Ho'Oponopono of the Spirit of Life

1. ***PEACE MEDITATION***
Center upon the *Peace of the I*,
Allow calm to descend
To the *Unihipili* (subconscious)
From the *Aumaka* (higher Self),
Through the *Uhane* (conscious self):
I am & will always beIn my right place & time
For my own growth & happiness.
I experience the *Peace of the I*,
Accepting the *Spirit of Life*,
I deserve to be sustained
By the *Waters of Life*.
[you may mark circle on brow]

2. ***HA BREATHING***
7 rounds of energy breathing
In to a count of 7;
Hold for a 7 count;
Out for a 7 count;
Hold for a 7 count & repeat.

3. ***OPENING MEDITATION***
Here & now, I am in the Light of Love
I am centered in my own Light
I am forever in the Light.
[a candle may be lit]
No negation may enter my Light
For dark may neither abide
Nor penetrate the Light.
All that enters my Light:That too is universal Light.
Truly I am surrounded by the
Spirit of Life,The Circle of Light:I radiate the Light eternal
And receive it back again,
Here & now.

4. ***REPENTANCE MEDITATION***
Spirit of Life:
If I or my family, relations,
Ancestors or our past incarnations,
Have offended in thoughts,
Words or deeds,
From the beginning of time
To the present,
Please forgive, cleanse & purify us.
I forgive myself
From the God/dess of my Being;
Release, sever & cut
All unwanted energies & vibrations
We have created or accumulated
And accepted from the beginning of time.
Transmute all to pure Light.
We are set Free,
And it is done.

5. ***HO'OPONOPONO*** **(Cleansing)**
Spirit of Life:
If I, my family, relations,
Ancestors or our past incarnations
Have offended in thoughts, words or deeds
From the beginning of time,
We humbly ask forgiveness
Regarding----------.[premises,persons, objects,transactions, ancestors, etc.]
Let divine intelligence
Include all pertinent information
I knowingly or unknowingly have omitted.
Will you all forgive us?
Yes, we are forgiven.
Let this Water release us [pour water]
From all spiritual, mental,
Physical, material, financial
And other karmic bondage, extracting
These from our subconscious.
Release, sever & cut [cut in the 6 directions]
The unwanted or negative
Memories and blocks
That tie, bind & attach us.
Cleanse, purify & transmute
All these energies to pure Light,
Fill their spaces with divine Light.
Let divine order, Light, love,
Peace, balance, wisdom,
Understanding & abundance
Be made manifest for us all,
Through the *Spirit of Life*.

We are set Free,
And it is done.
(Mahiki-Release)
"*Spirit of Life*:
I, my family, relations,
Ancestors or our past incarnations,
From the beginning of time,
Do a Ho'Oponopono
Of----------:[premises,persons,
objects,transactions, ancestors, etc.]
Let divine intelligenceInclude all pertinent informationI knowingly or unknowingly have omitted.
If there are any earthbound spirits,
Other entities or intelligences,
Or negative energies or vibrations
Within, on or around he/she/it/them,
I humbly ask forgiveness
On behalf thereof;
Let these be cleansed, purified & released
To the path of Light
By this Water. [pour water]
No longer will these be earthbound.
We release them to the Path of Light;
They release us (& this place).
We, including ----------Are set Free,
And it is done.

6. ***PEACE MEDITATION***
Peace be with you,
The peace that is I,
The peace that is
The God/dess **I AM**:
Peace for always,
For now and evermore.

7. ***RELEASE***
Spirit of Life:
I, my family, relations,
Ancestors or our past incarnations
Detach ourselvesFrom all involved in this matter.
We cut all Aka Cords [cut in the 6 directions]
And psychic connections:
We are set Free,
And it is done.

8. ***CLEANSING***
I/we mentally bathe my/ourselves
From the top of the head to the toes,
Seven times each, in the following colors:
Purple
Yellow
White
Blue
Green
Orange
Red.
And it is done.

9. *TRANSMUTING*
Spirit of Life:
I, my family, relations,
Ancestors or our past incarnations
Transmute all released toxins
And negative energies or vibrations
To pure Light:
I/we surround my/ourselves with
The *Circle of Light*,
Centered upon the God/dess **I AM**:
We are set Free,And it is done.

10. *BREATHING*
Repeat 7 rounds of Ha Breathing.

11. *CLOSING*
I/we thank the *Unihipili*,
The *Uhane* and *Aumaka*
For participating & helping.
May the **I** continually bless us.
Peace be with All.
And it is done. [blow out candle]
GODDESS BLESS