

HO'OPONOPONO:

PUTTING RIGHT A WRONG

TODAY'S CHALLENGE

Ho'oponopono is a powerful Hawaiian practice for asking for forgiveness. The person who you are asking forgiveness for need not be present, as it may be offered as a heart-to-heart (unseen) supplication. What matters is that you mean the words that you say.

Today's challenge is to speak these words for someone that you feel you owe an apology, or with whom there may be a bridge to be repaired. Don't choose someone with whom you've had a major fall-out, but perhaps who you've had a minor disagreement or feel that you've let down in some way (either very recently or some way back in the past).

Take time to focus on each part of the prayer, optionally ending with a fifth line, asking that the God of your understanding hears your prayer and restores any guilt or dis-ease in your heart relating to this (this is not a standard part of the Ho'oponopono practice).

SHARE: In the Facebook group, share how this form of words felt for you. Did it help you feel restored or "made whole" (or "right") with the other person in some way?

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x

HO'OPONOPONO

I love you.
I'm sorry.
Please forgive me.
Thank you.

Optional: Great Divine, hear my plea. Forgive me. Restore me. Make me whole.

Remember, just replace the words "Great Divine" with "God", "Great Spirit", "Source", "Universe", or whatever is meaningful for you.