

Ho'oponopono

The Hawaiian Ritual of Forgiveness

Introduction

Ho'oponopono is a vivid ritual which comes to us from the ancestral beliefs of the Hawaiian culture. It derives and is an expression of the latter's conception of the universe and the respective roles of each and every protagonist of society from times immemorial. The cornerstone of ***Ho'oponopono*** expresses the need to live in harmony with oneself with fellow human beings and ultimately with God and his creation with an holistic approach and perspective.

It is also a method of spiritual purification triggering the cleaning from anxieties, fears and troubled minds deriving from destructive attitudes, old beliefs which contain and restrain our personal and spiritual potential and evolution – The method proposed attempting to resolve external conditions and problems operation on their internal echoes....based on four statements :



***"I am sorry , please forgive me ,
I love you , Thank you"***



"Aloha" : I see and recognise the divine in you.....

.....and I see the divine in me

Hawaiians consider their country as the land of Aloha – the land of Love, essence of the Huna doctrines, a composite concept comprising of the addition of two fundamental concepts – *Hu* knowledge and *NA* – Wisdom – The depositories thereof being known as the *Hakunas*.

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Huna the source of knowledge and wisdom as cornerstones of **Ho'oponopono**. This entails the obligation, necessity to act on what one knows. knowledge without action is considered as a non – knowledge....



On the path of our common journey , Aloha is based on the uncompromising obligation not to be offensive to anybody starting with our own self so as to be in line with Love as the Unique force and energy of the universe – An analogy may thus be considered with the being the notion of **BHAKTI**, enabling oneself to go

beyond emotion but a source of energy which not only may but can and does influence reality by forging a new one . **Ho'oponopono may be thus considered as compassion in action for positive change.**

Ho'oponopono literally means to do correctly correct – It refers to doing the right thing the right way and by so doing connecting to one's "superior self" with the essential centre of our being as a retro journey to our initial centre towards harmony back to a balanced situation which enables us to reengineer and remodelling the reality. Henceforth **Ho'oponopono** "To do the right thing the right way" – puts us back on track empowers our ability to revisit and thereafter reach joyful bliss...



This is achievable through faith in ourselves and the supreme being God Aku , the original source of all creation and creatures. The ultimate achievement being hindered by prejudiced thoughts perceptions and evaluations , which create a "comfort zone" made up of fears , doubts and futile negative consciousness originated by irrational movements and absence of in depth thoughts.

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Ho'oponopono is indeed and in deeds Love in action and movement stretching out forgiveness to others and applying the therapy to ourselves .

The main mantra is to love oneself – *not in an selfish manner but in such a way to be able to altruistically to love others*. The four steps on the journey of

Ho'oponopono are to endeavour through:

1. Prayer to reach transcendental knowledge , courage strength, intelligence and calmness.
2. To be able when encountering a problem to find within ourselves and our heart our responsibility therein and find ways and means to address it and find solutions accordingly
3. To forgive without any condition by the way of the mantra “ *I am sorry , please forgive me, I love you thank you* “.
4. To be sincerely thankful trust and thus let go

Through this “method” problems and challenges both of a personal nature and conflictual situations within a community or a group can thus be resolved



References

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