

HO'OPONOPONO – BRIEF FORM*

(Cleansing and Problem Solving)

DIVINE CREATOR, Father, Mother, Child as ONE:

I (1) _____ my family, relatives, and ancestors wish to do a Ho'oponopono with (2a & 2b) _____, especially (3) _____, places (4) _____, past lives (5) _____ home ties (6) _____ that contribute to the cause of my problems (7) _____.

Cleanse, purify, sever, cut and release all the negative and unwanted memories, blocks and energies we have created, accumulated and accepted from the beginning of our creation to the present. Transmute all these unwanted energies to PURE LIGHT.

WE RELEASE THEM TO PURE LIGHT AS THEY RELEASE US. WE ARE SET FREE! AND IT IS DONE!

Note: *Line 1 – Party doing the process*

Line 2(a) – Party or parties with whom process is being done, name of parties questionnaire.

Line 2(b) – always include the Amakuas of Rhythm, Peace, Freedom, And Balance; the Lady of Freedom, the Amakua of the United States, and all the Amakuas of Nations throughout the world and the Universes

Line 3 – names of persons whom you have string attachments to.

Line 4 – names of places you have strong attachments to

Line 5 – past lives you have strong ties with

Line 6 – name of party with whom you have strong ties at home

Line 7 – name specific problem.

***BRIEF FORM** is two-fold. It may be used for SEELF only (e.g. "with all my fears, errors, etc.") or it may be used as presented with OTHERS