



Ho'oponopono Energy Circle.

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The origins of Ho'oponopono can be traced back to ancient Hawaiian traditions of reconciliation and forgiveness. It was used as a way to resolve conflicts within families or communities and to restore balance and harmony.

Ho'oponopono is a traditional Hawaiian practice that has gained popularity worldwide in recent years. Here are some facts and figures about this prayer:

1. The word "Ho'oponopono" means "to make the right" or "to rectify an error."
2. Ho'oponopono was traditionally used by Hawaiian families to resolve conflicts and restore balance and harmony.

3. In the 1970s, Mornah Simeona, a Hawaiian kahuna (spiritual leader), modernized the practice of Ho'oponopono and developed a four-step process that is widely used today.
4. One of the key beliefs of Ho'oponopono is that everything in the universe is connected, and our thoughts and actions can have a profound impact on ourselves and others.
5. Ho'oponopono is often used as a form of self-healing, as it emphasizes taking responsibility for our own experiences and releasing negative emotions and beliefs.
6. A study conducted in 2018 found that practicing Ho'oponopono for four weeks led to significant improvements in participants' well-being, including reduced stress and increased feelings of connectedness and purpose.
7. Ho'oponopono has also been used in various settings, such as hospitals, to improve patient outcomes and reduce stress and anxiety.
8. Today, Ho'oponopono is practiced by people of various cultures and religions around the world and has been adapted into various forms, such as books, courses, and online programs.

Overall, Ho'oponopono is a powerful tool for self-reflection, healing, and connecting with others and the universe. Its popularity is expected to continue to grow as more people recognize its benefits.

To use this Energy Circle Use 3 fingers(index finger+Middle +ring) of your left hand and place fingers for 30 sec minimum. Do this daily.