

Ho'o Ponopono

[Do not read text within the [parenthesis]

Close your eyes, calm your mind

Construct a stage:

Can be any kind of stage you choose, a grassy area, a stage, a cloud, anything you like.

Invite the one you seek resolution with:

Can be family, friend, workplace associate, relationship partner....

[Change wording for places, things and Sub-conscious patterns]

Know, see & feel the **Aka cord connection** you have with this person from your heart center to theirs.....

Imagine **the infinite source of love, healing, forgiveness and understanding** as a bright shining globe above the top of your head. Allow a ray from the infinite source to contact the crown of your head and fill your body with the light of love, healing, forgiveness and understanding.

Feel the light relax all the muscles in your scalp, flowing down, relaxing all the muscles in your face and the back of your head. The light continues to flow down through your shoulders, down your arms to your elbows, down through your forearms, your wrists and down into each and every finger.

The warm, calming light flows down into the lungs, all the internal organs, down into your hips, flowing and relaxing down into your thighs, to your knees, down into your shins and calves, flowing and relaxing down through your ankles to your feet into each and every toe, cell and fiber of your body.

Let me know when this is done with a nod...

Like a pitcher of clean, pure water fills a glass, the light flows from your heart center into the person on stage through the aka cord. Soon they are filled with the light of love, healing, forgiveness and understanding, as you are.

Send your message with the light; **“If there was anything, I thought, said or did that hurt your feelings, crossed a boundary or harmed you in any way, it was not my intention to hurt you, please forgive me.”**

See that they receive and positively acknowledge your message with something like; “You are forgiven.” Allow their forgiveness to register within your heart. [slight pause]

Then, like clean water flowing from them to you, positively receive their message coming into your heart: **“If there was anything I thought, said or did that hurt your feelings, crossed a boundary or harmed you in any way, it was not my intention to hurt you, please forgive me.”** Allow their request for forgiveness to enter deep into your heart. When you are ready, send your reply to them; “I forgive you.” See them positively receive and accept your message of forgiveness. Hear them say, “Thank you!” Allow your forgiveness to radiate from your heart.

[You do not have to cut the Aka cord if it feels right to keep it]

Now that the process is complete, cut the aka cord close to your body and allow the stage, and the person on it, to float up into the light. Know that when you reconnect with them again -with a thought, a call or a meeting - you will reconnect with them at that higher level of consciousness, from a place of complete forgiveness. **This process frees you** from old, real or perceived, obligations and allows you to reestablish the connection based on unconditional forgiveness, which includes love.

When you are ready, return to your body in the here and now, feeling free and refreshed.

END

Test [do not read this in session, read after they open their eyes]:

- Can you think of the person without feeling any emotional charge?
- If you still feel emotional charge (no matter how slight) then do the process again.
- Do the process until the feelings are gone. Feel right in mind, body and spirit.