Module 8: Extension

Finding Freedom Through the Practice of Ho’oponopono

Andrea Mein DeWitt

Ho'oponopono is an ancient Hawaiian mediation chant that originated from spiritual shamans to “*make right, establish harmony, correct what is wrong and restore things to order”*. “Ho'o” means *cause*, while “ponopono” means *perfection*. The mediation practice made popular by Hawaiian clinical psychologist, Dr. Ihaleakala Hew Len, doesn’t mean that you forget the hurt that you have endured, it is instead the intention of choosing to respond to the situation with new ownership for your part in the misunderstanding. Ho’oponopono, is a simple, quick way to regain lost power gracefully and strategically; an offering that you, the mediator, are sending out energetically to neutralize the conflict and create a safe space for all parties involved to unconscientiously process feelings and unpleasant memories. The best part of this mediation practice is that there is no need for training, only the desire for healing harmony. While to the observer it may seem improbable, this short mediation can be a powerful way to cleanse your mindset of suppressed emotions and call-in forgiveness, repentance, gratitude, and self-love.

The healing words of Ho’oponopono:

1. **“Forgive me”**: You ask forgiveness.

Saying, “Please forgive me,” is a form of asking for forgiveness, and it doesn’t matter who was wronged. This is the cleansing way that takes away negativity. Asking for an

apology is a healing way in Ho'oponopono, that releases the stuck energy and helps you move on.

2. "I'm sorry": You ask for repentance.

This is the most healing process of Ho'oponopono. Taking ownership and being responsible for your behavior by saying I'm sorry is a way of healing.

3. "Thank you": You express gratitude.

Saying, "Thank you," is a very important way to heal. Thank yourself for the achievement, the success, the universe, and whoever or whatever forgave you.

4. "I love you": You lead with love

Say, "I love you," to yourself, your body, God, your surroundings, and any adversity you've faced. Love offers us security and is the secret healing ingredient in Ho'oponopono. To practice ho'oponopono, take a few deep breaths with your eyes closed. Then, slowly repeat these phrases to yourself about 7 or 8 times. (*"Forgive me, I'm sorry, Thank you, I love you… Forgive me, I'm sorry, Thank you, I love you"*— and so on.*)* End with a few moments of silence to let the message resonate. Open your eyes. *How do you feel now?*

Author's Note: My personal experience with this practice is one of both wonder and awe. The simple act of surrendering to and trusting in the power of love to heal a conflict and move forward with integrity. When you take full responsibility for your feelings and use Ho'oponopono to clear out stuck energies, you will conjure a freedom that transforms not only how you perceive the conflict, but more importantly your will learn to

receive yourself with love and compassion. The soothing energy of this simple chant will, over time, help calm the intensity of whatever you're experiencing.

"Please forgive me, I'm sorry, thank you, I love you."

Who are other people in your life (or past) with whom you would benefit from repeating this personal process?