

***Ho`oponopono*** - To set right  
A Traditional Hawaiian Healing Process

***He aha ka mea ho`oponopono?***

**What is ho`oponopono?**

Ho`oponopono literally means to set things right, correct, or properly. It is the specific cultural, traditional, family healing process in which relationships were “set right” through prayer, discussion, confession, repentance, and mutual restitution and forgiveness. It’s goal is to restore and maintain good relationships among family members and their respective ancestral guardians and **Ke Akua** or higher being.

***He Mau Mea Nui no Ho`oponopono***

**Important Conditions Essential for Conducting Ho`oponopono**

1. Each individual in the `*ohana* (family) must share a common commitment to be part of the problem solving, healing process.
2. All words and deeds that are part of *ho`oponopono* will be shared in a setting of `*oia`i`o* (essence of truth).
3. The `*ohana* must share a common sense of aloha and *hō`ihi* (respect) for one another or be committed to reinstating that spirit.
4. Everything said in *ho`oponopono* is done in absolute confidence and will not be repeated, at any time, when the session is completed.
5. The *haku* (trained facilitator) must be commonly agree upon as a fair and impartial channel through which the *ho`oponopono* is conducted.

The above conditions are necessary in order to obtain each person’s level of commitment, to create open communication among participants, foster a safe context for speaking honestly, and to inspire confidence among the group that such information and facts are confidential. Following these conditions as a guide for preparing people’s attitude prior to conducting *ho`oponopono*, helps to set a foundation for mutual respect, sincerity to help others, and fairness to correct wrongdoings.

## Essential Attitude and Procedures

### In *Ho`oponopono*

- a. Each problem is discussed one at a time.
- b. Self-scrutiny and discussion of individual conduct, attitudes and emotions is conducted in a mature manner.
- c. A quality of absolute truthfulness and sincerity or *`oia `i`o* (the very spirit of truth).
- d. Control of disruptive emotions by channeling discussion through the *haku* or facilitator.
- e. Questioning of involved participants by the *haku*.
- f. Periods of silence or *ho`omalulu* may be invoked to calm tempers, encourage self-inquiry into actions, motives, and feelings, or simply for rest during an all day *ho`oponopono*.
- g. Problems could be solved only with a true intention to correct wrongs.
- h. Answers must be in the positive.
- i. Nothing is withheld or no secrets kept hidden.
- j. Communication is explicit and specific.

## The Ho`oponopono Process

**Pule Wehe**.....Opening prayer

**Kukulu kumuhana**.....Identifying the problem or underlying conflict

**Wehewehe/wehena**.....Period of discussion

a. **Mahiki**.....Handling of one problem at a time

b. **Hihia**.....Negative emotional entanglements

c. **Hala**.....Transgressions or wrongdoings

d. **Ho`omalulu**.....Period of silence or reflection

**Mihi**.....Forgiveness

\* **Ho`omauihala**.....To hold a grudge

**Kala**.....To release

**Oki**.....To sever, cut

**Pule ho`opau**.....Closing prayer

**Pani**.....Closing rituals

**Nā hana imua**.....Future tasks

## Terms and Definitions

<b>`Aumakua</b>	Family god often represented by a living creature or plant.
<b>Haku</b>	An unbiased mediator that is respected by all.
<b>Hala</b>	Fault or transgression.
<b>Hihia</b>	Tangling of emotions that hinders forgiveness.
<b>Hō`ihi</b>	To be treated with reverence or respect
<b>Ho`omalū</b>	A silent period, a 'time-out', a rest period.
<b>Ho`omauihala</b>	Period of unrest, still holding a grudge, hostility.
<b>Ho`oponopono</b>	To set right
<b>Kala</b>	To release, untie, free, unbind.
<b>Kukulu kumuhana</b>	A pooling of mana (energy/strength) directed to a positive goal. A unified force. A clear, objective statement of the problem made by the haku.
<b>Mahiki</b>	Discussion of the problem, a time to unravel, to peel off each layer or event that has created the hihia.
<b>Mihi</b>	Repentance, confession, apology, forgiveness.
<b>Mo ka piko</b>	To sever the umbilical cord; symbolically, to cut off an ohana member (an infrequent ending, but an option).
<b>`Ohana</b>	Family blood ties, more recently a very close grouping (i.e., people not blood related).
<b>`Oia`i`o</b>	The flesh of truth, absolute truth, the essence of truth.
<b>`Oki</b>	To cut, sever, separate in physical or psychological sense, to remove or lessen consequences or effects.
<b>Pule wehe</b>	Opening prayer is said to God (deity), the family 'aumakua.
<b>Pule ho`opau</b>	Closing prayer.