

# Ho'oponopono and Forgiveness

You might be surprised to learn that you have the power to change your life, and it all starts within you.

If you've been following me for a while, you know that I'm a big believer in the power of Ho'oponopono.

And I'll tell you exactly why I'm a firm believer of this technique.

The people who are new here might wonder, what is the core thought of Ho'oponopono?

How come people are experiencing miracles?

I'll tell you that this prayer is based on the core thought that there is nothing outside us.

Everything happening inside or outside us is happening in our minds.

You'll wholeheartedly witness the journey of:

Taking charge of your life.

Healing yourself completely.

- Taking bold actions.

Delving into your inner selves.

- Exploring the depths of your subconscious mind.

- Eradicating the negative beliefs.

And through this transformation, you'll craft an extraordinary new life story!

## Ho'oponopono and Forgiveness

It's your moment to shine! Can you say, "Ho'oponopono (pronounced HO-oh-Po-no-Po-no)"?

That's right, just say the word, and you're already on your way to seeing the healing power within you!

Ho'oponopono is the sensational Hawaiian prayer for healing through forgiveness.

It's about making things right with yourself and others, so you can captain the ship of your life with confidence!

Deep down, you know you were made for more and guess what?

You can experience excellent results in your own life too!

If you want to experience miracles!!

DM "HEAL" right now to book a call, and let's get in touch ASAP fill the form below or Fill Contact Details.

I can't wait to see what you manifest!

# Ho'oponopono and Forgiveness

## HO'OPONOPONO

If you don't like it, you can Clean on it to Change it

When something bothers you, remind yourself it has come up to give you an opportunity to CORRECT your own energy. It has come up to give you a chance to look at yourself, your life, other people and even your environment differently. It has come up for you to CLEAN on it and PURIFY it so that a way may be made for the good you are to give out and the good you have come here to receive.

Ho'oponopono means to correct, change or make right the memories of the past sitting inside our subconscious mind, in our energy and consciousness. When we clean up our energy by releasing the past, we come to understand ourselves better. We begin to experience the higher power and divine energy within us. We receive what we call as INSPIRATION to do the right thing for ourselves in our lives.

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## HO'OPONOPONO HEALING

It may not be your fault that something happened but it is your responsibility to correct it.

In the Ho'oponopono process, there's a profound understanding that transcends blame and guilt.

It's the idea that, regardless of whose "fault" it may be, it's within our power and responsibility to make things right, and to do so with love.

It's not about guilt or shame, it's about acknowledging that within our hearts, we hold the capacity to heal and bring harmony. With love as our guiding force, we can resolve and mend even the most challenging situations.

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It's a practice that invites us to let go of the need to blame and instead embrace the profound healing power of love and peace together with our subconscious mind.

So, whether you are facing personal challenges or even bothered by a global issue, remember that it's not about pointing fingers.

It's about recognizing your role in it in form of your subconscious memories and taking responsibility by healing your inner child.

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## WHEN YOU FORGIVE ANOTHER PERSON, YOU HEAL YOUR OWN HEART

Universal power is described in the Vedas as "Sahasra Seersha Purushaha Sahasrakshah Sahasra paad."

The real significance of this statement is that the one Divine power or Universal force expresses itself through millions of individuals and that all are divine beings.

It is a person's mind that blocks the divinity present in them. How one uses one's mind is what determines the fruits of one's actions and the quality of our experiences in this world.

There is no point in blaming another person for our misfortunes.

We hold grudges and bitterness for years, thinking and feeling that we have been wronged.

But in reality, we are harming ourselves because this hatred and bitterness is living inside us, in our mind and heart. It is harming our own body, power and productivity.

If we don't get rid of it, we block happiness and cause much discomfort to ourselves and our loved ones.

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Instead if we choose to forgive and bless others, we release these toxic emotions of hate and hurt, thereby purifying our own vibration and also sending positivity to people around us.

is a Letting go process that teaches you how to connect with your Subconscious mind to correct your energy and release memories showing up as problems in life

Ho'oponopono is based on the

Metaphysical truth that problems are memories that show up in our lives so that we learn to take responsibility to clean our past and free up our energy.

Cleaning one's energy is the most important part of the Ho'oponopono process and it is done by simply acknowledging the subconscious mind and assuming responsibility for whatever is showing up in in one's life.

