

Ho'Oponopono Healing Affirmations

I Am Sorry

I am sorry for being frightened
For losing faith and courage
For acting for my survival
Forgetting all that I Am

I am sorry for projecting outward
All my vices and sorrows
Only to have them come back to me
In an hundredfold

Help me to let go of my guilt
Even if I only have it subconsciously
Help me to let go of my pain
Although I carry it outwardly

I am sorry for all of my imperfections
I am sorry for all of yours
I am sorry we have to live them
In such a beautiful world like ours