

Awakening Resilience

Embracing the Ho'Oponopono Way

A Practice for Recovery & Well-Being

What is Ho'Oponopono?

Ho'Oponopono, a traditional Hawaiian healing practice, has gained popularity in recent years as a powerful tool for transformation, healing and integration of life experiences in the chaotic, modern world we live in today. Ho'Oponopono, a Hawaiian word, means "to make right".

In traditional Ho'Oponopono practice, there was a focus on making things right with one's ancestors or with the people with whom you have close relationships. It was believed that this practice could help to right the wrongs or harms that may have occurred in a person's life or in a familial lineage. According to *the Hawaiian Dictionary*, authored by Mary Kawena Pukui and Samuel Elbert, Ho'oponopono is defined as follows:

"to put to rights; to put in order or shape, correct, revise, adjust, amend, regulate, arrange, rectify, tidy up, make orderly or neat, administer, superintend, supervise, manage, edit, work carefully and neatly; to make ready, as canoe men preparing to catch a wave."

In many ways, the traditional practice could be considered as form of spiritual or restorative practices, or even group or family therapy. There was a very formal process that began with ceremony and ritual, time for the airing of grievances, and confessions or acknowledgment of wrongdoing or harms caused.

This was followed by discussion of restitution, in which the person who harmed does something or promises something to make up for the offense. Forgiveness is offered with the understanding that this process creates reconciliation and the issues at hand does not need to be addressed again unless another wrong is done. A closing prayer and time of "breaking bread" or sharing in some form of thanksgiving would close the space.

Modern Ho'Oponopono practices were initially brought forth by Hawaiian healer Kahuna **Mornnah Simeona**, who was influenced by studies of Christianity and Eastern philosophies.

This modern approach is an individual meditative practice, without the need for a group experience. However, Ho'Oponopono continues to be rooted in forgiveness, reconciliation, and restoration of relationships.

It carries forward the indigenous wisdom that everything is interconnected through the web of life. And holds that everything in our lives, including our mental and emotional well-being, is a reflection of our inner world. As we take responsibility for our thoughts, emotions, and actions, we can heal ourselves and bring harmony to our relationships, including our relationship with self, which is an essential part of recovery and well-being.



Practicing Ho'Oponopono

Ho'Oponopono practice can be offered to any aspect of life or any relationship, whether it be with those who are living or our ancestors who have passed.

Our practice can include people we have hurt or people who have hurt us. It can focus on the pain we carry and/or any patterns, feelings and beliefs that keep us stuck or in a state of struggle, such as addiction or depression. Essentially, it is a practice of letting go.

The basic steps for Ho'Oponopono practice:

1. Find a comfortable position sitting or lying down in a quiet place.
2. Bring your breath and awareness to focus on your heart center in the middle of your chest.
3. You may open with a prayer in that is in alignment with your own spiritual tradition. You can also make a simple request for support and guidance around your practice and that it be for the highest good of all concerned.
4. Bring into focus the person, pattern, feeling or belief you have chosen to work on for this session.
5. Then, begin to repeat the phrases silently or aloud offering it to what or whomever you are focusing on for this practice.
6. You may wish to make a heart connection with them at the beginning or at some point during the practice only if it feels comfortable.
7. When you feel complete, express gratitude in any way you feel guided to.
8. You may wish to journal about your experience and any reflections after you are complete.

Aloha Blessings to You!



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With over 25 years of experience in the realm of holistic health and wellness, Beth Shekinah is passionate about shining a light on holistic pathways for recovery and

I'm sorry.
Please forgive me.
Thank you.
I love you.

As you practice, know you are:

- Accepting responsibility for your own experience
- Embodying forgiveness
- Releasing and letting go of what causes conflict in your being
- Showing gratitude for the blessings and gifts found in life's challenges
- Offering **Aloha energy (love without judgement)** toward everyone always remembering to include offering love and blessings to yourself!

