



Ho'oponopono Prayer and Forgiveness Practice

This is a Mantra Meditation and Hawaiian Prayer using Theta Binaural Beats

The theta and binaural beats allows the energy release to be more effective. I recommend you download it onto your phone and use headphones. Have it with you regularly..

Before you begin the prayer, you'll need a journal or piece of paper and pen.

Step 1:

Create a list of anyone who has wronged you or you have bad energy with in your life, painful memories, unfinished business. If you feel anger towards this person or need to forgive, put them down. Most importantly, be sure to put YOURSELF ON THE LIST. Include yourself.

Step 2:

As you listen to the meditation prayer, go through each person on your list and release by repeating the following:

I'm sorry, Please Forgive Me, Thank you, I Love You.

Step 3:

Practice the prayer daily, ideally or at least 2-3 times this week. Use anytime you need to do forgiveness work on yourself or with others.

Ho'oponopono Prayer

- 1) Repentance: I'm sorry
- 2) Ask Forgiveness: Please forgive me
- 3) Gratitude: thank you
- 4) Love: I love you