



HO'OPONOPONO INSIGHTS TALK STORY

Foundation & Fundamentals

***Ho'oponopono* : to make right more right.**

The Hawaiian Dictionary by Mary Kawena Pukui & Samuel Elbert, defines ho'oponopono as "to put to rights; to put in order or shape, correct, revise, adjust, amend, regulate, arrange, rectify, tidy up, make orderly or neat, administer, superintend, supervise, manage, edit, work carefully and neatly; to make ready, as canoemen preparing to catch a wave."

It is an integral & core part of Hawaiian culture, society & healing. For full healing & harmony to occur in relationships & within self, ho'oponopono is vital. For Lomilomi & other Hawaiian Healing practitioners, this understanding is the core foundation of their practice.


Ua ola loko I ke aloha
Healing comes from within by means of love

Even if you have experienced an ho'oponopono class previously, it may be time to gain deeper insights & experience some new layers of release & healing.

Ho'omau I ka imi na'auao
Persist in the search for knowledge



Aspects covered on the day will include:

 **What is authentic Hawaiian Ho'oponopono? (& what is not)**

Demystifying authentic Hawaiian traditional practices & inaccurate adopted Western adaptations

 **What is ho'opono pono ke ala – making right more right the path?**

Tools for Self-empowerment & making right more right your path.

🕯️ Oli (chants), practical methods of ho'oponopono for self & others.

Personally experiencing some simple healing, release & ho'oponopono processes.

Date: 24 Feb

Location: Hale Aloha, Sandringham

Time: 10am – 4pm

Investment: Pono Donation

RSVP: by 17Feb

Max of 10 participants



Malama Na Pua
e Lima Kaiwi Mau Loa

Nurturing the people forever
through the loving hands
of the Ancestors forever

If you are desiring & willing to step in to your **Mana 'Iho (self-empowerment)**, **'Uhane Nui (Spirit Greatness)** & journey in the **Pono** fully... This class is open to anyone.

Some Related Articles:

<http://aloharainbows.earth/hooponopono/>

<http://aloharainbows.earth/hooponopono-hoopono-pono-ke-ala/>

<http://aloharainbows.earth/2018/12/27/po-ao-huakai-pono/>

<http://aloharainbows.earth/2018/08/27/how-heavy-are-your-stones/>

<http://aloharainbows.earth/2017/12/19/so-you-have-found-your-voice/>



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