Ho'oponopono Family Ritual

SETTING

Light a Candle and have the family sit in a circle around it.
Serving hot cocoa to open the heart is optional.

WELCOME

Share the reason for ritual

"Welcome everyone. Our family is here to cleanse the hurts of the past before we look forward together to the next year of unity. Who will be our family peacekeeper for today? The peace keepers job is to make sure everyone follows the ceremony in a peaceful way. The peacekeeper is the only person allowed to interrupt a speaker"

Elect one person to become the candle holder, who is the family peacekeeper for the ceremony.

INVITATION

Light the candle and the Peacekeeper speak this invocation.

"At this time we will invite everyone in the circle to speak - one at a time - while holding the candle. We will clear and share any past hurts within the group. We will only speak about our own feelings, without blaming others or assuming their intentions. We will not judge whether or not the statements are true, but only to acknowledge that the feelings are there. We will speak uninterrupted and without responses. We empty old feelings to create new ones."

Pass the candle around the circle.

SILENCE

"At this time, we will put the candle in the center, take a moment of silence to acknowledge that we are all here together in a circle - holding each other as important parts of this family. We are part of the same interwoven fabric.When one hurts, we all hurt. Now we will perform the Ho'oponopono to cleanse this hurt and heal."

HO'OPONOPONO

"To perform this sacred ritual, each family member must repeat the Ho'oponopono three times, to each and every other family member, while looking in their eyes. Make sure to speak the words with full authenticity. Once you are done speaking the words, you will leave any anger, guilt, or pain in the past. The words are:

"I love you. I'm sorry. Please forgive me. Thank you."

Now please face one another family member and begin the ritual. When you are done, they will say the Ho'oponopono to you and then switch to another family member. "

CLOSING

Once everyone is finishes, you can make the final closing statement *"The circle is now closed. The matters are now sealed and leave to the silence of the past. We now move forward in health and unity to enjoy a feast."*

Blow out the candle and share a meal with each other