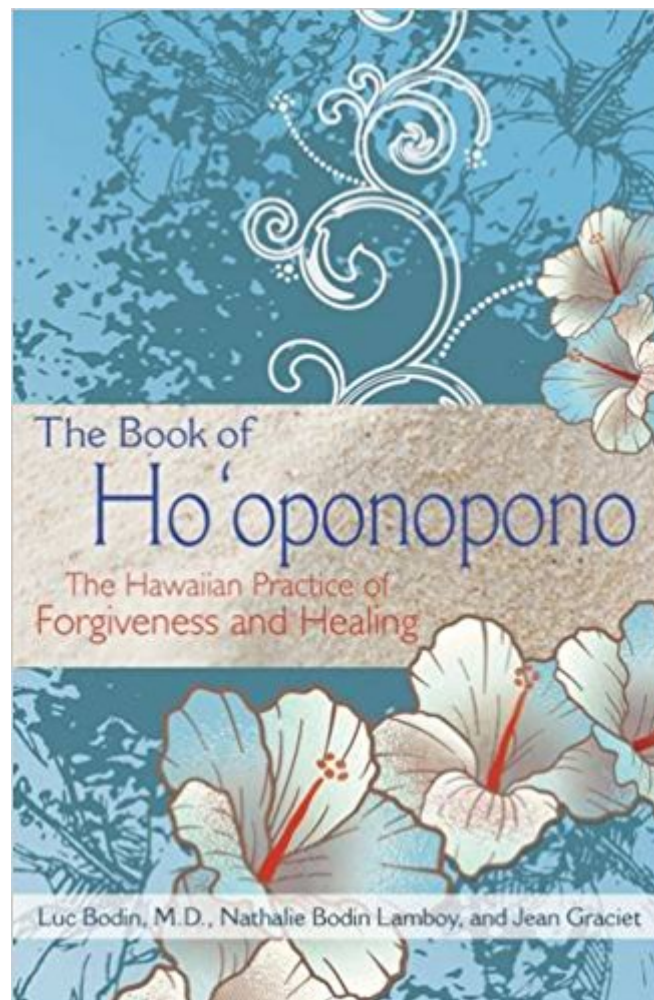




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# **The Book Of Ho'oponopono: The Hawaiian Practice Of Forgiveness And Healing**



## Synopsis

A simple practice to heal your past and cleanse negative memories to live a more peaceful and harmonious life

– Details how to apply Ho'oponopono to deal with traumatic past events, destructive thought patterns, family dynamics, daily annoyances, or any other disagreeable event in your life, from traffic jams to relationship break-ups

– Draws on the new science of epigenetics and quantum physics to explain how Ho'oponopono works

– Explains how the trauma of past events can cloud your perceptions and reveals how to break free from the weight of your memories

Based on an ancestral Hawaiian shamanic ritual, the healing practice of Ho'oponopono teaches you to cleanse your consciousness of negative memories, unconscious fears, and dysfunctional programming and grant yourself forgiveness, peace, and love. The process is deceptively simple--first you must recognize your own responsibility for creating the events in your life, then you are ready to apply the mantra of Ho'oponopono: I'm sorry, Forgive me, Thank you, I love you. Repeated several times over a dedicated interval, the negativity is replaced with inner peace, love, and harmony--and, as the stories in this book show, sometimes even miracles take place. In this step-by-step guide, the authors explain how to apply Ho'oponopono to traumatic past events, destructive thought patterns, family dynamics, daily annoyances, or any other disagreeable event in your life, from traffic jams to relationship break-ups. Drawing on quantum physics and epigenetics, they explore how Ho'oponopono works--how thoughts and consciousness can affect the expression of your DNA, the materialization of your goals, and the behavior of those around you. They explain how negative thought patterns and memories unconsciously guide your life and draw more negativity to you, perpetuating the cycle of bad events and clouding your recollection of the past. By apologizing to yourself, your memory, and the event in question, you can forgive yourself, heal your memories, and cleanse your perceptions. By reconciling with yourself, you open your heart to love for your experiences, yourself, and others and bring harmony to your mind, body, and the world around you.

