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HO'OPONOPONO

Hawaiian Forgiveness Meditation



KG Stiles, Metaphysician

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By KG Stiles, BA, LMT, CBT, CBP

Metaphysician

www.kgstiles.com

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free." - *Catherine Ponder, One of the World's Leading Prosperity Writers, Author, Dynamic Laws of Prosperity.*

Ho'oponopono means to "make right" and is the Hawaiian word for forgiveness.

Ho'oponopono restores your light or energy body and your e-motion, or energy in motion.

Through your light body you are connected with all of life. Through your e-motion you are always affecting everyone around you by your thoughts, words, feelings and actions.

The full moon is a wonderful and blessed time to perform Ho'oponopono as the natural electro-magnetic forces of the waning moon act to assist you in the process of letting go.

Why Ho'oponopono Works!

Through performing the Ho'oponopono Forgiveness Meditation you will be loving and accepting the shadow, lost parts of your self, and powerfully activating the Law of Grace to operate fully in your life.

Through the power of Grace you can know the blessing of absolute and unconditional self love and acceptance.

In truth when you love yourself completely you love everything and everyone through all dimensions of time and space.

This simple act of transmutation, bringing your darkness into the light, provides wonderful nourishment and frees your soul.

Ho'oponopono Forgiveness Meditation empowers you to shine with brilliance and renewed Self love and respect.

Ho'oponopono in essence means to make things right with your ancestors, or to make right with the people with whom you are connected, and have relationships with.

And, most especially re-connects, deepens and heals your relationship with yourself.

Your self trust will rise exponentially as you perform a regular practice letting go of any grievances against others or self blame!

In the Eastern cultures there is a tradition of honoring your ancestors.

Being aligned with and cleansing ancestral relations is considered absolutely essential for harmonic prosperity at all levels.

Without reverence and gratitude for one's ancestors, prosperous circumstances will always be severely limited.

In Japan, China, and the Hawaiian tradition it's important to cleanse any past problems you may have had in relationships, especially with one's relatives.

There may also be family patterns you do not want to continue.

Generational themes are often passed along through the family lineage, like depression, poverty consciousness, addiction, or other unfortunate character traits.

Ho'oponopono allows you to cleanse your ancestral lineage.

This cleansing and healing of relationships within your family lineage brings you the highest and greatest good fortune!

Ho'oponopono Forgiveness Meditation

All you need to perform Ho'oponopono is a white candle and a genuine desire to be free of any past hurts, or any uncomfortable feelings between yourself and another.

You are in a quiet place where you will not be disturbed.

Calm your mind and sit quietly. Allow yourself to be quietly present with your Self. Within you is a sacred inner space where the creative spark of life dwells and animates your being. This is your own personal pilot light that you can turn to as needed for guidance. Now is the time to go within your sacred inner space and be still.

Light your white candle and focus on the flame. The candle's light is a reflection of the Divine spark of light within you.

Ho'oponopono Practice

Here's a simplified version of the modernized Ho'oponopono ceremony for healing yourself of any past hurts or uncomfortable feelings between yourself and others.

Remember that what you see in another is a reflection, something within you, so all healing is self-healing. And, all forgiveness is self forgiveness.

The *Course in Miracles* says, “What you perceive in another you are strengthening in yourself.” So looking for the good in others strengthens your own goodness.

No one else has to do this meditation for you to experience the desired results.

Do Ho’oponopono with every person in your life with whom you feel misaligned.

You may repeat the Ho’oponopono Meditation as needed to cleanse all negative emotional blockages within yourself and between yourself and others (people, organizations, places, or situations).

Your Ho’oponopono Forgiveness Meditation can also be with an aspect of yourself that you are wanting to heal, i.e. jealousy, poverty consciousness, fear to stand up for yourself and express your truth).

Set Your Intention

Step 1 - See the person (organization, place, situation, or an aspect of yourself) with whom you feel discomfort within a healing circle of light.

Step 2 - See yourself within this same healing circle of light.

Step 3 - See a beautiful golden cord of light above your head connecting you with your greater self, or guardian angel.

Step 4 - See a golden cord above the other person's head to their greater self, or guardian angel.

