

100. Heal with Ho'oponopono

Chorus

Ho'oponopono (2x)
Ho'o Pono, Ho'oponopono
Ho'oponopono (2x)
Ho'o Pono, Ho'oponopono

When a thought comes in this world
And it bugs me and I get angry—
To release it, I make it mine.
I own it, so I can heal it.

Hear me saying, hear me praying—ALOHA

I love you. I am sorry. Please forgive me. Thank you! (2x)

Thank you in joy (2x)

Connecting to the Divine
Clean, clean, clean up to shine

I love you. I am sorry. Please forgive me. Thank you! (2x)

Chorus

When I'm feeling in this world
Frustrated and aggravated—
To release it, I make it mine.
I own it, so I can heal it.

Hear me saying, hear me praying—ALOHA

(Continued)

I love you. I am sorry. Please forgive me. Thank you! (2x)

Thank you in joy (2x)

Connecting to the Divine
Clean, clean, clean up to shine

I love you. I am sorry. Please forgive me. Thank you! (2x)

Chorus

Ho'oponopono (2x)
Ho'o Pono, Ho'oponopono
Ho'oponopono (2x)
Ho'o Pono, Ho'oponopono

When events come in this world
Rub me wrong and I judge them—
To release it, I make it mine.
I own them, so I can heal them.

Hear me saying, hear me praying—ALOHA

I love you. I am sorry. Please forgive me. Thank you! (2x)

Thank you in joy (2x)

Connecting to the Divine
Clean, clean, clean up to shine

I love you. I am sorry. Please forgive me. Thank you! (2x)

Chorus (2x)