



Happy Thanksgiving!

During this special holiday focused on giving thanks, it's important for us to remember that gratitude tempered by humility, forgiveness and compassion is essential for our health throughout the year.

I'm reminded of the practice of Ho'oponopono which illustrates this truth so beautifully. Originating in ancient Hawaii but found in shamanic traditions around the world, Ho'oponopono supports creating, restoring and nurturing positive relationships critical for our personal well-being and that of society.



Ho'oponopono means that whenever we're faced with conflict and divisiveness, we commit to manifesting the concepts in the Ho'oponopono mantra. Powerful effects then ripple inwardly healing ourselves as well as outwardly healing those around us.

Ho'oponopono Mantra

**I am sorry,
Please forgive me,
Thank you,
I love you.**

This Thanksgiving and into the future, I wish all of us health in our own lives and in our communities through the spirit of Ho'oponopono.

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