



Date: _____

Ho'Oponopono

How to find the problem and Heal it

Take a look at what is bothering you and answer the following questions.

1. Define the Problem. What is bothering you?

2. What does this problem trigger in you?

3. Find a time in your life where you felt this same emotion that is triggering you now.

4. Practice your Ho'Oponopono on that energy that is still within you by repeating these four simple phrases to the Divine.

I love you.
I am sorry
Please forgive me
I thank you.

That's it. Over and over again in your mind and heart, repeat these phrases to God. Close your eyes, and inwardly repeat these four phrases. Remember, this is between you and God, no one else. This is your conversation with the divine, so honor it, and know that there is no wrong way to practice.

Next, Listen to our Ho'Oponopono healing track on our website:

<https://www.awakenlifecoachingwpb.com/hooponopono>