**The 12 steps of Ho’oponopono**

In 1976 Morrnah Simeona began to modify the traditional Hawaiian forgiveness and reconciliation process of Ho’oponopono to include the realities of the modern day. Prior to this Ho’oponopono was used to resolve forgiveness and problems within the family group.

Morrnah, to spread her Ho’oponopono process founded the Pacifica Seminars in the 1970’s and in 1980 The Foundation of ‘I’ Inc. (Freedom of the Cosmos).

After Morrnah’ death in 1992 her student Dr Stan Hew Len took up the reigns and now teaches the updated version ‘Self I-Dentity through Ho’oponopono’ travelling the world as its popularity grows.

You can learn more and find out the current schedule for the Basic I - **Basic I Self I-dentity through Ho’oponopono® Class Schedule** at [http://www.hooponopono.org/](http://www.hooponopono.org/)

Below is the updated version ‘Self I-Dentity Ho’oponopono’
The 12 steps of Ho'oponopono

1. THE INNER CONNECTION
2. “FOR I AM THE PEACE”
3. BREATHING (HA) – 9 ROUNDS
4. OPENING PRAYER – “I AM THE “I”
5. REPENTANCE PRAYER
6. A. HO'OPONOPONO – LONG FORM
   B. HO'OPONOPONO – BRIEF FORM
   C. HO'OPONOPONO – CONCEPTION
   D. HO'OPONOPONO – MAHIKI
7. RELEASE
8. CLEANSE
9. TRANSMUTE
10. CLOSING PRAYER
11. BREATHING (HA) – 7 ROUNDS
12. ACKNOWLEDGEMENTS
1. The INNER CONNECTION
(UHANE – Conscious Mind)

DIVINE CREATOR, Father, Mother Child as ONE:
Oh, my Child….will you forgive for all my errors in thoughts, words, deeds and actions I have
Accumulated, and subjected you to over eons of time? As your Mother today, I forgive you for
all your errors, fears, resentments, insecurities, guilt's and frustrations.

Come and hold my hand and reverently ask the Father, our Aumakua to join us and hold
hands. As a unit of two please ask the Father to join us and make the three of us a unit of
one.

Let love flow from me to you and from us to the FATHER. Let the DIVINE CREATOR
embrace us in the circle of DIVINE LOVE.
2. “FOR I AM PEACE”

Again! I emphasize that FEAR must still be dealt with in a more, gentle, loving, warm, and understanding manner, to rest the iron grip from emotional mind.

DO IT GENTLY, DO not command, but reach the UNIHIPILI (Subconscious) through a tedious, patient process that, sometimes seems almost like being subservient to it. At least it seems so to many of you from the intellectual, rather than the ‘FEELING’, warm, caring, gentle and protective concept.

Let me beckon My Children of the Light.

AUMAKUA

“Where is the Divine Creator?”

“EVERYWHERE AND NOWHERE for you have prepared yourself well and deserve to be in the Presence of that beautiful area of ‘Silent Solitude’ infused with the reverence no man knows.”

“You will then FEEL a ‘Letting go’ sensation come over you then affirm:"

UNIHIPILI

I AM A CHILD OF GOD allowing Divine Love and Intelligence to move and express in and through me, my affairs, both personal and universal, balance, perfect ideas, perfect relationships, and perfect right environment at the right time

I am and will always be in my right place and time for my own individual growth, personal success and happiness to allow me to fully use my talents in this lifetime for my good and others.

Right conditions, relationships and ideas, for a constructive future, can and will be achieved through my complete acceptance, enthusiasm, faith and humbleness of mind for my DIVINE CREATOR, FATHER AND ONENESS OF ALL LIFE – my ALPHA and my OMEGA. I will know and truly understand and experience life-fulfilling for I deserve to have the water of life to sustain me now and always.

“FOR I AM PEACE”
3. BREATHING (HA) – 9 Counts

A. Inhale (Divine Energy) for 7 counts.
B. Hold the breath for 7 counts.
C. Exhale for 7 counts
D. Hold the breathe for 7 counts

This is considered one round. Do 9 rounds.

