



## Module 1.2: Core Tenets and Principles of Ho'oponopono

Embarking on the path to becoming a Ho'oponopono coach requires a profound understanding of its fundamental principles. Ho'oponopono revolves around key tenets that form the building blocks of its practice, each with its unique place in the coaching process. This commitment to practice according to these principles is what enables coaches to facilitate healing and transformation effectively.

### The Principle of Responsibility

One of the core tenets of Ho'oponopono is taking full responsibility for everything that occurs in one's life. This might initially seem daunting, but it is about recognizing that, at some level, our realities are projections of our inner world. Dr. Ihaleakala Hew Len, co-author of "Zero Limits," illustrates this with his experience of healing psychiatric patients by working on himself. He reviewed each patient's file and then looked within himself to find the part of him that created that person's illness, asking for forgiveness and cleansing that part of his consciousness.

### Repentance and Forgiveness

Another key component is repentance. Here, the practitioner internally acknowledges their errors in thought, word, deed, or action—both conscious and unconscious. Repentance opens the door to forgiveness, not just from others but from oneself, which is an integral part of the healing journey. Forgiveness in Ho'oponopono is not merely about saying "I'm sorry," but about a deep inner realization and release of the bonds of negative memories and energies.

## Gratitude: The Powerful Elixir

Gratitude builds a positive frame for experiences, and in Ho'oponopono, it is used to acknowledge everything in one's life. Even challenges are seen as opportunities for learning and growth. Anecdotes from Ho'oponopono practitioners often highlight how expressing heartfelt gratitude leads to profound shifts in their perception, facilitating the release of old patterns and the attraction of positive outcomes.

## Love: The Universal Force

Lastly, love is the potent force that weaves through Ho'oponopono, binding all principles together. Expressing love toward oneself and others generates healing energy. This concept is epitomized in healing stories where merely sending love to a problematic situation or person resulted in miraculous turnarounds. Love, as used in Ho'oponopono, is not just an emotion but a state of being that signifies unity and the dissolution of separation.

## Cleansing Memories and Creating Space for Inspiration

Together, these principles set the stage for 'cleaning'—the practice of clearing one's mind of negative memories and making room for inspiration and new perceptions. 'Cleaning' can be done through various methods, but the essence lies in letting go of what no longer serves one's highest good.

As we assimilate these core tenets into our coaching practice, we begin to see the world differently. We witness the empowerment that comes from assuming responsibility, the freedom in forgiveness, the upliftment in gratitude, and the healing power of love.

## Elements to Remember:

- Taking full responsibility for one's experiences is a fundamental Ho'oponopono principle.
- Repentance and forgiveness are key processes in releasing and clearing the past.
- Cultivating gratitude transforms challenges into opportunities and attracts positive change.
- The expression of love is central to healing and is a universal force that harmonizes and unites.
- The process of 'cleaning' is essential for letting go of negative influences and making room for inspiration.
- By integrating these principles, a Ho'oponopono coach not only heals but also models a way of living that embodies peace, balance, and alignment with the highest self.