

Ho'oponopono is a forgiveness practice, based on the idea that each of us is connected and that by coming into right relationship with each other, we're all healed. Much of the discordance we see in the world is due to errors in thought. We see ourselves as separate and in competition rather than interrelated. These errors have been stored in our collective memories, where they continue to effect each of us. Because we all have access to this collective memory, each of us is personally empowered to change it by changing how we're thinking. With this mindset, the entire world can be seen as a mirror. The solution to every problem you see "out there" can be found within. Change yourself, change the world.

You can practice ho'oponopono by first choosing a problem you'd like to address. This can be a personal problem, an illness, something you're seeing in the world, or anything you or someone else is struggling with. As you're thinking of the problem, slowly and intentionally repeat the mantra, "*I'm sorry. Please forgive me. I love you. Thank you.*" As you're saying the words, be aware of how things are being stirred up within you for clearing, or of how you're own thinking begins to change.

In saying, "I'm sorry," you're taking personal responsibility for the problem. Though you may not feel you've directly caused the problem, taking full responsibility for it is a way of acknowledging your unity with everything. As you continue this practice, you may begin to understand how you've contributed to this problem. Your own thoughts of separation or competition around this issue have helped keep the collective memory in place. By saying you're sorry, you're acknowledging the pain you may have caused others with your thinking.

In saying, "please forgive me," you're expressing your desire to make amends and to break free of the collective memory with regard to this problem. You can ask for forgiveness from everyone you have impacted. Be sure to forgive yourself, as well.

In saying "I love you," you're sending love to the problem or error in thinking. Oftentimes, our judgement about a problem keeps us caught in our thinking. By stepping outside your judgement and simply loving what is, you remove all resistance to its transformation.

In saying "thank you," you're acknowledging the value of the experience. Gratitude is a way of honoring and deepening your forgiveness. You know you've truly released something when you feel only gratitude for having had the experience.

Repeat the mantra as often as you like.

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