



El gran libro de ho'oponopono (NUEVA CONSCIENCIA) (Spanish Edition)

Nathalie Bodin

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Este arte ancestral hawaiano, Ho'oponopono, permite borrar todas las memorias y programas inconscientes que nos perturban, y con su práctica nos lleva a alcanzar la paz interior y la armonía. Practica Ho'oponopono, un proceso que se desarrolla en 5 etapas: * Soy al 100 por 100 el creador de todo lo que ocurre en mi vida. Esta toma de conciencia es esencial: sólo tú y tus pensamientos creáis todos los sucesos que ocurren en tu vida. * Lo siento, ignoraba que guardaba esas memorias, también lamento todas las cosas desagradables que haya podido generar. * Perdón, desconocía que era yo el autor de ese suceso. * Gracias a lo sucedido soy consciente de los recuerdos que me perturban y tengo ocasión de eliminarlos. * Te amo, amo a todo, a los demás, a la vida, a los recuerdos y a mí mismo. Ho'oponopono es una conexión con el amor.

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