

Heal and Attract with Komal

Ho'oponopono

Healing Workbook

A 7-Day Journey to Forgiveness,
Peace & Transformation

*I am Sorry
Please Forgive Me
Thank You
I Love You*

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HEALING HANDS

SPIRITUAL WELLNESS

What Is Ho'oponopono?

Ho'oponopono (pronounced ho-o-pono-pono) is an ancient Hawaiian healing practice that means **"to make right"** or **"to correct errors."** It was traditionally used by Hawaiian healers to restore harmony within families and communities by clearing shared memories of conflict, pain and trauma.

In its modern form — popularised by Dr. Ihaleakala Hew Len — Ho'oponopono teaches that everything we experience in our outer world is a reflection of what lives inside us. By taking 100% responsibility and repeating four sacred phrases, we clear the subconscious data — old memories, inherited beliefs, unresolved emotions — that keeps us stuck, sick, or struggling.

"Peace begins with me." — Dr. Ihaleakala Hew Len

The Four Sacred Phrases

1

I Am Sorry

I acknowledge the pain. I take responsibility for what lives within me.

2

Please Forgive Me

I ask for release — not from others, but from the universe and my own soul.

3

Thank You

I express gratitude for the healing that is already happening.

4

I Love You

I choose love — the highest healing frequency in existence.

You do not need to direct these phrases at a specific person. Say them to yourself. Say them silently. Say them out loud. Repeat them like a mantra. There is no wrong way.

How to Practice Ho'oponopono

1. Find stillness

Sit quietly. Close your eyes. Take 3 slow deep breaths. You do not need candles, crystals or a special space — just a moment of quiet.

2. Bring the memory or emotion to mind

Think of a person, situation, memory or feeling that is causing you pain. Do not judge it. Simply allow it to be present.

3. Place your hand on your heart

Feel the warmth of your own touch. This signals safety to your nervous system and opens your heart space.

4. Repeat the four phrases

Say them slowly, with feeling. You can whisper, speak aloud or repeat silently. I am sorry. Please forgive me. Thank you. I love you. Repeat for 5 to 10 minutes — or until you feel a shift.

5. Release and rest

Take one final deep breath. Say: "I release this to the light. It is done." Open your eyes slowly. Drink a glass of water.

How Long Should I Practice?

Beginner	5 minutes daily	morning or before sleep
Intermediate	10–15 minutes	morning + evening
Deep healing	20–30 minutes	during emotional triggers

What Can Ho'oponopono Heal?

Ho'oponopono works on every area of life because it clears the **root cause** — the subconscious memory — not just the surface symptom.

✓ Relationships	✓ Money blocks	✓ Anxiety & fear
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✓ Grief & loss	✓ Self-worth	✓ Physical illness
✓ Anger & resentment	✓ Career struggles	✓ Family patterns
✓ Childhood trauma	✓ Sleep problems	✓ Loneliness

Your 7-Day Ho'oponopono Journal

Each day choose one emotion, memory or relationship to bring into your practice. Write honestly.
There are no right or wrong answers.

Day 1 Today I am healing:

Shift I noticed after today's practice:

Day 2 Today I am healing:

Shift I noticed after today's practice:

Day 3 Today I am healing:

Shift I noticed after today's practice:

Day 4 Today I am healing:

Shift I noticed after today's practice:

Day 5 Today I am healing:

Shift I noticed after today's practice:

Day 6 Today I am healing:

Shift I noticed after today's practice:

Day 7 Today I am healing:

Shift I noticed after today's practice:

Emotions to Heal — Checklist

Tick the emotions you are currently carrying. Use these as your starting points for each day's practice.

☐ Anger	☐ Resentment	☐ Fear	☐ Guilt
☐ Grief	☐ Shame	☐ Anxiety	☐ Loneliness
☐ Jealousy	☐ Hurt	☐ Bitterness	☐ Sadness

Other emotions I want to heal:

7-Day Practice Tracker

Day	Emotion / Memory	Minutes	Shift Noticed?

"You don't have to understand Ho'oponopono for it to work. You just have to be willing to say the words and let love do the rest." — Komal Chhabra

Ready to Go Deeper?

This workbook is just the beginning. If you felt even the smallest shift during your 7-day practice — imagine what a full healing session with Komal could unlock for you.

◆ Private 1-on-1 Healing Sessions	Personalised Ho'oponopono + Energy Healing
◆ Weekly Live Healing Seminars	Group healing circles every week online
◆ Ho'oponopono Mastery Course	Complete self-paced healing course
◆ 21-Day Abundance Challenge	Clear money blocks in 21 days



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DM Komal the word HEAL on Instagram to book your free 15-minute discovery call.