

HO'OPONOONO



adawspiera
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METODA NA WK****

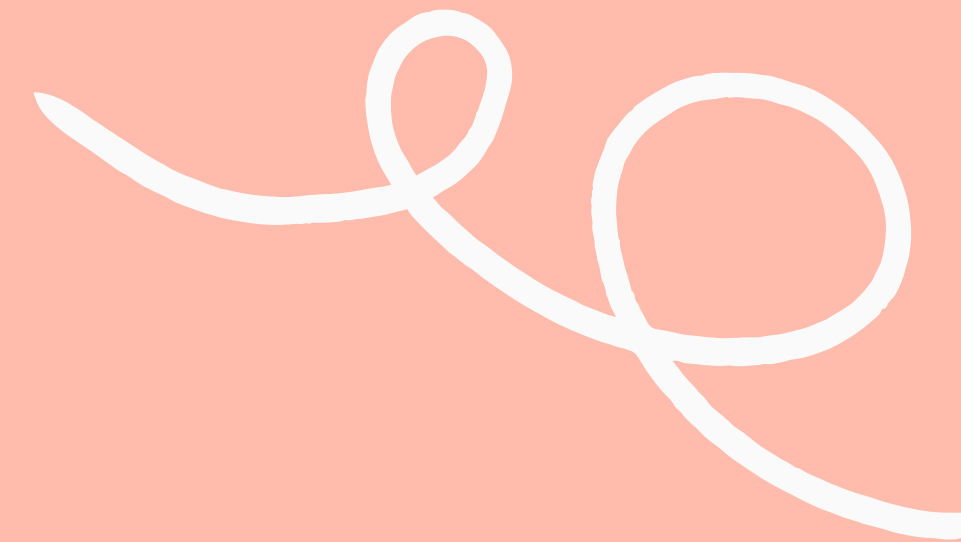
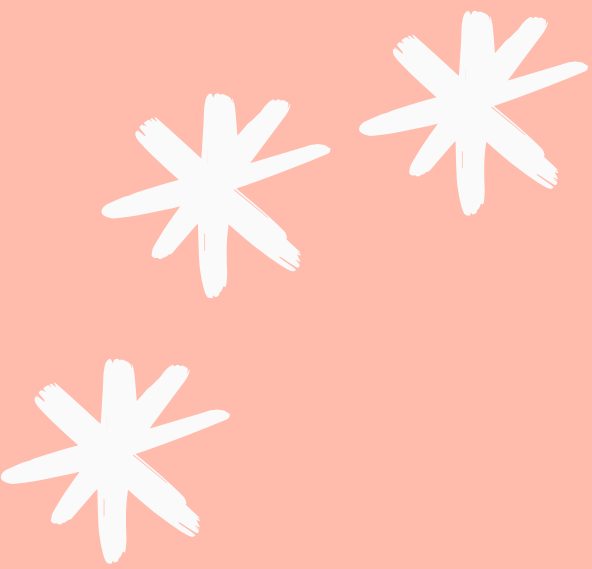
***RECOMMENDED
METHOD
FOR PISSING OFF***



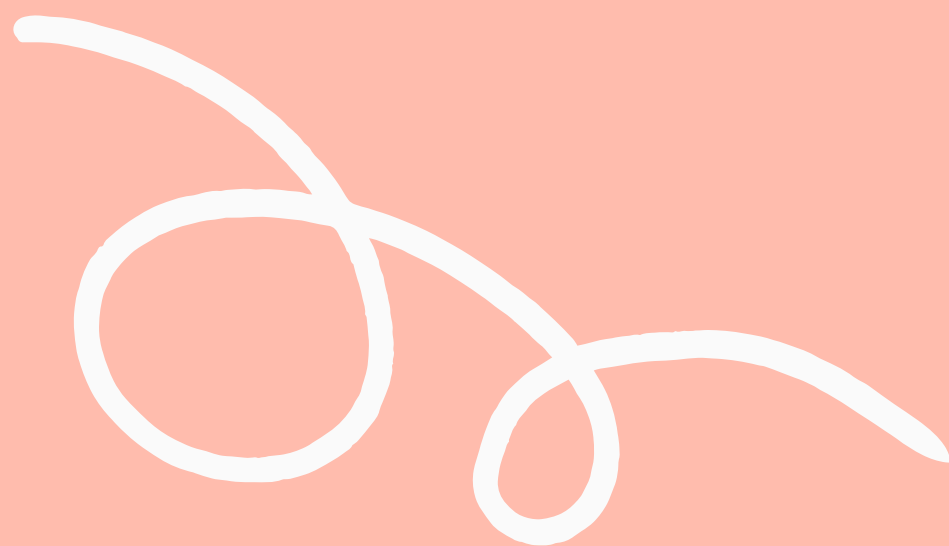



*I'm sorry
Please forgive me
Thank you
I love you*





PRZEPRASZAM
WYBACZ MI PROSZĘ
DZIĘKUJĘ
KOCHAM CIĘ





CONSIDER WHAT
THESE 4 PHRASES
MEAN TO YOU

* I love you ...

