

Ep #032: Self-forgiveness and Ho'oponopono



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #032: Self-forgiveness and Ho'oponopono

In the last episode, episode 31, I talked about acceptance of the past so that you can move forward and create your future. It seems like it should be an easy thing to do. One of the challenges of accepting the past that I found difficult was forgiving myself. The more I was able to forgive myself, the easier it was to accept the past. Has self-forgiveness been a challenge for you too?

In this special episode, I share one powerful method for self-forgiveness. Self-forgiveness is a process. Self-forgiveness is a form of self-compassion and self-kindness. You deserve that.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

+++

I'm in Hawaii now so it seems quite appropriate actually to share with you the Hawaiian poem, mantra or prayer that has been popularized on the mainland and elsewhere in the world.

The origin is varied and I think the person who brought it to us. It has been interpreted in many different ways. I think interpretations that are to improve and benefit others are worthwhile.

I'm sharing my version.

I'm sharing this mantra for self-forgiveness but you can offer it anytime, for anyone, or any situation.

It is called Ho'opono pono

Ho'o means make

Pono means right.

So Ho'o pono pono is make right right.

Right in your thoughts,

Right in your beliefs,

Right in your actions.

The purpose I share with you today is to allow for self-forgiveness and stop the self-judgment and self-criticism. I find the Ho'oponono mantra soothing and relaxing and I hope you will too.

Ep #032: Self-forgiveness and Ho'oponopono

There are 4 simple phrases that you repeat.

I am sorry.

Please forgive me.

I thank you.

I love you.

Often we are outward focused, thinking we have to forgive the other person. We don't have to do anything. I'm not going to discuss in this podcast about forgiving the other person, that's a separate process. The only thing that I will share is that if you continually harbor ill thoughts of someone, it means those thoughts are taking up a lot of precious real estate in your brain and creating negative energy while stealing the joyful energy you could be creating.

Forgiveness starts with you first.

In this mantra, I want you to think about that when you repeat, "I'm sorry," think of the times you were harsh to yourself. Think of when you told yourself, "Why didn't I see it? How did I get into that kind of a relationship? Why didn't I leave sooner? Why did I lose my temper with my children? Why didn't I speak up and defend myself? "

Whatever thoughts you have that are putting you down, or judging your own behavior, focus on those when you say, "I'm sorry." Reflect on more useful thoughts : I'm sorry for not believing in myself. I'm sorry for not being kind to myself.

Then the next phrase is ;

"Please forgive me."

3 powerful words.

Talk to your higher self.

Talk to your inner child or your younger self.

Talk to the one who was afraid and didn't know what to do.

Talk to you who was doing the best she could given the circumstances.

Then you'll repeat the powerful phrase: "I thank you."

Thank your higher self for giving you the space to forgive yourself.

Thank your inner child for being there to receive the forgiveness.

Thank your younger self for being strong as she could and holding you now.

Thank yourself for who you are today, learning and evolving into a new you.

Receive with grace, "I thank you."

And finally,

The last phrase, "I love you."

Ep #032: Self-forgiveness and Ho'oponopono

Love to yourself.
Love your higher self.
Love your inner child and younger self.
Love who you are now.
Love the you, who is growing and evolving.
Remember real love is kind.
Saying, "I love you," is being kind to yourself.

You can use this mantra for self-forgiveness, whenever you want to open your heart for yourself and to others, when you need strength to forgive another, any time you feel the call or need, or you want to be centered in loving kindness.

There's no right way or wrong way to do this mantra.

We will start the mantra now.
Repeat after me, out loud or silently.

I'm sorry.

Please forgive me.

I thank you.

I love you.

+++

Every episode I offer a mini masterclass on the 11 Freedom Fulfillment Pillars. You can get the guidebook to all 11 Freedom Fulfillment Pillars right now. Simply go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and hit the subscribe button to get your copy.

The only way to move forward and have an impact in your life is to get awareness of where you're at, and discover what's holding you back. Following the 11 Pillars I was then able to develop strategies to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and I use these pillars every day to create a fulfilled life. These are the same ones that I use with my clients. And now they are yours free. Go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and subscribe.

+++

Ep #032: Self-forgiveness and Ho'oponopono

That's it for today's episode, head on over to VulnerabletoValuable.com, and subscribe to the show. When you subscribe, you'll instantly get a special eBook.

And when you subscribe to the show and post review to iTunes, you'll be entered into a drawing to win a free consult with me. Plus, your subscribing will help our mission to inspire 100 million women worldwide to heal and move forward from their abusive relationships.

That's VulnerabletoValuable.com, the podcast that guides you to reclaim your voice, value, confidence, and courage.

+++

NOTICE: Rosie Aiello, The Love is Kind Network and ClearVista Consulting, Int'l, Inc. or guests are not offering medical advice. Please consult your medical practitioner for medical advice.