

"I have been using this ritual for a long  
while now, and my life has become  
quite glorious ever since."

*Inge Seefeldt-Pedersen*

# Ho'oponopono

The Hawaiian forgiveness ritual  
as the key to your life's fulfillment



Ulrich E. Duprée

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## Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment



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Offering practical exercises, this simple four-step system encourages readers to focus on tough conflicts within personal human relationships and heal the past. Exploring the idea that many people are deeply connected--despite feelings of singularity and separation--four tenets are disclosed for creating peace with oneself and others: My apologies, Make sure you forgive me, I really like you, and Thank you. Powerful yet concise, this groundbreaking guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating results in everyday life. The ultimate chapters explore love, relationships, health, profession and healing the planet. By addressing these issues, owning one's emotions, and accepting unconditional love, unhealthy circumstances transform into favorable experiences.



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Big things can be found in small packages I'll keep this short because I very much hope that others, numerous others, and you, will read this special book and I know that this review couldn't provide this book remotely more than enough justice. It works great. Fair price. This publication was a confirmation on what I have currently known in my own heart of hearts. It'll show you how to go within and apply what it's offering, actively and frequently, and especially when you're coping with angst. If it consists of others, disputes can be opportunity and can look very different for you after this book. May this book and the 4 magic sentences from it be simply because helpful and existence changing to you as they continue being for me. Great small book! I am putting this to great make use of in my life & I love you. I am forever grateful because of this work."~~~~~ Love it. Must read on this subject Read several books on this subject matter. Cleaning of your soul, searching for peace of mind and realizing how effective prayers can be (I am not really a very spiritual person), is astounding. Love it The very best. telling the parts of my body that I can't stand (cellulite, extra fat) that I really like it, thanking my own body... Pure consciousness Great way to build up consciousness. Good Into to an Amazing Spiritual Technology.. THE ENERGY is in the belief.. I am motivated to eat less and exercise more. Excellent book, real eye-opener.. by loving my own body rather than hating it. Ho'oponopono can change your daily life. Love Ho'oponopono This is great and small enough to keep in my purse. This is the easiest book about them to understand. Very useful in assisting with following this practice. Read fifty percent the same evening, finishing up soon I love this book, I required some spiritual guidance from all the recent good and the bad of life. I am using Ho'oponopono on my fat issues. I would recommend this book. \$6-10 book, nevertheless priceless positive vibe in my own life. I am glad I read the reviews 1st I am glad I read the reviews 1st. A pal suggested another book but it had too very much related to acquiring cash and fame. I hardly understand why it functions; Simple to the stage and done well I am buying copies for my close friends. Interesting thought process. Should you choose read this publication, you'll notice promptly that you're reading truth, that wisdom and forgiveness is usually to be found here, and Love. I believe This book reinforced my beliefs that there is hope when we focus on the positive and love ourselves entirely. I really like the four statements of forgiveness. A Miracle-Working Prayer While I'm not a great fan of Joe Vitale, and Dr. Hew Len is an anomaly, I much preferred "Zero Limits. The exercises are brief and an easy task to do and function in short order. This book was as most reviewers said. I just know it does. A powerful procedure for healing oneself among others If everyone took responsibility to practice this daily, we'd have peace on earth. Not everyone has the consciousness to "obtain it!" Excellent book. Fast delivery. It isn't a book you just go through and you're done.. The initial, it seems. A must-read for everyone. I love you."The 4 magic sentences : ~~~~"I'm sorry. Great overview of Ho'oponopono. Great to see this subject in writing. Interesting While I was scanning this books I felt kind of peace and alleviation and also made me more interested concerning this ritual.. This is a great read. Please forgive me. It is a very great book. Thank you. I am sorry. Please forgive me. Fast delivery very much appreciated. Thank you. (It's that simple) Read this publication twice already. It must be needed reading and conversation in the high school grades. moving this publication to others." Important thing, though, the ho'oponopono prayer is a miracle worker. I'll be reading this periodically and as a refresher.. Important device to heal yourself and others. I got an excellent night sleep the very first one in 9 months after performing the practice a few times. Very easy to learn and understand. It is weird. Ho'oponopono has changed my entire life! It stays with you. Thank you..



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