

## Ho'oponopono – Long Form

### **PART I.**

DIVINE CREATOR, Father, Mother, Child as ONE:

If I(1) \_\_\_\_\_, my family, relatives, and ancestors have offended you,  
(2) \_\_\_\_\_, your family, relatives, and ancestors in thoughts, words, deeds,  
and actions from the beginning of our creation to the present, humbly, humbly we ask you all for  
forgiveness for all our fears, errors, resentments, guilt, offences, blocks and attachments we have  
created, accumulated and accepted from the beginning of our creation to the present.

LET DIVINE INTELLIGENCE INCLUDE ALL PERTINENT INFORMATION WE KNOWINGLY OR  
UNKNOWINGLY HAVE OMITTED. WILL YOU ALL FORGIVE US?

### **PART II.**

Yes, We forgive you. Let the water of life release us all from spiritual, mental, physical, material,  
financial, and karmic bondage. Pull out of our memory bank and computer, release, sever and cut  
the unwanted and/or negative memories and blocks that tie, bind and attach us together.

Cleanse, purify and transmute all these unwanted energies to PUR LIGHT. Fill the spaces these  
unwanted energies occupied with DIVINE LIGHT.

LET DIVINE ORDER, LIGHT, LOVE, PEACE, BLANACE, WISDOM, UNDERSTANDING, AND  
ABUNDANCE be made manifest for us all in our affairs through the DIVINE POWER of the  
DIVINE CREATOR, FATHER, MOTHER, CHILD AS ONE, in whom we rest, abide and have our  
being now and forever more. WE ARE SET FREE! AND IT IS DONE!

*\*The long form is to be done twice in the following manner:*

|                | <i>1<sup>st</sup> Time</i> | <i>2<sup>nd</sup> Time</i> |
|----------------|----------------------------|----------------------------|
| <i>Part I</i>  | <i>You</i>                 | <i>Them</i>                |
| <i>Part II</i> | <i>Them</i>                | <i>You</i>                 |

*However, when doing the process by yourself – you assume Part II on behalf of other parties.*

Note: *Line 1- party doing process (use the plural in lines 1 and 2 when doing the process  
with 2 or more)*

*Line 2 – party or parties with whom process is being done, name or parties on  
questionnaire.*

**Purpose:** To program in to individual's memory bank or computer the basic structures, including  
working "tools" to activate the computer, sift up and dredge out matter that may contribute to the  
causes of the problem. Do the long form only between one's self, family, relatives, and ancestors  
before working on anyone else's problems. You can do it on behalf of persons, places, things,  
etc....

Long form may be used many times but - in the beginning the long form is used to acquaint the  
Unihipili of those concerned about the process. E.g. If the subconscious mind becomes  
confused. CLARITY IS A MUST.