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HO'OPONOPONO: UNIVERSAL HEALING METHOD FOR MANKIND

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Abstract

Ho'oponopono is an ancient Hawaiian method of stress reduction, conflict resolution and energy clearing from people and places. This article refers to the transforming wisdom and its modern psychology and spiritual based applications. Ho'oponopono provides a profound method of healing that promotes the Universal Law of the Interconnection of Life. It is a powerful method that can meet the stressful challenges of our times. At its best it provides practical ways of how we can participate in the transformation of consciousness on both the individual and collective levels.

Key words: Ho'oponopono, shamanism, interconnection of life, transformation of consciousness, clearing technique, energy healing, spiritual counseling.

Introduction

Ho'oponopono is about Spirit and not about technique. Although considered an ancient Hawaiian counseling and prayer technique, it has now been recognized as part of the original art and science of healing and spiritual development of the peoples of the earth. It is constantly evolving and two of Hawaii's eminent teachers and practitioners created an updated form of Ho'oponopono. They are:

The late Morrnah Nalamaku Simeona who was a native Hawaiian Kahuna Lapa'au. *Kahuna* means "keeper of the secret" and *Lapa'au* means "a specialist in healing." Her process is a modernization of an ancient spiritual cleansing ritual and proved so effective that she was invited to teach her method at the United Nations, the World Health Organization and at institutions of healing throughout the world.

Morrnah Simeona's work has been developed for over 25 years by her student, Dr. Stanley Hew Len aka Dr. Ihaleakala Hew Len. He has taught extensively this updated version which he calls Self-I-Identity through Ho'oponopono (SITH). He has posted a number of his teachings on the

Web (Len web reference). He also has worked with groups at the United Nations, UNESCO and Healers for Peace in Europe.

The original versions of Ho'oponopono are still practiced in Hawaii today and are substantially different in approach from Simeona and Len's method. They include:

1. Ho'oponopono through a bodywork style called Lomilomi, which produces energetic releases and clearings mediated through the therapist's hands from trigger points and the joints of the body. This is done as part of the lomilomi massage or can be given purely as a bioenergetic treatment. In this method the client is not actively involved as the therapist leads the sessions.
2. A Conflict Resolution method, which includes elements of Spiritual Mediation referred to later in this article. This method is used in family, work or organizational conflicts. (Shook 1986)
3. Removal of curses, dark forces and possessions. The Hawaiians deeply believe these exist.
4. Clearing of land and buildings that are filled with spirits, darkness or the energy of bloodshed. The ancient Hawaiians were constantly feuding and there were many bloody battles. They believe that the energetic footprint of these battles remain in the land where the battles took place. To prevent further bloodshed or conflict on the same land, they clear the land of all negative energies so future generations can live in harmony.

In the past 15 years Ho'oponopono and Shamanism workshops have become increasingly popular, although the practices are fairly demanding. These healing practices seem to attract people who are interested in spiritual growth and personal development, or expansion of their awareness and their connection to universal spirit. More recently, therapists and spiritual counselors have been attending these workshops after reading the few available books on Ho'oponopono, (Katz, 2004; Vitale 2007). They now want to experience this healing energy. When people are realigned to the Ho'oponopono consciousness, it awakens inside awarenesses that we all faintly remember.

Ho'oponopono means "to make right," or "to rectify an error"

Effectively, it means to make it right with the ancestors, or your family, friends or anyone or anything with whom or which you have a relationship. This can include the animal, vegetable or mineral kingdoms and indeed our planet. Originally Ho'oponopono was used to correct the wrongs that had occurred.

Na kala: The Fortune of Forgiveness

Hawaiian values include a profound code of forgiveness. They believe that when we forgive others, we our also forgiving ourselves. Kala means "to untie, unbind and set free." The person, group or nation to whom the wrongdoer is indebted free themselves and the 'others' of the karmic debt or wrongdoing. It does not exist anymore. This could only be done by unbinding attachments to the past wrongs; by making right the future.

