

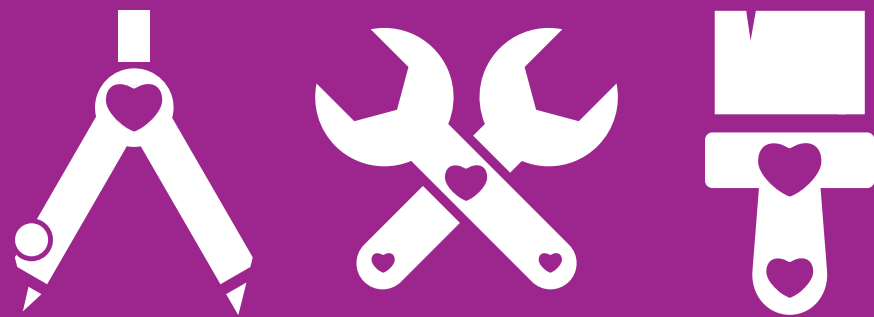
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HOO'OPONOONO

In the Hawaiian culture of Hoo'oponoono it is believed that a person's errors caused illness, and that the key to achieving healing lies in practices of reconciliation and forgiveness.

Errors can vary, ranging from ill will to sexual misconduct and anger, with a belief that if you are angry for a few days, sickness will come.

It is believed that the illness itself is caused because the errors either anger the gods or attract malevolent gods, or the guilt they carry around the error infects the person, making them ill.

In either instance, the key to releasing the situation lies in confession – the secret only holds power over you, or is able to make you ill, for as long as it is held secret.

When you shed light on it through confession, the secret no longer holds any power and the illness will be healed.

The statements that follow are variations on the theme that we need forgiveness both for and as the victim, perpetrator and bystander, and throw a little ACIM into the mix.

The base statement of I'm sorry, I love you, I forgive you always applies, but sometimes you need something a little more targeted so that you can achieve breakthrough.

Simply sit somewhere where you won't be disturbed and think of the person or look at a photo of them. Just keep repeating the statement even if you don't mean it, for up to half an hour, or more. Eventually you will feel an emotional release.

Keep repeating the statement everytime you think of the person.

VICTIM

...to perpetrator

I love you and I forgive you for what you have done. I'm sorry for anything I did wrong or to hurt you, please forgive me. I ask that peace and forgiveness are chosen for us both.

...to bystanders

I love you and I forgive you for not stepping up to assist me in my time of need. I'm sorry for anything I did wrong or to hurt you, please forgive me. I ask that peace and forgiveness are chosen for us both.

...to self

I love you and I am sorry that I did not fight to defend you more strongly. I am sorry for all the wrongs I have committed against you in the past. I ask that peace and forgiveness are chosen for me so that I may heal the separation within myself.

...to Higher Power

I love you and I forgive you for not supporting me or being with me in my time of need. I ask that peace and forgiveness are chosen for me so that I may heal the separation I feel from you and I may realize that it does not exist.



PERPETRATOR

...to victim

I love you and I am truly sorry for what I did to hurt you. Please forgive me. I forgive you for any past slight or error and I ask that peace and forgiveness are chosen for us both.

...to self

I love you and I am sorry that I acted so far against the intentions and values of my highest self. I am sorry for all the wrongs I have committed against you in the past. I ask that peace and forgiveness are chosen for me so that I may heal the separation within myself.

...to bystander

I love you and I am truly sorry for what I made you witness and endure. Please forgive me. I forgive you for any past slight or error and I ask that peace and forgiveness are chosen for us both.

...to Higher Power

I love you and I forgive you for not stopping me from committing this wrong. I ask that peace and forgiveness are chosen for me so that I may heal the separation I feel from you and I may realize that it does not exist.

BYSTANDER

...to victim

I love you and I am truly sorry that I did not intervene on your behalf. Please forgive me. I forgive you for any past slight or error and I ask that peace and forgiveness are chosen for us both.

...to perpetrator

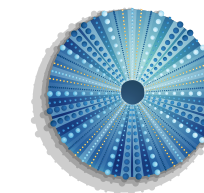
I love you and I am sorry that I did not try to stop you from doing wrong. Please forgive me. I forgive you for any past slight or error and I ask that peace and forgiveness are chosen for us both.

...to self

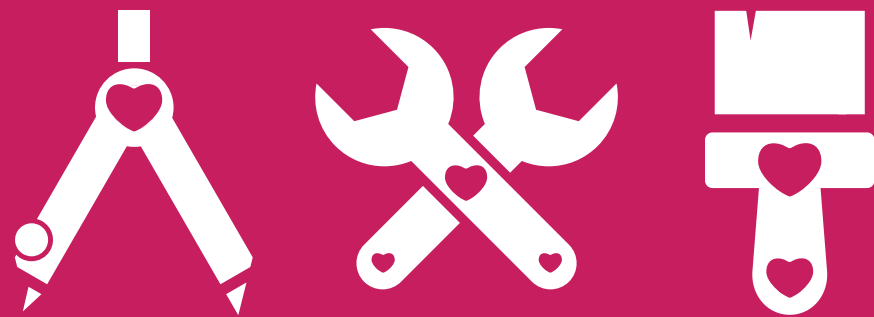
I love you and I am sorry that I crossed my own internal boundaries and did not act as I knew was right. I am sorry for all the wrongs I have committed against you in the past. I ask that peace and forgiveness are chosen for me so that I may heal the separation within myself.

...to Higher Power

I love you and I forgive you for not giving me the strength I needed to intervene. I ask that peace and forgiveness are chosen for me so that I may heal the separation I feel from you and I may realize that it does not exist.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
- Keeping Your Cool
- Manifestation
- Mental Exercises
- Physical Spaces
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- Shock & Trauma
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- Mudras
- Writing Processes