It is about looking within at all times for solutions and embracing the qualities of Forgiveness, love and gratitude.

Connecting with your subconscious mind will calm your mind and heal your heart.

You will experience peace and relaxation leaving you with more clarity and inspiration to manage your life and pursue your chosen path!

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## 3 POWERFUL FACTS ABOUT FORGIVENESS

### 1. FORGIVENESS OPENS DOORS TO ABUNDANCE

### 2. AS YOU RELEASE THE PAST YOU BECOME MORE AWARE AND ALERT TO THE OPPORTUNITIES YOU ARE SURROUNDED WITH

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## 3. FORGIVENESS BOOSTS YOUR IMMUNITY AND IMPROVES YOUR RELATIONSHIP WITH SELF AND OTHERS

Forgiveness holds the key to unleashing abundance love and happiness in our lives.

With forgiveness, you change things on the inside. As a result things change on the outside.

When we forgive, we release the heavy burden of resentment and grudges, creating room for an abundance of positivity and peace. It's as if a door that was once firmly shut swings open, inviting in opportunities, joy, and prosperity.

It's not only about letting go of ill will you hold towards others, it's also about holding compassion and love for self. As you do you embark on a journey to inner peace and well-being. This inner peace acts as a wellspring of strength, allowing you to navigate life's challenges with grace and resilience.

.....FORGIVE YOURSELF

ALL FORGIVENESS IS ABOUT

SELF FORGIVENESS

1. SIT IN SILENCE TO CONNECT WITH YOURSELF

2. ACKNOWLEDGE HOW YOU FEEL

3. REMIND YOURSELF EVERYONE DESERVES FORGIVENESS AND LOVE  
INCLUDING YOU

4. REPEAT TO YOURSELF, "I FORGIVE MYSELF FOR EVERYTHING"

5. WRITE DOWN ONE GOOD YOU CAN DO DAILY

# Ho'oponopono and Forgiveness

## TO CLEANSE YOUR ENERGY & HEAL THE PAST

The foundation for all forgiveness lies in forgiving oneself. When we learn to extend the same compassion and understanding to ourselves as we do to others, we unlock the doors to healing ourselves. We experience true inner peace, and personal growth.

Recognize and accept your emotions, even the challenging ones like guilt, regret, or anger.

Emotions are signals from your inner self, telling you what needs attention.

By acknowledging them without judgment, you create the space for healing and releasing them altogether.

Understand that making mistakes is part of our journey as human beings. We make mistakes, we learn, we correct, and we grow.

Everyone deserves forgiveness, so do you. Just as you would forgive a loved one for their wrong doings, extend the same compassion to yourself. Repeat to yourself the words, "I forgive myself completely." Daily repetition will strengthen your intention to let go of past mistakes, including self-blame and criticism.

The more you forgive, the more you heal. Along with daily practice of forgiveness, note down one positive action you can take to correct something that you did wrong.

Everyday look to do some good to someone.

This will further cleanse your energy and promote self-forgiveness.

Remember forgiveness is not a one-time activity it's an ongoing process. It's about releasing the burden of self-blame and judgment, and allowing yourself the freedom to grow and evolve. Stay committed to forgiveness and results will be nothing short of magical.

# Ho'oponopono and Forgiveness

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Forgiveness Power

3 THINGS TO MENTALLY SAY TO SOMEONE WHO HURT YOU

I forgive you for everything you ever did that hurt me

I Wish you good health and happiness

You and I are both free to live our best lives

Clear Your Slate And Move Forward

in life! Forgiveness is important for

your own growth, health and

happiness. Whoever has ever hurt

you in any way is continuing to live

inside you. Let them go. Forgive

every family member, boss,

business partner or friend who has

ever caused you grief of any kind.

Clean the slate and forgive to move

on with your own dreams and goals.



## Ho'oponopono and Forgiveness

Whether or not they are still around you in your life, you can simply think of them mentally and say "I forgive you for everything and I wish you well." Repeat this statement each time you think of the person or situation until the negative feelings are gone.

