

3 Days Barriers to Breakthrough Challenge

DAY 1 WORKBOOK

Ho'oponopono — Source Healing & Inner Clearing

 Day 1 Theme : Follow the recorded session and watch it like live

Releasing at the Source

“When you heal the source, the patterns no longer need to repeat.”

Day 1 Intention

Today is about taking responsibility without blame and releasing emotional memory stored within.

Ho'oponopono is not about fixing others or forcing forgiveness.
It is about clearing the inner programs that shape your outer reality.

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Section 1: Arrival & Grounding

Before we begin, pause and settle.

Right now, I feel:

Calm Heavy Anxious Open Unsure Neutral

One word to describe my inner state:

Take 3 slow breaths.

Place your feet on the floor.

Gently remind yourself:

"I am safe to release."

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Section 2: Identifying the Area for Source Healing

You don't need to analyse — just notice.

Which area feels most blocked right now?

- Money / Finances
- Career / Purpose
- Relationships
- Self-worth / Confidence
- Health / Energy
- Emotional peace

Describe what feels stuck (no judgment):

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Section 3: Acknowledging the Inner Memory

Ho'oponopono works by acknowledging that *something within us* is holding emotional memory.

Complete gently:

- When I think about this situation, I feel:

- The emotion that comes up most often is:

- This pattern has shown up in my life as:

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♥ Section 4: Ho'oponopono Practice (Guided)

As you repeat the phrases, bring the situation, emotion, or feeling to mind — not the people involved.

Write the phrases slowly, or trace them with your finger.

I'm sorry
(for carrying this memory, consciously or unconsciously)

Please forgive me
(for holding onto what no longer serves me)

Thank you
(for the awareness and opportunity to release)

I love you
(to myself, to life, to this part of me)

What do you notice in your body as you repeat this?

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Section 5: Source Release Reflection

After the practice, reflect:

- Something I feel lighter about now:

 - A realisation or insight that surprised me:

 - One emotion that softened or shifted:

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Section 6: Integration for the Day

For the rest of today:

- Observe your reactions gently
- If emotions arise, silently repeat:
“I’m sorry. Please forgive me. Thank you. I love you.”

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No fixing.
No forcing.
Just returning to inner peace.

✨ Day 1 Affirmation

*"I release emotional memory at the source.
I choose peace within, and clarity follows."*

🌙 Closing Reminder

Healing doesn't always feel dramatic.
Sometimes it feels like space, softness, or quiet relief.
That is still progress.