

Regarding Ho'oponopono

In July 2015, I revisited the practice of Ho'oponopono (I originally learned of it in 2009) to clear data/karma in relation to myself and others. When practicing Ho'oponopono, we take 100% responsibility for whatever comes into our awareness and experience. It may be something that we do or others do (or make us aware of verbally, by email, or even a news report) - anything that brings tension, negative emotions/judgment.

This may interest and benefit you, too! Here's a YouTube video to get you started:

<http://www.wanttoknow.info/070701imsorryiloveyoujoevitale>

I also listened to lectures about the deeper meaning of this practice. As I practiced with the deeper meaning (than I originally understood in 2009) firmly in mind, I found even more profound clearing of trouble/tension/issues within myself - and others.

You may wish to consider listening to the lecture (interview in 9 parts)...and try using this process around any of your issues with ANYONE – even your own body (pain, illness, etc.). You can "clean" the energy without others there – it's so powerful!

Here's the YouTube URL for segment 1:

<https://www.youtube.com/watch?v=OL972JihAmg&feature=youtu.be>

I found my appreciation deepened with every segment...and I began practicing regularly. I watched this video (after the 9 segments) and enjoyed it, too:

<https://www.youtube.com/watch?v=-ZfUvdH6Kj4>

Later, I read the book 'Zero Limits' by Joe Vitale, which was also very interesting!

A prayer and other information found online, are below:

Ho'oponopono Prayer (Say often)

Divine Creator, father, mother, son as one...If I, my family, relatives, and ancestors have offended you, your family, relatives and ancestors in thoughts, words, deeds and actions from the beginning of our creation to the present, we ask your forgiveness...Let this cleanse, purify, release, cut all the negative memories, blocks, energies and vibrations and transmute these unwanted energies to pure light....And it is done.

Then say "I'm sorry" and "Please forgive me." you say this to acknowledge that something--without you knowing what it is---has gotten into your body/mind system. You have no idea how it got there. You don't need to know. If you are overweight for example, you simply caught the program that is making you that way. By saying I'm sorry, you are telling the Divine that you want forgiveness inside yourself for whatever brought it to you. You are not asking the Divine to forgive you, you are asking the Divine to help you forgive yourself.

From there you say "Thank you" and "I love you". When you say "thank you", you are expressing gratitude. You are showing your faith that the issue will be resolved for the highest good of all concerned. The "I love you" transmutes the energy from stuck to flowing. It reconnects you to the Divine. Since the Zero state is one of pure love, and has zero limits, you are beginning to get to that state by expressing love.

What happens next is up to the Divine. You may be inspired to take action of some kind. WHATEVER IT IS.....DO IT!

Say these four phrases as often as possible, either aloud or silently.....especially when you are feeling negative feelings about anything or anyone..... Say the prayer about all that comes into your experience. If you hear or see anything that evokes emotion, or negative feelings, use the prayer.

I am sorry, please forgive me, thank you, I love you.

Make this your mantra. Say during commercials on TV, in the car, waiting in line at the store, at your doctors' office, anytime anywhere, *silently or aloud.*

I am interested whether you embrace it, and enjoy benefit from it.

Wishing You Love, Peace, Joy, Forgiveness, Healing, Clarity and Inspiration!

Sincerely,
Rhonda Battisto

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