The Greatest Power I Possess to heal my life is the Power to Forgive & Bless

Unforgiveness creates major blockages to experiencing happiness and peace in life. It robs you of your power to assume responsibility for your life and circumstances. Remind yourself, what happened to you today holds no power, for it is already gone. But what matters is what you are presently thinking and feeling about your life, especially your past. If you continue to hold grudges, anger and resentment towards others, these very emotions will remain apart of your vibration and therefore continue to impact your results.

The effects of the Past can only be nullified with the Positive power of your Present Vibration.

Adopt this ritual daily. Spend 5 minutes to mentally bless people you hold resentment towards including your own self.

.....Go from Nobody loves & appreciates me

TOI am responsible for how I feel, I will work on releasing any negative feelings I am holding for myself and others. As I love and value myself more, my relationships will give me more joy and love

Commit to taking 100% responsibility for every aspect of your life. Decide to make changes, one step at a time. Once you start doing this consciously, you will realize how much easier it is to get what you want by taking control of your thoughts, feelings and actions. Successful people take full responsibility for their life for their thoughts, dreams. imagination and actions. They don't waste their time and energy blaming and complaining about what's not

## Ho'oponopono and Forgiveness

working. They evaluate their experiences and decide what they need to do different. They are ready to face the uncomfortable, to go outside their comfort zone and take risks in order to create the life they want to live.

If you take a closer look at the things that you often complain about, you will realize you can change your responses to almost all of them and ensure that the outcomes you experience in your life are as positive as possible. In reality, any kind of change or improvement you want is not about other people, things, or events. It's about YOU and your deeper feelings sitting inside your inner child (subconscious mind) in form of memories. If you take responsibility for your needs and limiting feelings and replace them with feelings of love and gratitude, this change will soon reflect in your outer reality and relationships.

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### FORGIVE TO HEAL

Forgiveness frees you to focus on the positive areas of your life

Holding on to Hurt can leave you with feelings of anger, bitterness or even vengeance. If we don't practice forgiveness, we might be the ones who are paying the highest price. By embracing forgiveness, we invite the energy of peace, hope, gratitude, and joy. Forgiveness can lead us down the path of physical, emotional and spiritual well-being.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you nor does it justify the wrong done. Forgiveness is an act that allows you to free yourself from the thought that others are responsible for your happiness or pain. It makes you take responsibility for managing your life and focusing on aspects that matter to you.

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When you choose to let go of resentment, it does not mean that what happened suddenly vanishes. But what does happen is it releases its hold on you. In other words, it frees you. It frees you to be, do and have the life you want.

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### Forgive Each Other

Forgiving someone doesn't mean they "won." It also doesn't mean they "got away with something." It simply means you have chosen to set yourself free from the harm and hurt they have caused you and reclaimed your power to peace and love. Just as we are always responsible for the energy we bring to any situation, we are also responsible to ourselves for the energy that we allow into our being and our life.

We and not others are the guardians of our vibration of our peace, internal harmony and success we wish to enjoy

When you choose to forgive and focus on the positives in your life, you recharge every cell of your body. But when you hold on to pain and bitterness, that negative energy burdens you and blocks the good that you desire.

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When you are experiencing a problem, pause for a moment and realize a simple and profound truth -The issue isn't you, It isn't the other person, It is the memories of the past being replayed by your Subconscious mind and You have the Power to "Let them go"

Most of us may experience a mix of these emotions in our everyday life-

Doubt

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Frustration

Anger

Blame

Resentment

Low self esteem

If you are experiencing any of these emotions due to an existing problem, the typical response is to think of how you may have been wronged or what should not have happened at all. Whatever your reactions are to challenges and problems in your life, subconsciously you may be carrying @soniyapachauri one thought "Why me?"

This victim mindset keeps us stuck to problems and unpleasant feelings. But when you stay in silence and become aware of your own thoughts, feelings and beliefs, you realize others only trigger what is already present inside you. The issue isn't you. It isn't the other person. It is the memories that you are carrying in your energy, inside your subconscious mind. As we focus on cleaning up our own thoughts and connect with this part of us

called the subconscious, we can start releasing these unwanted patterns and blockages.

