

 Book An Appointment

Ho'oponopono

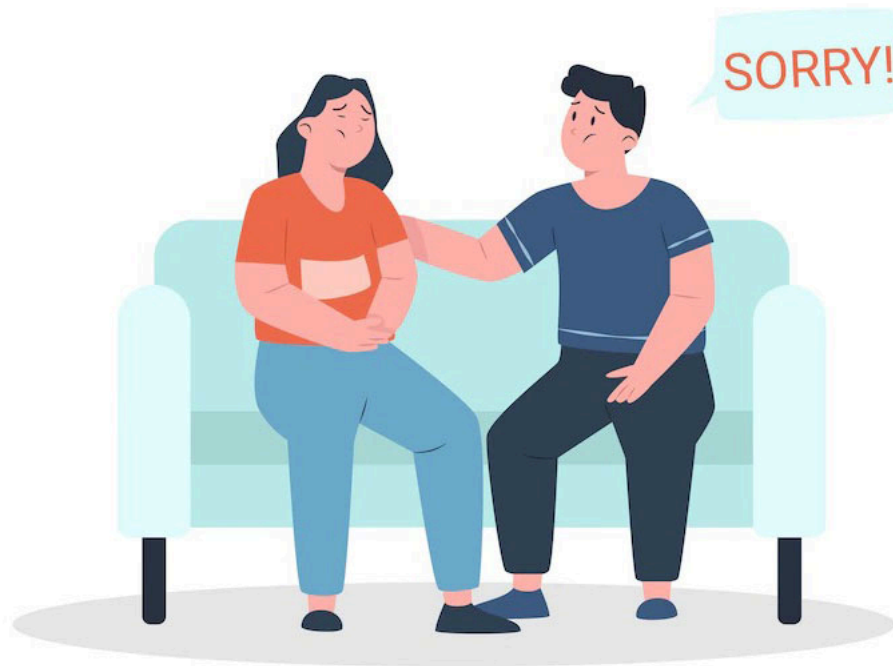
Ho'oponopono is an ancient Hawaiian practice of forgiveness and reconciliation. Ho'oponopono is a way to restore balance and harmony. The procedure is based on the belief that we are all connected and that our thoughts and actions impact the world around us.

We can heal the past, present, and future by forgiving ourselves and others. Forgiveness is at the heart of Ho'oponopono and is a powerful tool for healing relationships and making lasting changes in our lives. Ho'oponopono involves meditation and chanting.

Benefits of Ho'oponopono

- Improve relationships
- Self-mastery; writing your own story instead of being at the effect of others.
- Create inner peace and happiness
- Release negative emotions and thoughts
- Increase creativity, focus, and productivity

"True forgiveness is when you can say, 'Thank you for that experience.'" -Oprah Winfrey



If you are interested in Ho'oponopono, **contact us** by filling out the form.



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