Step 5 - Then see a golden cord of light between your greater self and the other person's greater self.

Step 6 - Now see a golden cord of light from your heart to the other person's heart. Feel the free flow of love moving through the golden cord of light connecting you with the other person.

You've created a protective energy grid of light to ground the healing energy of Ho'oponopono Forgiveness Meditation and amplify its effect.

Your guardian angels stand as witnesses to your sincere intention to release the past and will over light the process for the highest good of all.

Activate Ho'oponopono

Now activate Ho'oponopono with your intention to heal any split or feeling of separation between you and another.

First by saying with genuine feeling, "I apologize," and then, "Please forgive me."

You say this to focus your awareness on the thought/feeling that has gotten into your bodymind system, like a virus, and is disrupting your peace of mind and heart based love energies.

You don't need to know why or understand why you feel the way you do.

By saying "I apologize," you are asking for forgiveness inside yourself in order to release and let go of the feeling of discomfort inside of you.

Forgiveness does not mean you are condoning anyone's behavior. Forgiveness simply means you no longer wish to suffer from a past issue.

End by saying, "I love you," followed by, "Thank you."

Continue repeating, "I love you," and, "Thank you," for as long as needed until you feel completely free.

You may return to perform Ho'oponopono again if needed until you feel complete resolution at the core of your being.

Remember to breathe deeply and exhale as you let go of any toxic emotions and stagnant chi.

The sound of the words, "I love you," acts to transmute the vibration of chi from stuck to flowing.

"I love you," reconnects you to your wholeness (Holi-ness).

Since the 'Zero Point' field or Akasha is absolute pure love, and has 'zero' limits, when you express genuine feeling of love you automatically begin to resonate and harmonize with a state of ever flowing grace.

Conclude your Ho'oponopono meditation with, "Thank you," to express your gratitude that harmony has been restored.

After completing the Ho'oponono Forgiveness Meditation you may feel inspired to take some action. If so listen to your wise heart and take action immediately!

End your Ho'oponono Forgiveness Meditation by looking into the flame of your white candle and saying aloud:

*Oh Divine Mother, Divine Father,
Archangels and angels, my guides, ancestors,
Teachers and Friends,
All those who love me hear me now.
I come before you with my heart open,
In humble gratitude for my soul's journey.
I acknowledge my unfolding,
And nourish the flames of my heart, mind, and soul
With the beauty I create in the world.
Bless my footsteps as I walk upon my path,
So that I may always remember the road that leads
To the truth of the flame within me.
And so it is.*

PLEASE NOTE: More and more controlled research studies are being conducted on the human energy system and the chakras to understand these subtle energies and the effects of subtle body therapies on the body, mind spirit and emotions, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using subtle energy techniques are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using the energy and crystal healing methods outlined in this book. What works for one may not work for another, so explore and find out what works best for you.

Holistic therapies are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

Want to check out the next Kindle in 'Energy Healing' series?

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Want to find out more about KG and see her complete list of Amazon Kindle books?

KG Stiles, Amazon Author Page: <http://www.amazon.com/KG-Stiles/e/B004TZ9LGG>

KG Stiles is the founding director of Health Mastery Systems and PurePlant Essentials organic aromatherapy company. She began her professional metaphysical healing arts practice in 1980 and has helped tens of thousands of people to overcome challenges and realize their goals and dreams. Her clients have included entrepreneurs and top executives, and her advice and services have been used by

internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers. As a metaphysician, integrative health specialist, coach and aromatherapy consultant KG has developed training programs for individual clients, the spa industry, resorts, schools, health clubs, clinics and hospitals. She has custom formulated more than 700 hundred aromatherapy products for a variety of health and beauty related treatments in the global marketplace, as well as routinely blends custom aromatherapy formulas for her many private aromatherapy clients in her consulting practice.

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“...clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form that’s

both informative, and easy to read.” —Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic

KG Stiles
Health Mastery Systems®
P.O. Box 1124
Ashland, OR 97520
www.kgstiles.com
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Love & light to you,
-KG Stiles, Author
Metaphysician
Certified Clinical Aromatherapist
Founder Health Mastery Systems