## Book Information

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## Customer Reviews

“Ho‘oponopono is an important practice of compassion, forgiveness, and gratitude, both for our relationships and for ourselves. Drawing on its rich history, Bodin, Lamboy, and Graciet explore—with depth and insight—the many layers of this powerful tool for mediation and healing. Their book gives us a compelling approach to cultivating this practice in our everyday lives.” (Baird Hersey, musician and author of *The Practice of Nada Yoga*) “Nowhere has the Hawaiian healing practice of Ho‘oponopono been explored as extensively as within this book. The authors give us a thorough guide to humble our way of life to accord with the way things truly are, through the life practice of forgiveness that ultimately leads to the peace and love we all deeply yearn for. Drawing not only from this ancient Hawaiian tradition but also from modern science, this book gives us the tools to live a more authentic life through facing our accumulated karma that obstructs our innate freedom.” (Jason Gregory, author of *Enlightenment Now* and *The Science and Practice of Humility*) “Blessed are the ones who free future generations of irrational fear. The inherent power of forgiveness can mean our very survival. The Book of Ho‘oponopono tells you how to be free of the ropes of fear and grief and attachment to old and unworkable ways. In this book, learn and marvel at the impact on relationships and mental health by saying to yourself, ‘I’m sorry, forgive me, thank you, I love you.’ The authors, each in their own specialties, ground the mystical with science and guide the reader in the gentle Hawaiian way of soft breezes and blue surf to increasingly take charge of the past, past lives, and even unknown issues—to be free of memories and beliefs that can be like storm clouds hiding us from our true island self.” (Garnette Arledge, coauthor of *Wise Secrets of Aloha: Learn and Live the Sacred Art of Lomilomi*) “What a great book about this ancestral Hawaiian shamanic ritual. Ho‘oponopono is a very simple process where you first recognize your own responsibility for creating everything in your life and then apply these words: ‘I’m sorry, forgive me, thank you, I love you.’ This is repeated several times over a period of time until you feel

the situation has been "cleansed." What is great about this book is that it not only gives the history of the practice and a very clear explanation of how to use it in your daily life, it also connects this with quantum physics, DNA, epigenetics, Feng Shui, and the law of attraction. The book is written in a warm and welcoming way and use of this technique is sure to open one's heart to forgiveness, love, and peace. (New Spirit Journal, Krysta Gibson, April 2016)

"Nine little words that can make miracles! That's what this book is about. It's an ancient Hawaiian shamanic ritual that was adapted to suit contemporary life forty years ago and has been gaining popularity ever since. With steady application, order is restored to both the inner and outer environments and fears and negative memories are transmuted into love." "The simplicity of this life skill is deceptive. The authors have gone to great lengths to clearly explain the science, spiritual philosophy, and shamanic (esoteric) practice which explains how and why it works. There are inspiring stories to illustrate the healing that can occur. From traumatic events to every day annoyances, the authors demonstrate how using the technique releases negative thought forms, past and present, in order to make room for harmony and love. With consistent use, the intellect gives way to the intuition of the heart, healing and cleansing the stored information in the subconscious and allowing a reconciliation with our inner selves. Let your customers know that it is easy to understand and apply, and that the technique has a solid track record of success." (Retailing Insight, Anna Jedrzewski, May 2016)

"Essential to Huna, the traditional Hawaiian healing and spiritual shamanism, is Ho'oponopono, a practice used in a community to establish harmony and restore order among individuals and society. The aim of Ho'oponopono is to free ourselves of memories, values and beliefs that prevent our attunement with our inner divine self. It's an alchemical approach that transmutes fears into pure love and peace. It is as simple as recognizing our own responsibility for creating events in our life and then saying the mantra, "I'm sorry, forgive me, thank you, I love you." This is a simple but effective strategy for soul healing." (Nexus Magazine, August 2016)

"This is a wonderful book to help cleanse any emotional baggage and learn to be free in the now. There is no reason to let trauma hold you back from a future of happiness. Learn these simple techniques and rise to emotional freedom. Manifest your dreams by releasing the past." (The Life Connection)

"While I was reading the book, I tried the Ho'oponopono technique for myself, and found it to be very effective. I've since added it to my own spiritual practice, and I love how it is so simple and portable, yet the effects can be seen almost immediately, both within my own psyche and in the changes in my outer-world experience. Read this book, and then try it for yourself!" (Facing

North) – “I found this book very peaceful to read and the techniques easy to apply, with a sense of gratitude towards the authors for providing me with new tools to live in clarity and harmony. – (New Dawn)

Luc Bodin, M.D., is a doctor specializing in holistic medicine. The author of several health books, he presents workshops and trainings on energy treatments in Paris and southern France. Nathalie Bodin Lamboy is a feng shui expert with additional training in energetic and psycho-energetic practices. Jean Graciet is a practitioner in neuro-linguistic programming and Ericksonian hypnosis and specializes in the study of the meaning of symptoms and diseases. Along with his wife, he teaches workshops on Ho’oponopono. All three authors live in France.

