

**Ho'Oponopono** is an ancient Hawaiian practice. It helps in healing, inner-peace, and self-love.

Ho'Oponopono Prayer -

I'm so sorry, Please forgive me, Thank you, I love you

## **Simple steps for practicing Ho'oponopono process**



**Repentance is the key**

Say sorry if you feel you might be the root cause.



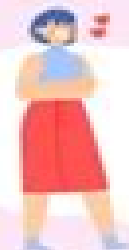
**Forgiveness boosts healing**

Forgiveness will relieve you from bad memories.



**Gratitude is pivotal**

Say thanks to everything that is helping you to be strong



**Spreading Love**

With love, handling tough situations becomes easy. It mends bitter relations

# The Twelve Steps Of Hooponopono

**JG Myers**



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