



# How to Practice Ho'oponopono in Four Simple Steps!

*Have you heard of the Hawaiian therapist who cured an entire ward of criminally insane patients, without ever meeting any of them or spending a moment in the same room?*

*It's not a joke!*

*The therapist was Dr. Ihaleakala Hew Len! He reviewed each of the patients' files, and then he healed them, by healing himself!*

The amazing results seem like a miracle, but then miracles do happen when you use Ho'oponopono, or Dr. Len's updated version called Self I-Dentity! Through Ho'oponopono (S.I.T.H.), I had the pleasure of attending one of his lectures a few years ago and started practicing Ho'oponopono immediately.! The results are often astounding!

*Do you need a miracle?*

*What you might wish to understand is how this can possibly work!*

*How can you heal yourself and have it heal others?*

*How can you even heal yourself?*

*Why would it affect anything "out there"?*

The secret is there is no such thing as "out there" – everything happens to you in your mind!

Everything you see, everything you hear, every person you meet, you experience in your mind! You only think it's "out there" and you think that absolves you of responsibility! In fact it's quite the opposite; you are responsible for everything you think, and everything that comes to your attention! If you watch the news, everything you hear on the news is your responsibility! It means that you are also able to clear it, clean it, and through forgiveness, change it!

The four steps to this method, Repentance, Forgiveness, Gratitude and Love. Love is the only force at work! This has amazing power!

**The best part of the updated version of Ho'oponopono is you can do it Yourself! You don't need anyone else to be there! You don't need anyone to hear you! You can "say" the words in your head.**

**The power is in the feeling and in the willingness of the Universe to forgive and love!**

# The FOUR steps!



## **Step 1: Repentance – I’M SORRY!**

You are responsible for everything in your mind, even if it seems to be “out there”! Once you realize that, it’s very natural to feel sorry! If I hear of a tornado, I am so full of remorse that something in my consciousness has created that idea! I’m so very sorry that someone I know has a broken bone that I realize I have caused! Up until now, this realization can be painful! You may resist accepting responsibility for the “out there” kind of problems until you start to practice this method on your more obvious “in here” problems and see results!

Choose something that you already know you’ve caused for yourself! Overweight? Addicted to nicotine, alcohol or some other substance? Do you have anger issues? Health problems? Start there and say you’re sorry! That’s the whole step: I’M SORRY! Although it is more powerful if you say it more clearly: “I realize that I am responsible for the (issue) in my life! I feel terrible remorse that something in my consciousness has caused this”!

## **Step 2: Ask for Forgiveness – PLEASE FORGIVE ME!**

Don’t worry about who you’re asking! Just ask PLEASE FORGIVE ME! Say it over and over! Mean it! Remember your remorse from step 1 as you ask to be forgiven!

## **Step 3: Gratitude – THANK YOU!**

Say “THANK YOU”! It doesn’t really matter who or what you’re thanking! Thank your body for all it does for you! Thank yourself for being the best you can be! Thank God! Thank the Universe! Thank whatever it was that just forgave you! Just keep saying THANK YOU!

## **Step 4: Love – I LOVE YOU!**

Step 4 can also be step 1! Say I LOVE YOU! Say it to your body! Say it to God! Say I LOVE YOU to the air you breathe, to the house that shelters you! Say I LOVE YOU to your challenges! Say it over and over! Mean it! Feel it! There is nothing as powerful as Love!

**That is it! The whole practice in a nutshell! Simple and amazingly effective!**

*(used with permission from Ron Tabachnik and RT Planning Strategies, <http://www.rtplanningstrategies.com>)*