Ho'oponopono is a great cleaning technique that helps us assume responsibility for our past and gives us easy ways to connect with our subconscious mind to experience true peace and freedom from the past

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HO'OPONOPONO

If I blame, I stay stuck with the problem If I clean, I get the power to resolve the issue forever

## Ho'oponopono and Forgiveness

100 percent responsibility is not about finding fault within yourself and going on a guilt trip. Instead, it is about assuming responsibility for things that cause you discomfort and trouble, without blaming anyone or anything for your problems.

It is about connecting with your subconscious mind (inner child) to let go of the past and let the divine purify the memories within you which keep you stuck in lack and fear.

The cleaning process is about trusting the divine intelligence within you and being willing to look within yourself to love instead of judge, surrender (your mind & thoughts) instead of hold on (to what happened).

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### HO'OPONOPONO

The most powerful words you can say to your inner child are, "I love you Unconditionally"

Your relationship with your inner child determines every other relationship and result in your life. If you want to change your results, connect with your inner child.

A great way to do that is to spend time in silence. Simply allow yourself to feel what ever is going on inside you. This lets the inner child feel safe to open up to you. Let the inner child feel appreciated and valued. When the inner child feels your love, it joins you to free up the memories so they may be purified by the Divine and you may experience more peace and power in the present.

The key is to become Conscious of your Subconscious. Give it love so it gives you Peace and Freedom

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# Ho'oponopono and Forgiveness

Make a conscious effort to move on and understand your past does not define who you are, the choices you make in the present will determine your results

If you keep thinking and talking. about the unpleasant past that you may have experienced, you will only make its influence stronger in your life today. Past mistakes are just that, 'mistakes that already happened in the past'. But if we continue to dwell on them, we will stay stuck in negative emotions and thoughts. This leads to pessimistic thinking and affects the choices and decisions we make today.

Just as having problems to solve is a natural part of progressing through life, so is making mistakes a natural path to learning and growing. The best way to handle a mistake is to learn from it and put your best foot forward in whatever you do today.

Do everything you do with the attitude that it will turn out well for you. When you hold a good vibration, everything eventually works out in your favour.

Learn, Smile, Forgive and Believe that good things will happen.

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## LETTING GO OF THE PAST

WHEN YOU CATCH YOURSELF SLIPPING INTO A NEGATIVE EMOTION, ASK YOURSELF WHY DO I NEED TO LET GO OF THIS?, HOW WILL MY LIFE CHANGE WHEN I LEARN HOW TO MOVE ON FROM THE PAST?, WHAT ARE MY DREAMS AND GOALS THAT NEED MY ATTENTION, TIME AND ENERGY?"

THE FIRST STEP IN LETTING GO IS TO ACKNOWLEDGE WHAT IS HOLDING YOU BACK AND THINK ABOUT WHY YOU MUST MOVE ON. YOU NEED TO IDENTIFY CLEARLY WHAT YOU ARE HOLDING ON TO AND WHAT OR WHO YOU NEED TO

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FORGIVE SO THAT YOU CAN RELEASE HURT AND ANGER AND STEP INTO A MORE PEACEFUL AND JOYFUL STATE OF MIND.

YOUR PURPOSE BEHIND LETTING GO WILL SERVE AS YOUR EMOTIONAL DRIVE WHEN YOU FIND YOURSELF BEING HELPLESSLY DRAWN TO THE PAST. A STRONG ENOUGH REASON AND A PURPOSE THAT DRIVES YOU WILL HELP YOU STAY FOCUSED AND INSPIRE YOU TO GIVE PRIORITY TO YOUR OWN LIFE AND ENERGY. EACH TIME YOU THINK OF YOUR LIFE GOALS, YOU RAISE YOUR VIBRATION AND YOUR SUBCONSCIOUS MIND STARTS TO CREATE POSITIVE IMAGES AND FEELINGS AROUND THE SAME. THESE POSITIVE EMOTIONS WILL MAKE YOU FEEL EMPOWERED AND ENTHUSIASTIC RATHER THAN WEAK AND HELPLESS.

THE MORE YOU PRACTICE DIRECTING YOUR ATTENTION TO YOUR OWN LIFE AND PRIORITIES, THE MORE YOU CONDITION YOUR MIND TO CHOOSE HAPPIER HEALTHIER THOUGHTS. YOU WILL FIND YOURSELF MORE EQUIPPED TO DEAL WITH AND MOVE ON FROM THE PAST.

