



## The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing

By Luc Bodin, Nathalie Bodin Lamboy, Jean Graciet

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing, Luc Bodin, Nathalie Bodin Lamboy, Jean Graciet, 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. 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.

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