

Functions and Roles in Healing

- **"I'm sorry":** It is an expression of sincere apology and self - reflection. It helps us take full responsibility for what has happened, let go of the victim - mentality, and relieve psychological burdens. This sentence enables us to face our mistakes and the harm caused to others, facilitating the release of inner negative emotions.
- **"Please forgive me":** This is a request for forgiveness from oneself and others. It allows us to let go of self - defense, face our imperfections, and achieve self - acceptance and growth. By forgiving others, we can also resolve conflicts and promote inner reconciliation.
- **"Thank you":** It is a direct expression of gratitude for the people, things, and experiences in life. It enhances our sense of gratitude, increases happiness and satisfaction, and promotes harmonious interpersonal relationships. This sentence can also help us view things from a positive perspective and transform negative emotions into positive ones.
- **"I love you":** It is a declaration of unconditional love for life, oneself, and the world around us. It stimulates the warmth and sense of connection within us, enhancing the harmonious resonance between individuals and the universe. This sentence has the power to transcend bitterness and promote better transformation.

In summary, by repeating these four sentences, Hawaiian therapy guides individuals to deeply explore themselves, clean the dust and negative energy in the mind, reset the subconscious, and prepare the internal to change the external. Eventually, it helps achieve spiritual healing and sublimation.



aha halo

Enhance Your Healing with
Positive Energy

Enhance Your Healing with Positive Energy

A calm mind and positive emotions can help improve physical well-being. Here's a simple routine to try with your Aha Halo:



Before running the program

Take three deep breaths. Place Aha Halo on the part of the body where you feel discomfort, and concentrate your mind on this area. Silently recite or softly chant in your heart: "I'm sorry. Please forgive me. Thank you. I love you." (You can recite it three, six or nine times.)



Select the program and start Aha Halo

Feel the warm and healing energy for 3 to 5 seconds, and then relax. (At this time, you can keep Aha Halo beside you or put it in your pocket.)



After Completing the Program

Close with a positive affirmation: "May we all be free from suffering and enjoy health and happiness."

The Healing Power of Ho'oponopono: Transform Your Life with 4 Simple Phrases

Hawaiian therapy, also known as Ho'oponopono, involves four sentences: "I'm sorry", "Please forgive me", "Thank you", and "I love you". Here is an introduction to them:

Recipient

These four sentences are primarily addressed to one's inner self. It is believed that the physical universe is a projection of our inner mind, and we should take responsibility for everything that happens. Therefore, when repeating these sentences, one should focus on communicating with their inner self and the divine, rather than specifically targeting others.

Things to Be Cleaned

The four sentences can be used to clean various negative aspects, including but not limited to negative emotions, memories, subconscious information, and harmful "substances" in the heart. It can be used for anything that makes you feel uncomfortable, such as people you dislike, painful past events, future worries, financial problems, and physical discomforts.