



Ho'Oponopono meditation

Please highlight the sections you need to repeat the next day until you feel you can move on

Ho'Oponopono Prayer

Im sorry, please forgive me, I love you thank you

- Your physical body which holds and houses your mind and spirit and for the times you have not cared for it properly

Im sorry, please forgive me, I love you thank you

- For your home, whatever it may look like, that gives you a place to rest dream and plan for the future, and any jealousy or anger you have for others dwelling places

Im sorry, please forgive me, I love you thank you

- For your money that gives you the opportunity to purchase things for yourself and others. That keep you safe and happy and for the options it brings you to leave toxic situations, for those times you have felt oppressed by money or have used it to oppresses others

Im sorry, please forgive me, I love you thank you

- The food that sustains your physical body and supports your spirit, for those times you have used food to hide deeper truths for yourself and for the times you have withheld food from those who seek it

Im sorry, please forgive me, I love you thank you

- For your parents who brought you into this world and shaped you into the magnificent being that you are today, for those times you have not communicated with them clearly, or refused to define boundaries, that although painful, would have strengthened your relationship

For those times you haven't given your family members the benefit of the doubt

Im sorry, please forgive me, I love you thank you

Take a few moments to

Bring to mind all of the mental gifts and opportunities you have been given, the intellectual talents you have and the resources you have been given to pursue them.



- For those times you have squandered those resources or refused to share them with those who could have used their help.

Im sorry, please forgive me, I love you thank you

- For education you have received whether it was normal or not and the sacrifices those around you made so you could obtain it

Im sorry, please forgive me, I love you thank you

- For the talents you have developed through the opportunities and faith presented by others, for those times you had no choice to take an opportunity from someone else in order to keep yourself or loved ones well. For the times you have used your gifts to further others situations in a time of need.

Im sorry, please forgive me, I love you thank you

- For the personal and professional opportunities that have invigorated your mind and for those you did not take part in, for the opportunities and talents you wasted because of fear and for those experience because of courage.

Im sorry, please forgive me, I love you thank you

- For those times you have made the wrong decision, or made a decision that hurt others. For the times you have not acted until it was too late. For the situations where you used your gift and your talents to manipulate or trick others. For those times you learned from past lessons

Im sorry, please forgive me, I love you thank you

- For the attention you have given to the causes that matter to you and for the times that attention could not be spent on people or hobbies you love. For the success you have already achieved

Im sorry, please forgive me, I love you thank you

Give yourself time to reflect on talents that have been given to you

- For the faith tradition you may have been raised in and for the lessons it taught you, for the strength to redefine your spirituality based on your own experience of the world and the higher power you believe in.

Im sorry, please forgive me, I love you thank you

- For the continual development and flow of new friendships and relationships often time in the least expected places, for those relationships that were once fruitful but now hold you back

Im sorry, please forgive me, I love you thank you

- For the romantic partner/s that taught you how to love, and how to leave that which does not serve your higher purpose, even if that means leaving.
For your current partner or people who wait in your future to nurture and love you

Im sorry, please forgive me, I love you thank you

- For your family and those people who feel like family, who comfort you and make you laugh when you cry, for your own love and compassion towards them, to remain attentive and caring no matter what life brings

Im sorry, please forgive me, I love you thank you

- For the people who have gone before you, whether you have known them or not, who continue to shape your purpose and sense of self, for the strength to leave a positive impression on all you encounter.

Now take time to breathe and let gratitude and peace fill your entire soul.

Sometimes our biggest blessings come disguised in pain or anger.

If you encounter anything negative in your psyche, look a little deeper and find the gift if lessons come with it.

Im sorry, please forgive me, I love you thank you

Place a check mark by any section you feel you need to repeat daily until you feel free of any tension it creates in your body or mind. REPEAT these checked items daily until you can say the whole prayer and feel calm and FREE

REPEAT THIS PRAYER EVERY MORNING FOR 21 days, do one 4 second square breath between every phrase.