Other healing traditions have similar teachings. For instance, in Neuro-Linguistic Programming (NLP), there is a saying, "People do the best they can with the resources they have available." This is a forgiveness concept – especially when you include yourself as one of those "people."

Dr. Ihaleakala Len Hew distinguishes his Hawaiian approach from traditional Western therapy where the therapist considers that the source of the problem resides within the client rather than

within the therapist. In Ho'oponopono, the therapist comes from the position of having created the issue, and not the client. In Hew's approach it is the therapist's responsibility to help clients in working through their issues. He suggests that the unacknowledged heavy burden of responsibility on the therapist in the Western paradigm could be an explanation for the high rates of clinical burnout in psychotherapy.

Taking the plank of wood out of our own eye before removing splinters from others

In Ihaleakala's version of H'oponopono "the therapist must be willing to be 100% responsible for having created the problem situation, that is, he must be willing to see that the source of the problem is erroneous thoughts within him, not within the client. Therapists never seem to notice that every time there is a problem, they are always present!" (Hew, web reference)

When we look at family patterns through Western eyes, we are inclined through family customs to follow the clan traditions and behavior patterns. In Eastern and Middle Eastern traditions, this is a much stronger societal pattern, where people would say they feel *compelled* to comply with these customs. We tend to accept these as the best ways to behave because "that's the way we have always done it in our family." As a result, certain generational themes are passed down the family line, such as compassion for the underdog, charitable activities, greed, anger at "others" that may justify revenge killings, or any number of other beliefs and behaviors.

Often, people complain about the bad behavior in others when they themselves are guilty of the very same behavior. In this form of Ho'oponopono we first recognize the behavior in ourselves and then clear it away from ourselves. When a skilled practitioner does this type of clearing, it also clears from the other person or group.

Example No. 1

In 2002, I was in the High Desert in Southern California visiting friends. I stayed in a small motel in the middle of nowhere. The local folks were pleasant to me but very hostile to each other. I had walked into a feud that had been brewing for generations. The dispute was about ownership and use of land adjoining the high street.

Carol, the motel owner was interested in my Clearing work and skeptically agreed to see if I could help. I purposely asked Carol not to tell me where the disputed land was located. After walking down the one-mile high street, I felt very strange energy coming from one building and adjoining land. Carol told me this was the disputed land.

Carol was open to Ho'oponopono and I facilitated a communication with the Divinity of the other townfolk, their ancestors as well as the previous displaced Native American owners of the land. Shamanic traditions enable the shaman to access knowledge through their transpersonal senses which facilitate impressions of records and information that are stored in the buildings, trees, rock formations and the land itself. Most people have felt these impressions, for instance when sensing danger without perceiving its source but shamans are trained to access this type of information all the time. Once the buildings and land were cleared and the ancient trapped energy transmuted into the Divinity there was a very profound healing of the land and the local people.

I was later told that the Native Americans who had lived on the land over 200 years ago had been driven out. The wooden buildings and adjoining land still stored this "energy vibration" and the current owner and neighbors continued to play out this drama.

The next day, the various feuding townfolk met unexpectedly and agreed on how the disputed land should be used for the benefit of the whole community.

In my practice of Ho'oponopono (which differs from that of Dr. Len), when I cleared stuck or negative energy from land, buildings and spirits, it automatically lifted from the townfolk because we are all interconnected. The bloodshed and negative energy affected the energies of everyone living in the town and triggered aggressive behavior patterns. The deeper wounds were in the land, building and displaced spirits and once these were released, then the energies left the townfolk as well as the buildings, land and ancestors that were on the disputed land. Even the neighbor's dog stopped his incessant barking.

The theory behind the various Hawaiian traditions of Ho'oponopono

We carry inside us as segments of the Unconscious Mind, connecting us with all the significant people in our lives. These segments resemble Carl Jung's archetypes. The process of Ho'oponopono is to align with and clear up residual energies resonating through our genealogy as well as to clear up our relationships with other people in our current lives. Taking this one step further, we can clear up the same issues on behalf of clients and even groups of individuals.

