

HO'OPONOPONO CLEANING/CLEARING TECHNIQUE

- **I am sorry**
 - This statement opens the door to atonement. The moment you take full and total responsibility for any negative manifestation you experience or witness you also create an opportunity for healing.
 - The apology is not directed to anyone other than Self and that is One with all that is.
 - The apology is an acknowledgement that we are sorry for whatever it is that we (or our ancestors before us) have done to cause the adverse circumstance to take place.
 - There is no need to grovel, just a simple "I am sorry" will do.

- **Please forgive me**
 - We are asking for forgiveness for having forgotten our oneness with Spirit. We are asking for forgiveness for having shut out Love from our lives and for having missed out on all the wonderful experiences that we could have had.
 - We ask for forgiveness with the absolute certainty that it has already been granted. Spirit is Unconditional Love, incapable of experiencing feelings of anger, resentment and all the other ego related neurotic behaviours that afflict humans.
 - It is important to note here that Ho'oponopono practitioners never have to forgive another, since they realize that all wrongdoing is the result of their own wrong action or memories--past or present.

- **I love you**
 - Love is a great healing power. Loving everything as your Self, just as it is, will reverberate through your bodies and psyche and generate an immediate feeling of well being.

- **Thank you**
 - As stated earlier, whatever your petition or concern, the moment you take responsibility for its occurrence and seek a way out--you are guaranteed a response.
 - Almost invariably the response will never be what you expect (or in some cases want)--but what you need to start the process of healing or reconstruction.
 - Your "thank you" is the acknowledgement that your petition has been heard and acted upon--that is all. It is gratitude for all that is, just as it is.