



The Power of Forgiveness



One of the key challenges of our humanity is finding the strength to recognize when we are wrong and to ask for forgiveness.

Generations of Hawaiian families have used the practice of mutual reconciliation and forgiveness called *Ho'oponopono* to help overcome strife and estrangement. I recently hosted a powerful one-day retreat with Karen Sorensen who showed us how we can use the principles of *ho'oponopono* to repair broken relationships in our personal and professional lives so that we can be free to find happiness and fulfillment in the future-despite what has happened in the past.

Harmony is restored by focusing on four powerful expressions:

- I am sorry.
- Please forgive me.
- Thank you.
- I love you.

Seems fairly simple, right? Unfortunately, however, all too often our human emotions get in the way. Stubbornness, pride and anger can prevent us from healing and moving on. I would invite you, however, to employ the simple messages of *ho'oponopono* when feeling angry at someone or something so you can discover its ability to restore harmony to your life.

Learn more ways to restore harmony at my special weekend retreat on September 22-25 at our Indian Point property. We will explore how the natural elements and principles of Feng Shui can bring balance, prosperity and happiness to our lives. **Contact me** today for more details and to sign up.