In this system, there is no need to work out, solve, manage or cope with problems. Since the Divine created everything, you can just go directly to Divine and ask that it be corrected and cleansed.

Family Feuds

I have found that Ho'oponopono works well with family feuds and rifts. Problems occur when one or two members do not follow the clan. The struggle that follows as the clan leaders attempt to restore the clan equilibrium and behavior patterns can sometimes create long-standing feuds or even break ups between individuals in the clan. As mentioned before there is no logical reason for certain behaviors other than "that's the way we have always done it in our family." As a result, certain generational themes are passed down the family line, like anger or greed or any number of different responses stimulated through traditions, taboos and emotions. Ho'oponopono enables us to clear up these deep-seated behavior patterns and conflicts throughout the whole family structure.

Children naturally have a better chance with Ho'oponopono since they forgive more readily. For instance, if a seven year-old kicks a schoolmate intentionally in anger, and the child who has been kicked forgives the other, they do not hold grudges and can continue to play as friends. Releasing old memories of pain, anger or guilt or any negative emotions that do not serve us is the essence of Ho'oponopono.

Example No. 2

In 2001, I saw 'Fatima,' the estranged wife of a religious leader who had been in acrimonious divorce proceedings for over 5 years. Her husband would not allow her divorce for a myriad of reasons from religious to economic but mainly because of his pride and revenge.

Fatima was exhausted and frustrated because she could not move on with her life's purpose and work. We agreed on a clearing through Spiritual Mediation. She forgave him for everything that had happened and in this spiritual mediation space he forgave her. Fatima was very grateful because the next day he called unexpectedly and agreed to the divorce giving her more than she had even requested.

The Three Minds of Mankind – The Inner family

Before Sigmund Freud developed the concept of the conscious mind and unconscious mind and their functions, the teachings of ancient Hawaii had a highly developed system of psychology that identifies three minds of man: The Conscious Mind (*uhane*), Unconscious Mind (*unihipili*) and Higher Conscious Mind (*aumakua*).

In the Hawaiian way of thinking, the 3 minds are kept separate from each other because that is the way it is and mankind's journey is to access the Mana – Universal Force – which provides a rainbow bridge between these Minds or realms of existence. Each mind is distinct from the others and has separate and distinct functions. The Conscious Mind cannot perceive the Unconscious Mind or Higher Conscious Mind directly, except in certain states of consciousness. The three minds comprise the inner family, which, in partnership with The Divinity, makes up one's Self I-Identity.

Uhane – the Conscious Mind – the mother

The Mind is the logical, reasoning mind and believes that it solves problems and controls what it experiences and happens. The Hawaiians know that we are not solely our intellect or Conscious Mind. The Conscious Mind and the Unconscious mind are collectively known as the soul.

Unihipili – the Unconscious Mind. – the child

Unihipili means grasshopper. The Unconscious Mind controls the functions of the physical body. (In Western science this is recognized as control through the autonomic nervous system. It is therefore considered a very important mind.

The Hawaiians did not have the detailed scientific data available to 21st century scientists but their systems of healing acknowledged the equal importance of each mind. Being connected to and trusting one's Unconscious Mind is a very important element of their system. This would be akin to trusting one's intuition or gut reaction.

