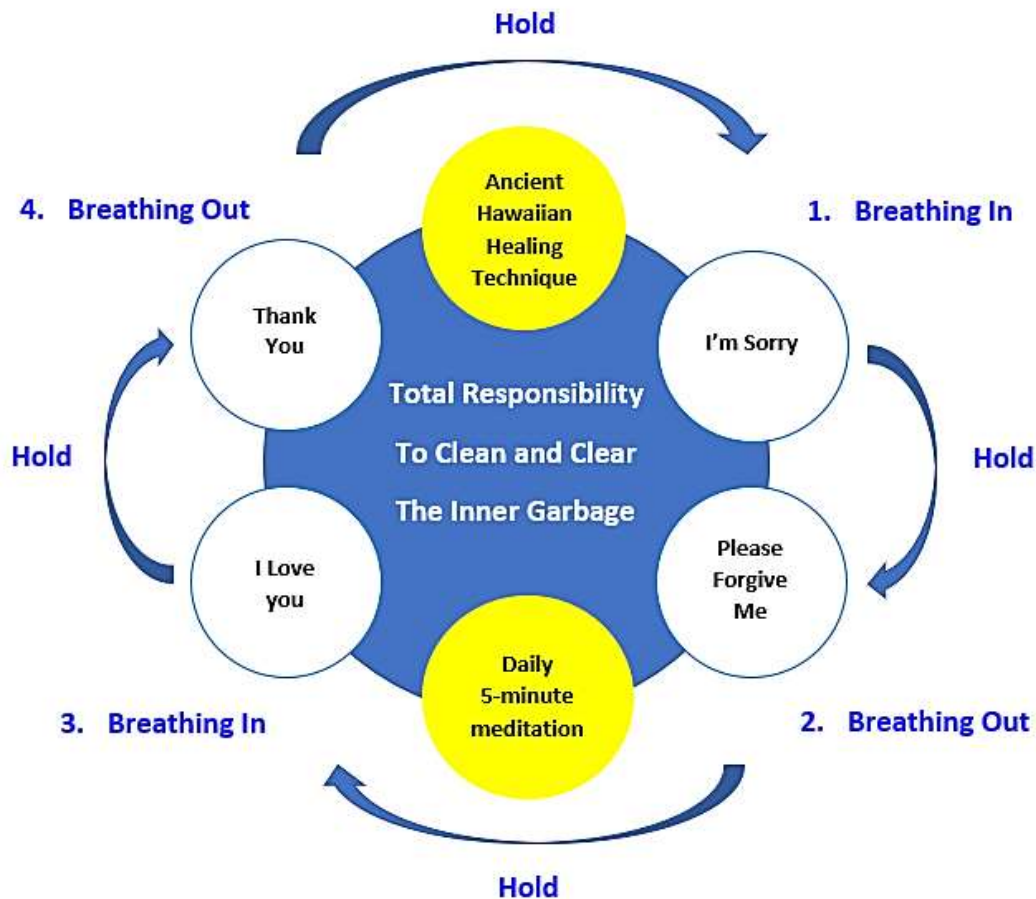




Ho'oponopono Technique

Interval Breathing Diagram



1. Breathing in slowly as you say the words "I'm sorry"
HOLD your inbreath as you integrate the energies of "I'm sorry"
2. Breathing out slowly as you say the words "Please forgive me"
HOLD your outbreath as you integrate the energies of "Please forgive me"
3. Breathing in slowly as you say the words "I love you"
HOLD your inbreath as you integrate the energies of "I love you"
4. Breathing out slowly as you say the words "Thank you"
HOLD your outbreath as you integrate the energies of "Thank you"

BACK TO STEP 1