Healing Ceremony

Thank you

I’m sorry

Please forgive me

I love you

A healing ceremony to reconnect to loved ones

We all sometimes get it wrong.

In the heat of the moment, we can say thoughtless things. And occasionally, we do things that later make us feel ashamed. These times are rarely malicious. Usually they arise due to other events and circumstances going on.

At these times, we need to own what we did or said. We need to express our sorrow and to ask for forgiveness from the person we have hurt. This is not to erase what was done. Nor is it to simply wash away the words or actions. Instead this ceremony, based on the ancient Hawaiian healing process of Ho'oponopono, begins to heal the rift between you both and includes a commitment to take action to put things right.

To do this healing ceremony, choose a quiet time and space. Switch off all digital devices. Sit opposite one another either on the floor, on chairs, or even on a bed. Move close together so you can hold hands with both hands. Gently, hold each other's gaze.

Read the words of the ceremony (overleaf) out loud. Say the words slowly and with grace. Then ask your loved one to do the same.

Now read the words again, only this time, add to them so they include what has happened.

Thank you for…
I'm sorry that I…
Please forgive me for… and also include what you are going to do to change things.
I love you because…

An simple example might look like this.

Thank you for sharing your life with me and putting up with me when I'm bad-tempered.
I'm sorry that I shouted at you and I didn't listen when I know you were trying to help me.
Please forgive me for being so stressed. **I'm going to** work on my anger with a therapist.
I love you because you are so caring, thoughtful and you always want the best for us.

Let your chosen words come from your heart. Ask your loved one to share their words with you. Even if they feel that they didn't do anything wrong—there is ALWAYS something that can be expressed with sorrow and gratitude. It's rare for anything to be just one-sided.

End the ceremony by both of you, in turn, reading the original words. Now give one another a hug. This expression of forgiveness and the intent of healing what was done or said allows you to continue your journey together once more without grudges being held.