

Returning to the Heart of A Course in Miracles

ONLINE COURSE WITH MICHAEL MIRDAD

Exercise for FORGIVENESS

Ho'oponopono means “to make right” the wrongs done in our relations. This incredible process not only offers a simple and effective means of forgiveness but, when understood at a deeply spiritual level, also teaches us how to take total responsibility for whatever we perceive—even if it involves seeing a sick person. In the mind of the average thinker, what we see outside of ourselves has little or nothing to do with us, which supposedly is proven by the fact that it is “outside” of us.

In Ho'oponopono, as well as in *A Course in Miracles*, one of the primary reasons we need to ask others for forgiveness is that we have done them an injustice when we projected our own issues onto them. The words in this process of asking for forgiveness are very simple and only involve repeating a few short sentences, which can be done silently to oneself when addressed to someone who is ailing or not present. Or, they can be spoken aloud when making amends to someone present —provided the person agrees to listen to you do so.

The words of Ho'oponopono are as follows:

I'm sorry.

Please forgive me.

I love you.

Thank you!

When combining the words of Ho'oponopono with the teachings of *A Course in Miracles*, we also can use the following longer prayer:

Ho'oponopono: “I'm sorry.”

ACIM: I am sorry for forgetting your true identity and judging you as being capable of being sick (poor, depressed, etc.).

Ho'oponopono: “Please forgive me.”

ACIM: Please forgive me for having projected my unhealed wounds and limiting beliefs onto you, thus co-creating your challenge. I also forgive myself, for I too have suffered by allowing you to bear the cross of my issues.

Ho'oponopono: “I love you.”

ACIM: I love you because of who you really are—God's perfect and holy Child—the Christ.

Ho'oponopono: “Thank you.”

ACIM: Thank you for mirroring to me that which needed to be Recognized, Accepted, Surrendered, and Refilled with the Presence of Truth (the Truth of who we are). As we now stand forgiven (by each other), we also stand healed and one in God, as God. And so it is!

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