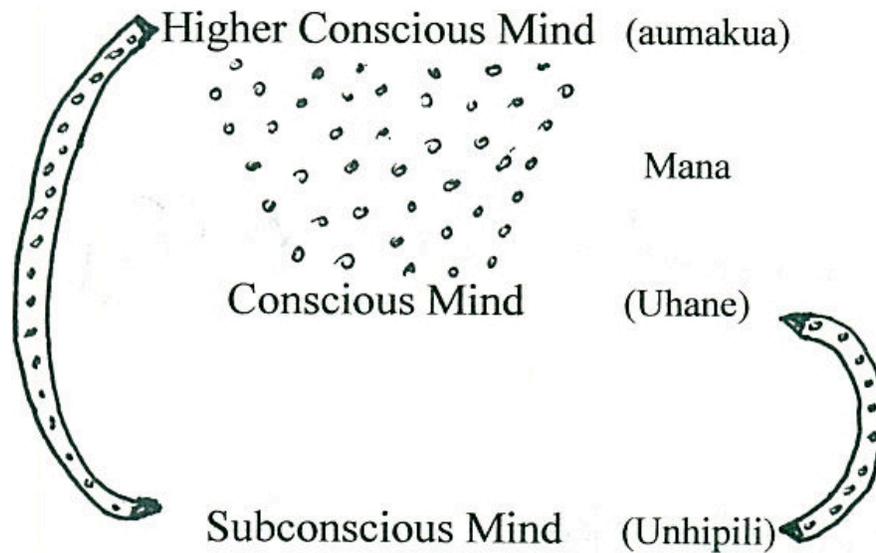
Aumakua -the Higher Conscious Mind – the father

The Hawaiians believe that we are created equally of matter and spirit, rather like a magnet – with one aspect manifested in matter and another in spirit. Both aspects are connected by an unseen force or energy called Mana. The Higher Conscious Mind is always connected to the Divinity.

The Interconnection of the Three Minds of Mankind

In the Hawaiian system, each of the minds is connected to the other by Mana, which is the life-sustaining force of living beings and vital energy. All ancient systems of healing and spirituality refer to this life force by various names, such as chi, ki, and prana. Mana is the fourth element in the constellation of the three minds of mankind.

Figure 1. The interrelationships of the three minds



**Aka or cords through which Mana flows
(Aka or cords have a two-way flow)**

Although there is no direct communication between the Conscious Mind and the Higher Conscious Mind, there are two ways the Higher Conscious Mind may communicate with the Conscious Mind. First there is an indirect connection via the Unconscious mind through the Aka cords which act as a medium for transmission of Mana. Secondly, the Conscious Mind can directly access Mana, which is ethereal in quality and may receive communications with the Higher Conscious Mind through this direct but almost imperceptible medium. This happens in the subtle realms where Mana flows. That is why so many cultures created meditation and other consciousness-altering practices.

The Hawaiians use the local weather phenomenon as tangible imagery to describe this communication. The Ka'auhelema is well known to anyone living in Hawaii. It is that fine rain with tiny droplets that blow off the mountains. You feel it when the mist gently sprays you but when you touch your skin, it is not wet. The Higher Conscious Mind may communicate with us by way of *Mana* (the life sustaining energy flow) that constantly surrounds us as it falls down from above.

Mana flows through *Aka*, an etheric, non-material substance. *Aka* means *shadow of spiritual essence*. It acts as a conduit for Mana and can be seen as a massive grid or web that surrounds all life.

The Modern Ho'oponopono process

The process allows therapists to work directly with the Divine or Original Source (also known as God or Love) who can transmute erroneous thoughts, words and actions into Love. The

therapists connect with the Divine and after that connection is created, they appeal to the Divine to correct the erroneous thoughts within themselves that are actualizing as the problem for themselves first and for their clients second. This request is a repentance and forgiveness process on the therapist's part.

Immediately the Divine responds to the request and transmutes the erroneous thoughts. In this spiritual correction process, the myriad of erroneous emotions causing the problem are released, including anger, hate fear or other negative thoughts and feelings. The neutralized energies are then released from the thoughts, leaving them in a state of void, or emptiness, or true freedom. This void is then filled with the Divine or Love itself.

The process is renewing and energizing for the therapist, the client, and everyone involved in the problem is cleared and aligned to the Divine. Clients feel very peaceful and euphoric after a Ho'oponopono session. I always say to clients, "Don't just clear and release to get high. Get high to clear and release!"

