

Ho'oponopono Inspired Meditation and Song by ana lovelis

and as we settle in together
and close our eyes,
feeling into the body
this body...



that has been with us all along
even before our first breath
experiencing all the experiences
even when our cells fade
and new ones come to life
memory is passed
so nothing is lost... only transformed
so we breathe in and exhale
breathe in and exhale
breathe in and exhale

one more... breathe in and exhale
return to a gentle breath of your own rhythm
feeling the breath keeping you safe alive aware
as the feelings arise that need to be felt...
allow them allow them allow them
anything buried alive must come up into the light
go back and remember
is it a feeling
is it a memory
is it a face

is it pain that someone caused you
or pain you caused yourself...
just be open to what is,
no judgement, no crime...
allowing what needs to be felt

and held
and known
and heard...

allow... allow... allow
and as we feel into this memory
hold your heart safe

as we sing together focus the words into these parts of ourselves
that need
to be loved
so deeply

surrender surrender surrender
breathe in and exhale
breathe in and exhale

one more... breathe in and exhale
Ohhh Ohhhh Ohhhh

i'm sorry forgive me thank you i love you
feel in your heart

all time exists at once
we can return to the past
to forgive ourselves forgive each other
embrace the pain
and sing with it deeply

i love you
i love you...

i'm sorry forgive me thank you i love you