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### YOU CAN HEAL YOURSELF

Most people hope they get better, but that's not good enough, You got to believe you are going to get better. You have got to know it, think it, feel it daily.

You can heal yourself, don't let anyone, not even a doctor, tell you otherwise. You got to however be convinced with this absolute fact and truth for moving your body into positive action and correction.

How to develop this belief? Belief comes with the knowledge that the power to alter the

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course of your health is within you. It comes with understanding the laws of the universe, with understanding the relationship between the mind and the body, understanding what causes illness and disease and then dealing with the root causes through daily rituals to reprogram your subconscious mind for healing..

The following quote by Edgar Cayce sums it up nicely:

"Healing of the physical without the change in the mental and spiritual aspects brings little help to the individual because the mind and the body imprint and imitate each other. What we think, we become. What we become, we think. It's an insidious process that can predispose us to illness, or it can lead us to health."

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### HO'OPONOPONO

When a problem comes up, say to your inner child

"I don't know how this has come up in our life, but I do know we can together let this go"

The Ho'oponopono philosophy encourages us to go within at all times to resolve problems and overcome challenges. It reminds us that every problem is a memory running inside your subconscious mind (also referred to as inner child) coming up to give you a chance to take responsibility for it and to choose to let go of it.

Letting Go however can only happen when your inner child joins you. The process of Letting go involves connecting with your subconscious mind and offering the feelings (memories) associated with the problem to the Divine for purification.

When the memories are purified they are released altogether so that you can now be free from the problem and become a channel for inspiration and divine wisdom to flow through.



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## FORGIVENESS 21 DAYS

Whether you want to improve your health, relationship or finances, Forgiveness is the ultimate medicine & solution

We all go through ups and downs in life. but ultimately it is our attitude and character that decides how well we deal with things and move forward in life. The most important Key to moving forward in life is Forgiveness. Without Forgiveness we can never really overcome what happened and make way for a better future.

Why really Forgive? If we go through life carrying heavy weights and baggage's of the past we will only pull ourselves down. When you hold a resentment, grievance, hatred for anyone, or if you have been holding on to past hurts and pains, you will constantly be putting your body and mind under pressure.

These emotions release harmful hormones and have adverse effects on our immune system and overall health & wellbeing. They affect our mood and our capacity to think and reason and act appropriately.

On the other hand when we forgive and learn to let go of blame and hurt, we release tension from our minds and bodies. Our body comes into a state of ease. It starts to return to functioning the way it is supposed to function for our health and healing. Most importantly, we are able to move closer towards the good things we desire in our life.

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## HO'OPONOPONO

# Ho'oponopono and Forgiveness

I am Sorry, Please forgive me for whatever is in me that has created this, I love you and I bless you

Problems are memories stored inside the subconscious mind, coming up to give us a chance to release them and free ourselves from the effects of the past.

When we do Ho'oponopono, we acknowledge our role and responsibility in attracting these problems and situations. It is not about blaming ourselves rather taking action to correct and transform this part of us that continues to hold on to negativity

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Cleaning one's energy is the most important part of the Ho'oponopono process and it is done by simply acknowledging the trigger coming up from subconscious mind and assuming responsibility for whatever is showing up in in one's life with Forgiveness, love and gratitude.

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# Ho'oponopono and Forgiveness

The words, "I am sorry, I love you," when repeated to your subconscious mind (inner child) over and over again will calm your mind and heal your heart.

You will experience peace and relaxation leaving you with more clarity and inspiration to manage your life and pursue your chosen path!

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## FORGIVENESS

Because It's time to Free yourself from guilt, resentments, bitterness and unworthiness.

Forgiveness is about choosing love over hate and making a conscious choice to let go of the energy of hurt and harm from our minds and hearts, such that we feel a sense of peace.

This Peace will help us with everything we do. How?

Peace is a powerful energy that lifts our vibration and helps us receive inspiration to do the right thing at the right time. No matter how much you have been wronged, the effects of the wrong done to you can be negated with the power of Peace. That is why it is said, where there is Peace, there is God, where there is God, there are Miracles!

Choose Forgiveness today. Choose to bless. In your ability to bless lies your ability to heal!

You can Follow me on Instagram : <https://www.instagram.com/soniyapachauri12/>

- **Soniya Pachauri**