repeated while in awareness of conflict.

Four Statements

1. I'm sorry.
2. Please forgive me.
3. Thank you.
4. I love you.



¹ <https://en.wikipedia.org/wiki/Ho%CA%BBoponopono>