Variations in styles of Ho'oponopono

While the style of Ho'oponopono popularized by Dr. Len is more familiar to many in the West, there are several other ways that the ancient Hawaiian traditions have evolved into the practices we see today. Several common denominators are found in all of these.

In the Hawaiian system the three minds of mankind each live in a different body – the emotional, mental and spiritual body.

Higher Conscious Mind – Spiritual Body
Conscious Mind – Mental Body
Subconscious Mind – Emotional Body

The physical body is the home for the other three bodies.

The Hawaiian elders say that journeying from the Unconscious Mind to the Conscious Mind to the Higher Conscious Mind is our lesson of life. Whereas moving in the opposite direction from Higher Conscious Mind to Conscious Mind to Unconscious Mind is Kahuna Mastery. With the help of spiritual training, Hawaiian healers use the "Mana" in subtle realms to connect the three Minds. Methods to achieve this include meditation, dreamtime, inspiration, alpha brainwave training and hypnosis. The Aka or cords provide the conduits to connect the three minds. There many Akas or Ways. Whichever Aka one chooses is the limited way one can access the Divine. I recommend exploring every Aka in the Cosmos.

We all are at our own unique stage of our spiritual journey and lessons. Some people experience life purely on a physical level and are only concerned with physical or material issues. Others experience life physically and emotionally but not intellectually. Another combination is represented by someone who experiences life physically and intellectually but not emotionally. Many folk who are not emotionally mature are not spiritually connected. Paradoxically, emotionally disturbed folks can be extremely aware of the subtle realms (Mana) unfortunately, their doctors do not believe in these realms. Each of these and other combinations of possibilities is expressed in individually unique shades and variations of intensity and details of individual personalities.

In general each body matures fully at different ages and sometimes may not be available for development at the same time as the other bodies. Spiritual evolution involves the maturing of all the four bodies. An individual's spiritual path is to create a fully integrated functioning in each of the four bodies, as they develop and mature. In history we can see that many great thinkers, leaders and healers have all four bodies functioning and actualized. These have included the Buddha, Jesus Christ, Mohammed, Leonardo Da Vinci, Charles Darwin, Albert Einstein, Mahatma Gandhi Martin Luther King, Nelson Mandela and many others.

The constantly adapting styles of Ho'oponopono or any Universal healing technique exist for many reasons. Often the individual therapist tends to attract or prefers to work with a certain sector of the population. This may or may not be karma-related. In addition, the ever-changing modern stressors that test our mettle and resolution require tailor-made, flexible methods. Therapists adapt their approaches to work with the spiritual maturity of the clients and the constantly changing pressures of society and the environment.

As a man thinketh, so he is.

I have found that the basis of all shamanic practice is that our world is a reflection of our beliefs. Our world is what we think and as we change our perceptions and therefore our beliefs, we change our universe. Shamans take this belief one step deeper. We all project the play called "our life" through our decisions, beliefs and choices each day. Everything in one's awareness is a reflection of oneself and one's beliefs. Therefore, what we perceive to be "the truth" is only one's own experience through one's own filters of what we call "life." Since perception is projection, any unwanted energies are simply unresolved matter or issues at the unconscious level that we can release when we no longer need them for the story line in our play.

Practical applications of Ho'oponopono in the 21st Century

1. Preventing burnout

I have stressed to my students who are therapists that they clear Karmic patterns with their clients before they start working with them. Once the therapist has reviewed their client's notes before the session commences, it is important to identify any similar issues and actually clear themselves first of these patterns before working on the client. Otherwise it can activate old patterns between each other. In worst case scenarios, the therapist can take on the person's entire problem and karma and this can cause burnout. Ho'oponopono is an excellent system that prevents this problem.

2. Spiritual mediation

In traditional Hawaiian methods, everyone who is involved in a problem needs to be physically present and work it out together this is not always practical or desirable.

