

# Ho'oponopono Forgiveness Process

Applying this process to any upsetting situation acknowledges the mistake is yours and corrects it where every error originates – ***in your own mind***. This forgiveness process is based on the same truth the 10-step Radical Forgiveness Process is based on – that everything we experience in this world, no matter how much it seems not to be our responsibility, is **our responsibility** because it is a **projection** of the universal mind or ego and we share that mind. We are all equally responsible for miscreating everything that appears to happen in this apparent world and universe and it is our responsibility to correct it by forgiving all errors away. This is why applying this process works miraculously to release negative situations you and others are experiencing.

There are two ways of doing the process, both of which are given below. Hew Len's method is simple and easy to remember, so **I recommend you memorise it** so you can use it immediately whenever a situation upsets you. However, the words of Mornah Simeona, Dr. Hew Len's Hawaiian kahuna teacher, are beautiful and may help you to find the love and peace they are designed to inspire in you. Experiment with both methods and use whatever works best for you, but make sure you do use it often because it will miraculously transform your life!

## Dr. Hew Len's Modified Method

I'm sorry.

Please forgive me.

All is forgiven and released.

Thank you.

I love you.

We are all One.

## Mornah Simeona's Method

Divine Creator, Father, Mother, Son as One...

If my family, relatives, and ancestors have offended you in thoughts, words, deeds and actions from the beginning of our creation to the present, we ask your forgiveness...

Let this cleanse, purify, release and cut all the negative memories, blocks, energies and vibrations and transmute these unwanted energies to pure light...

And it is done.

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