You may breathe for someone else in the world who has a need to survive. Be sure to breathe for self first, then others. Since the body breathes and circulation flows, its supply should not be depleted by using it for others.
4. OPENING PRAYER – “I” AM THE “I”

“I” AM THE “I”

“I” come forth from the void in to the light,
“I” am the breath that nurtures life,
“I” am that emptiness, that hollowness beyond all consciousness,
The “I” the id, the all,
“I” draw my bow of rainbows across the waters,
The continuum of minds with matters.
“I” am the incoming and outgoing of breath,
The invisible, untouchable breeze,
The undefinable atom of creation.

“I” am the “I”
5. REPENTANCE PRAYER
(Between Individual / Group and the DIVINE CREATOR)

DIVINE CREATOR, Father, Mother, Child as ONE:
If I ____________________________, my family, relatives, and ancestors have offended you in thoughts, words, deeds and actions from the beginning of our creation to the present, please forgive us.

Cleanse, purify, release, sever, and cut all the unwanted energies and vibrations we have created, accumulated and/or accepted from the beginning of our creation to the present.

Please transmute all the negative, unwanted energies to PUR LIGHT. WE ARE SET FREE! AND IT IS DONE!

When the phrase, "AND IT IS DONE" is used – it means Man’s work ends and GOD BEGINS.

Use plural form, “We__________________, our families, relatives…” when two or more are used in the blank space.
6 A. HO’OPONOPONO – LONG FORM
(Cleansing / Problem Solving)

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, BALANCE, 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:

<table>
<thead>
<tr>
<th></th>
<th>1st Time</th>
<th>2nd Time</th>
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</thead>
<tbody>
<tr>
<td>Part I</td>
<td>You</td>
<td>Them</td>
</tr>
<tr>
<td>Part II</td>
<td>Them</td>
<td>You</td>
</tr>
</tbody>
</table>

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.
DIVINE CREATOR, Father, Mother, Child as ONE:
I ___________________(1)_________________ my family, relatives, and ancestors wish to
do a Ho’oponopono with ___________________(2 a & b)____________________, especially _________________(3)________________, places____________(4)_________, past lives _______________(5)_____________, home ties ___________(6)_________ that
contribute to the cause of my problems _____________(7)________________.

Cleanse, purify, sever, cut and release all the negative and unwanted memories, blocks and
ergies we have created, accumulated and accepted from the beginning of our creation to
the present. Transmute all these unwanted energies to PURE LIGHT.

WE RELEASE THEM TO PURE LIGHT AS THEY RELEASE US. WE ARE SET FREE! AND
IT IS DONE!

Note: Line 1 – Party doing the process
Line 2(a) – Party or parties with whom process is being done, name of parties on
questionnaire.

Line 2(b) – always include the Amakuas of Rhythm, Peace, Freedom. And Balance;
the Lady of Freedom, the Amakua of the United States, and all the
Amakuas of Nations throughout the world and the Universes.

Line 3 – names of persons whom you have strong attachments to.

Line 4 – names of places you have strong attachments to

Line 5 – past lives you have strong ties with

Line 6 – name of party with whom you have strong ties at home

Line 7 – name specific problem.

BRIEF FORM is two-fold. It may be used for SEELF only (e.g. “with all my fears, errors, etc.”)
or it may be used as presented with OTHERS.
DIVINE CREATOR, Father, Mother, Child and ONE:
I ______________(1)________________, my family, relatives and ancestors wish to do a
Ho’oponopono between us and _______________(2)______________ and our adopted
guardians, surrogate, biological, mothers, fathers, grandmothers, grandfathers, great-
grandmothers, great-grandfathers and all our ancestors from the time of conception to the
present.
We include all abortions and miscarriages in our family and ancestors; also those related
and/or affiliated with the case at hand___________(3)___________.
We also include the Hospitals, staff, rituals, party or parties responsible for abortions, still
borns, miscarriages, suicides, infanticides, abuses and the addresses where they were
performed.
Cleanse, purify, sever, cut, release and transmute all the unwanted, painful and traumatic
memories, blocks and energies to PURE LIGHT.

WE RELEASE THEM TO PURE LIGHT AS THEY RELEASE US! WE ARE SET FREE! AND
IT IS DONE!

