

# Ho' Oponopono

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An ancient Hawaiian technique based on the principles and methods of Hawaiian Huna.

Ho means, "To make."

Pono means, "Right."

So, Ho' Oponopono means, "To make right twice." It is the Huna process for forgiveness.

1. Imagine a stage in front of you, while you sit in the audience. The stage is rather large, and lit in the front. In the darkness at the back of the stage, you can see the shadows of all the people you've ever been connected with – family, spouses, partners, friends, co-workers, acquaintances, etc. While you can't see their exact details, you notice that for each person, there is a silvery thread or "cord" coming from your third eye to each of their third eyes.
2. Beginning with the most impactful or strongest connection, ask the first person to come out to the front of the stage.
3. Ask them, "Are you here to support me in being the most magnificent person I can be?" If the answer is not a congruent, resounding, "Yes," you may want to move on to step 4. Otherwise, ask them to go to the back of the stage and bring up the next person.
4. Both say the following, and send the message energetically through the cord, with meaning and feeling. Imagine them echoing the same message to you, verbally and energetically:
  - a. I love you.
  - b. I forgive you.
  - c. I release you.
5. With scissors, shears or your fingers, cut the cord and draw the remaining stub into your forehead. Watch as they begin drifting upward off the stage and floating up into the darkness and out of your awareness.
6. Repeat steps 2 – 5 for each person.

Note: Cutting the cord does not mean you can never communicate with that person again. It simply means that person will not have the energetic connection with you. That connection can always be recreated by contacting them, or even prolonged thought about them. If you don't want the connection, simply cut it again, next time.