

Ho'Oponopono Healing Affirmations

Ho'Oponopono

I acknowledge my part in it
I love you
I know that that I am
I am sorry

Please forgive me yet again
So I may thank you
Let us bask in the dawn of a new day
And be blessed forever more

Four little statement
To utter forever more
Each time remembering
The world as a whole

It is we who made it
Who brought it forth
Let us care for it
With a mighty heart and soul