On a very practical level, this book is the best tool I have found for letting go of old baggage that I had been hauling around for decades. It is as easy to practice as introduced early in the book, and doing so daily without expectations begins to reveal a richer life and unexpected pleasant surprises. The chapters that relate concepts in the book to modern discoveries in quantum physics are particularly fascinating. I found it interesting that the book predicted further substantiation of energy capable of unimpeded travel across the universe such as the gravimetric waves recently detected by the LIGO facilities.

Live, love, love this book!!

This book is enlightening!!!

All good. Thanks.

My husband loved the book

I live in Hawaii, so I am interested in learning about anything that has to do with the Hawaiian culture. Hooponopono is the Hawaiian practice of forgiveness and healing. I understand that when I am feeling a negative emotion such as anger or fear, I can use Hooponopono to replace that fear by saying four simple phrases. These phrases are I’m sorry, I love you, thank you and forgive me. This is something that would be very hard for me to do when I am angry and scared, but it is something that I should strive to do more. Hooponopono does not replace medical treatment or therapy. I

should not expect a miracle and be relieved of all negative emotions, but I truly believe that I can feel more at peace with myself and my coworkers by using Hooponopono in stressful situations. I really like the concepts of unihipili, uhane and aumalua. Unihipili is the unconscious mind. Uhane is the conscious mind. Aumalua is the soul or divine intelligence. These are all parts of an individual person. When Hooponopono is used, then all of these parts of a person is balanced. This book motivates me to learn more about Hooponopono and become more balanced in my life. I want to learn how to develop these Hawaiian aspects of myself more/ I enjoy expanding my Hawaiian vocabulary, and I appreciate this information very much. I believe that a separate book could be written about each of these concepts. This book is missing stories of people who have used Hooponopono, but hopefully I can find that in another book or discover it for myself. This book motivates me to do more research on Hooponopono.

Before I read *The Book of Hoʻoponopono*, I had heard about the technique from a few different sources. It is a deceptively simple practice. You use a set of four phrases to heal the energy around a situation or challenge: "I'm sorry. Please forgive me. Thank you. I love you." This short but excellent book begins by explaining the practice and its origins. There are plenty of anecdotes and quotes, and the narrative soon sweeps you away on a journey of greater understanding. The second chapter is titled "From the Psychological World to Quantum Reality" and encompasses neuro-linguistic programming, psychogenealogy, and past lives. Lest this sound a bit too "out there" let me just say that the concepts are interwoven in ways that make sense and allow the reader to ground the information in his or her own life. I like the description of our fears, values, and old beliefs as "erroneous memories." These false perceptions are the origins of the problems we encounter in our lives. "Because you remain stuck within the same negative thought patterns, you continue to attract the same contentious situations." Using *Hoʻoponopono* allows you to free up the energies that were mired in these erroneous memories. While the book undoubtedly sounds like it centers on spiritual topics, it actually includes quite a bit of science, as well. The authors are well-informed about recent studies in psychology, genetics, and other topics that relate to our patterns and behavior. They do also include the connection between *Hoʻoponopono* and shamanism, prayer (again with scientific studies to back up their assertions), and quantum metaphysics. The authors weave all of these disparate topics together seamlessly, and ultimately describe *Hoʻoponopono* as "an

art of living, not a therapy. In Chapter 3, the authors talk about how this ancient technique works well with various philosophies and religions. They touch on the Law of Attraction and how Ho'oponopono helps you to become a conscious creator. "You can go to great lengths when you are vibrating with all your love and gratitude toward the little unexpected things in life. The more thankful you are for what you have and how it fulfills you, the more abundance will nurture you. The more love you give to life, the more it will return." The final chapter briefly sets the stage for how you can take Ho'oponopono into your daily life. It encourages the reader to take the technique and make it his or her own. The Book of Ho'oponopono was translated from the original French version. The translator has done a wonderful job with the translation. The text reads smoothly and retains what I imagine is the somewhat poetic language of the original. The three authors, while they each have their own style and specialties, have done well in crafting the book so that it reads smoothly and as a unified text. While I was reading the book, I tried the Ho'oponopono technique for myself, and found it to be very effective. I've since added it to my own spiritual practice, and I love how it is so simple and portable, yet the effects can be seen almost immediately, both within my own psyche and in the changes in my outer-world experience. Read this book, and then try it for yourself!~review by Nikki Starcat Shields

I have read many books on spiritually and this books has been more effective than any others. It is brief, simple, to the point, and transformative.

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