Note:
Line 1 – party doing process
Lines 2 and 3 – party or parties with whom process is being done, name of parties on
questionnaire.
6 D. HO’OPONOPONO – MAHIKI
(Cleansing / Releasing of Negative Vibrations from Individual, Persons, Entities, Atoms and Molecules)

DIVINE CREATOR, Father, Mother, Child as ONE:
I ______________(1)________________, my family, relatives and ancestors wish to do a
Ho’oponopono of the following premises, persons, objects, transaction, atoms, and
molecules, families, relatives and ancestors____________________(2)__________________.
If there are any earthbound spirits and/or negative vibrations within, on, or around
them or if the following deceased persons ___________(3 a & b)_____________ are
earthbound, we humbly ask for forgiveness on their behalf and ask that they be cleansed,
purified, and released to the path of PURE LIGHT. No longer will they be earthbound. We
release them to the path of LIGHT as they release us. We, including premises, persons,
families, relatives and ancestors, objects, rituals, transactions, atoms and molecules are ALL
SET FREE! AND IT IS DONE!

Note:
Line 1 – party doing the process
Line 2 – party or parties with whom process is being done, name of parties on
Questionnaire.
Line 3 – (a) name of deceased parties on questionnaire
(b) anyone in the Universe who is permitted to go at this time
7. RELEASE

DIVINE CREATOR, Father, Mother, Chile as ONE:
I ______________________, my family, relatives, and ancestors mentally detach ourselves from all involved in this case. We cut all Aka cords. WE ARE SET FREE! AND IT IS DONE!

8. CLEANSE

We mentally bathe ourselves from the top of the head to toe with the following colours: Indigo or Purplish-Bluish Light (7 Times); Emerald Green (7 Times); Ice Blue (7 Times); White (7 Times).

9. TRANSMUTE

Let Divine Intelligence approve the release and transmutation of all toxins and negative vibrations to PUR LIGHT. Let Divine Intelligence manifest harmony, love, wisdom, order, balance, perfect and right relationships, ideas, sources of wealth, sustenance and energies. We humbly ask that we be surrounded with a gold band or circle. WE ARE SET FREE! AND IT IS DONE!

When in doubt leave it in Divine Creator’s hands.
Remember: You are only proposing. The Aumakua will refine your proposal, and then it is up to the Divinity or “I”. This clears one of any karmic contamination or ties when doing for others. Otherwise, it will be considered an “invasions of privacy” of animate and inanimate things.
10. CLOSING PRAYER – THE PEACE OF “I”

THE PEACE OF “I”
KA MALUHIA OKA “I”

Peace be with you, All my peace,

The peace that is “I”, the Peace that is “I” am,

The peace for always, now and forever and evermore,

My peace “I” give to you, My Peace “I” leave with you,

Not the world’s peace, but, only my Peace,

The Peace of “I”.
11. BREATHING (HA) – 7 Counts

A. Inhale (Divine Energy) for 7 counts.
B. Hold the breath for 7 counts.
C. Exhale for 7 counts
D. Hold the breathe for 7 counts

This is considered one round. Do 7 rounds.

Note: Process concludes with 7 rounds of HA so that the body will not be deprived of the sustenance it needs.
12. ACKNOWLEDGEMENT

We acknowledge the Divine Creator, our inner family – the father, mother and Child, the Divine Forces of all the Universes, the Divine Forces of the mineral, vegetable, and animal Kingdoms. The Foundation of I, Inc. freedom of the Cosmos, Pacific Seminars and all the Aumakuas, Uhanes and Unihipilis who have been moved in to the path of PUR LIGHT. We include animate and inanimate things – such as coins and currencies and their media of exchange, documents, letters, equipment, objects, sounds of speech, thoughts, deeds and actions; even a microscopic cell or particle of dust that participated in or was included in the process.

We acknowledge the Amakuas of Rhythm, Peace, Freedom and Balance; The Lady of Freedom, the Amakua of the United States; King Kamehameha I (Kah-may-hah-may-hah), the Amakua of Hawaii; the Amakuas of each nation, the Amakuas of the world, universes and Cosmos.

May the “I” continually bless all involved in the Ho’oponopono Process. WE ARE SET FREE AND IT IS DONE! WE ARE NOW IN THE DIVINE CREATOR’S EMBRACE.