**Ho’oponopono with Points of You®**

*A Journey of Healing, Forgiveness, and Coming Home to the Heart*

**1. Introduction for Facilitators**

**What is Ho’oponopono?**  
Ho’oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. The word means “to make right” or “to correct.” Traditionally, it was used in families and communities to resolve conflicts, restore harmony, and reconnect with the spirit of Aloha — compassion, love, and unity.

The practice revolves around four simple yet profound phrases:

* **I’m sorry**
* **Please forgive me**
* **Thank you**
* **I love you**

Together, they create a healing cycle that clears resentment, guilt, and pain, making space for peace and connection.

**Why combine with Points of You®?**  
While Ho’oponopono is inward and spiritual, Points of You® tools (images, words, metaphors) allow participants to express, visualize, and process the experience in a safe and creative way. The tools give shape to emotions and stories that are often hard to verbalize directly, helping participants deepen their journey of forgiveness and compassion.

**2. Objectives of the Workshop**

* To introduce participants to the essence and philosophy of Ho’oponopono.
* To provide a safe, structured process to practice forgiveness and reconciliation.
* To use Points of You® tools (The Coaching Game, Punctum, or Faces) for reflection and storytelling.
* To foster emotional release, insight, and clarity.
* To leave with a personal practice participants can integrate into daily life.

**3. Structure and Timing (3 hours)**

1. **Opening & Context (20 min)**
   * Welcome, intention setting, introduction to Ho’oponopono.
   * Short breathing exercise or centering moment.
2. **Experiencing the Four Phrases (30 min)**
   * Guided reflection on each phrase.
   * Use Points of You® cards to externalize and share feelings.
3. **Personal Process with Cards (60 min)**
   * Individual selection of cards for each phrase.
   * Writing reflections and guided sharing in pairs or triads.
4. **Integration Ritual (40 min)**
   * Group circle: sharing insights.
   * Simple collective ritual (placing chosen cards in a circle, saying the phrases aloud together).
5. **Closing (30 min)**
   * Reflection: “What am I taking with me?”
   * Thanking self and others.
   * Optional short meditation with the four phrases.

**4. Detailed Facilitation Guide**

**Opening (20 min)**

* **Facilitator words:**  
  “Today we are going on a journey of forgiveness, compassion, and release. Ho’oponopono is a practice that can heal wounds within us and between us. With the help of Points of You® tools, we will give images and words to these feelings, allowing them to unfold gently.”
* Invite participants to take a deep breath, close their eyes for a minute, and silently repeat: *I’m here, I’m safe, I’m open.*

**Part 1: Exploring the Four Phrases (30 min)**

Introduce each phrase, one by one. After reading it aloud, pause for reflection.

1. **I’m sorry** – Acknowledging responsibility and the existence of pain.
   * Question for reflection: *Where in my life do I feel sorrow that I haven’t expressed?*
2. **Please forgive me** – Requesting release, from self or others.
   * Question: *Whom do I need to ask for forgiveness, including myself?*
3. **Thank you** – Recognizing the gift hidden even in challenges.
   * Question: *What am I grateful for in this situation?*
4. **I love you** – The ultimate vibration of healing.
   * Question: *What does it mean for me to choose love here?*

Use one Point of You® card for each phrase. Let participants reflect silently for 2–3 minutes per card.

**Part 2: Personal Process with Cards (60 min)**

* **Instructions:**  
  Each participant selects 4 cards (face down or face up):
  + One card for *I’m sorry*
  + One card for *Please forgive me*
  + One card for *Thank you*
  + One card for *I love you*
* Participants journal their insights. Suggested prompts:
  + *What story does this image tell me about the phrase?*
  + *What emotion arises?*
  + *What connection do I see between the four cards?*
* **Sharing in pairs/triads (30 min):**  
  Each participant shares their 4 cards and reflections while the others listen with presence and empathy.

**Part 3: Integration Ritual (40 min)**

* Ask participants to bring their 4 cards and place them in the center of the room, creating a collective mandala.
* As a group, recite the four phrases together, slowly and with intention.
* Facilitator may play soft music.
* Silence for 2 minutes to let the energy integrate.

**Part 4: Closing (30 min)**

* Circle sharing: “One word or sentence I take with me.”
* Encourage participants to commit to practicing the four phrases daily, even silently.
* **Optional visualization:** Guide a short meditation where participants imagine sending the four phrases to someone in their life, and then to themselves.

**5. Materials Needed**

* Points of You® tools (The Coaching Game, Punctum, Faces).
* Journals or notebooks.
* Pens/markers.
* Music (gentle instrumental).
* Candle or centerpiece for the ritual circle.

**6. Tips for Facilitators**

* Be sensitive: This practice can bring up strong emotions. Hold space with presence, without rushing.
* Normalize silence: Silence is part of the process. Allow participants to sit with their feelings.
* Encourage choice: Remind participants of the “law of the kiosk” — they can always change a card if it feels too difficult.
* Model vulnerability: Share a personal short example of how one phrase has touched you.

**7. Value for Participants**

* Emotional release and healing of unresolved tensions.
* Greater compassion toward self and others.
* A simple but powerful practice to continue daily.
* A deeper connection to self through creative tools and metaphors.
* A shared group experience of authenticity and humanity.