

Trainer's Profile

Peace begins with me
平靜從我開始



As a true believer of living each day to the fullest, Rachel has been practising Ho'oponopono, an ancient Hawaiian problem-solving method in daily life since 2014.

The essence of Ho'oponopono is through reciting the simple 4 phrases - *I'm Sorry, Please Forgive Me, Thank You* and *I Love You* to clear the memory in us.

As a Ho'oponopono practitioner, Rachel has been experiencing peace and guided by inner voice to live her life blueprint day by day.

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