* I'm sorry ...

* Please forgive me...

* Thank you...





I AM SORRY

I'm sorry for ...



- **HURTING YOU**
- **BEING SELFISH**
- **NOT SEEING YOU**
- **MAKE YOU SAD OR DISAPPOINTED**



PLEASE FORGIVE ME

Forgive me that ...

- **I FAILED**
- **I MADE YOU FEEL ANGRY**
- **I LEFT YOU**
- **I WASN'T THERE FOR YOU**

THANK YOU

thank you for ...

- BEING THERE FOR ME
- YOUR SUPPORT
- YOUR FORGIVENESS
- YOUR HELP



I LOVE YOU

I love you and ...

- I AM GRATEFUL TO ...
- I SUPPORT YOU
- YOU ARE ENOUGH
- YOU ARE SPECIAL



HAVE YOU IN MY LIFE
KNOW YOU
BE YOUR ...



I FORGIVE MYSELF FOR ...

What is there you should forgive yourself?

- NOT TAKING CARE OF MYSELF
- FORGETTING ABOUT MY NEEDS
- EATING JUNK FOOD
- DRINKIN/SMOKING



5TH PHRASE

I forgive me





***When you may
use
ho'oponopono?***



THINK ABOUT IT...

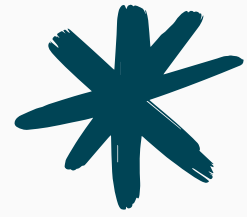
WHAT MAKES YOU ANNOYED?

What is there that make you feel:

- **uncomfortable**
- **angry**
- **sad**
- **frustrated**

Say:

**I'm sorry for making myself feel like that,
for my reaction.**



BY SAYING: I'M SORRY

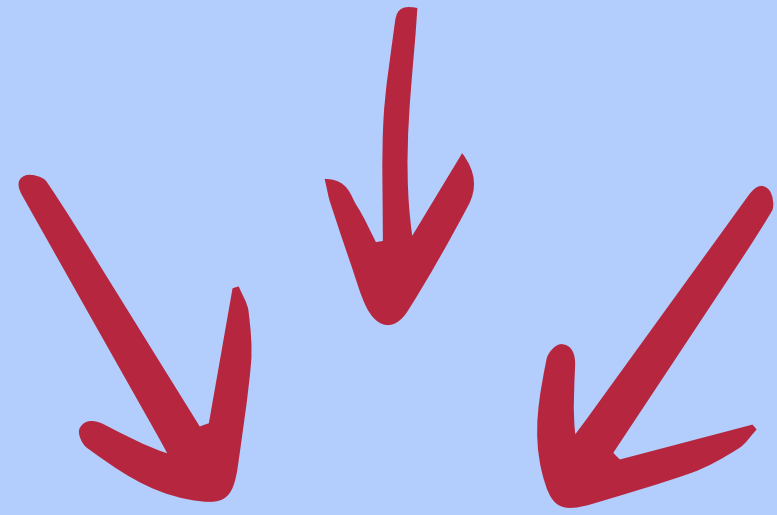
**YOU SEND THE INTENTION OF
FORGIVING YOURSELF AND OTHERS**



***You get what you give
What you give is what you get
What you give is what you shall receive***



**BY FORGIVING YOURSELF
AND
FORGIVING OTHERS
YOU
CLEAR THE ENERGY**



SO CLEAR EVERYTHING



When you are clear you are ready to
send and receive LOVE, respect,
support ...



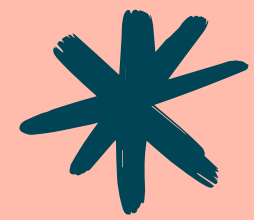


BY SAYING THANK YOU

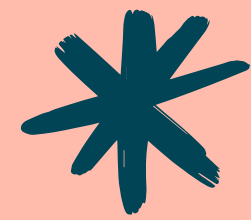
ACCEPTANCE
&
GRATITUDE
COME

they make the difference

SPREADING LOVE



WORKS
IN CLEAR



ENVIRONMENT

BY SAYING I LOVE YOU

let **I LOVE YOU**

be the last,

so that it may work wonders





I'm sorry if you didn't like it

Forgive me any mistakes/errors

Thank you for reading it

I love you

Adawczy





FOR MORE LESSONS



[ADRINAZAKRZEWSKA.PL/NAUKAJEZYZKA/](https://adrinazakrzewska.pl/naukajezyzka/)

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