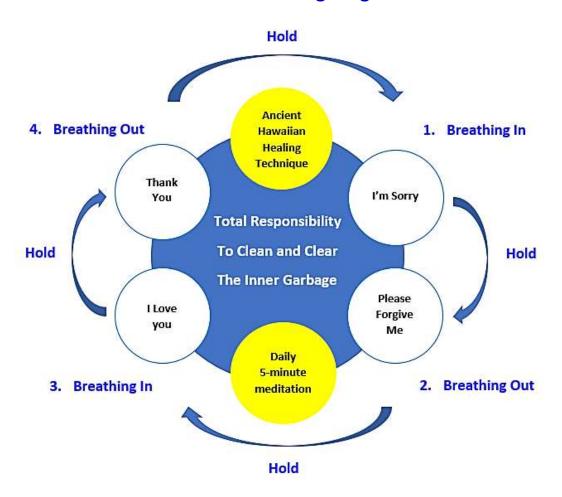
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Ho'oponopono Technique

Interval Breathing Diagram



- 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"
- 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