

Ho'Oponopono Healing Affirmations

Please Forgive Me

I offer my heart to you openly
Please forgive me
I open my soul to you
So we will be one

We are not so different
I tell you
We can build a bridge
Over the gulf between us

Please forgive my past trespasses
Please forgive my clumsiness
The grace that is within me
Is beginning to express itself

It is your open heart and soul
That can become our fertile soil
To dance in our graces
In the light of your forgiveness