Spiritual Mediation is a term I coined after years of Clearing conflict between individuals and groups and also between two separate groups or organizations. I later found that the method I developed is similar to one of the older versions of Ho'oponopono. In Spiritual Mediation, you and the Divine can handle everything. There is no need for you to go outside of yourself for any answers or help. I encourage clients to know that with Ho'oponopono there is no one who can give you any more relevant information than you can receive by going within yourself.

There are checks and balances which are intrinsic in Universal Laws (especially karma) and when similar patterns or issues continue to occur after using Ho'oponopono several times, then one can safely assume that the individual cannot access a block or blind spot which needs to be resolved. So although all the answers are within us, until we reach full spiritual maturity and are self-actualized we need help from therapists or healers through emotional and spiritual methods that Ho'oponopono or other healing techniques offer us.

3. Self-realization

The main purpose of this process is to discover the Divinity within oneself. Ho'oponopono is a profound spiritual gift. It provides a simple, effective system that promotes a personal working relationship with the Divinity within. It becomes a way of life as we ask in every moment that our errors in thought, word, deed or action be cleansed. The most freeing part of this process is that it allows people find their true identity and place in the Universe.

4. Mankind's evolution of the Collective Conscious Mind

As each person finds his or her own true identity and place in the Universe, the connection to the Divinity is re-forged. This can only happen as we allow forgiveness and let in Love. When one person receives the blessing of forgiveness, everyone is likewise blessed. Hawaiian spirituality teaches that we can only be truly fulfilled if we consciously participate in witnessing and clearing the long ancestral chain that connects the present to the Source.

5. Conflict Resolution for individuals and groups

Ho'oponopono is extremely useful in cases of conflicts within groups and conflicts between different groups.

Example No. 3

In 1999, I was asked by a Hawaiian dance school to help them resolve a six-month bitter dispute between the children's parents. Hawaiian dancing is a sacred art form and there is great respect for the teacher (Kumu), her or his lineage of teachers, and the art. Therefore, this behavior was not only abrasive and disruptive but also culturally unacceptable and caused great concern to the Kumu and dancers alike.

After three hours of angry exchanges between the parents it appeared that everyone wanted their pound of flesh and no one wanted to give an inch or entertain the thought of Ho'oponopono. The process was not being valued or honored by them even though they had requested it. Three hours of red hot arguing had meant the fifty-plus parents had vented most of their venomous complaints and they were finally argued out.

Not wanting another round with this highly competitive group who thrived on the "fight," I asked the child whose misbehavior had initially caused the conflict to join us. She was deeply ashamed of her behavior and shocked at the repercussions from all the parents.

Using Ho'oponopono, she asked for forgiveness from everyone in the room. Within 10 minutes, her anguished request and remorse at the pain she had caused touched the hearts of everyone in the room. There was an instant healing, many tears and an immense outpouring of love, as they remembered the Hawaiian values and Aloha Spirit. The hula school decided to have monthly Ho'oponopono meetings so that any problems or conflicts could be harmoniously resolved.

4. Stress reduction technique – As a man thinketh, so he is

If you are stressed, upset or imbalanced, Ho'oponopono allows you to look inside yourself, not outside at the object you perceive as causing your problem. In time, every stress, imbalance or illness can be corrected just by working on yourself through clearing erroneous, misunderstood or misperceived thoughts or feelings.

Client reports

Migraines relieved

I was totally skeptical when I came to see you last month for a Clearing and did not expect anything to happen. I was very surprised that you lifted my migraine in minutes of my arriving. When you suggested that my migraines related to my feelings of anger when I am overloaded. Initially I resisted this information but I've thought about it and actually I do resent bitterly that I have to be superwoman working three jobs.

Last weekend I was giving a conference at Las Vegas and an hour before I was due to give my lecture the pressure became overwhelming and I began feeling very angry because my staff were not pulling their weight. I felt a migraine starting so I went to my room and followed your method using breath work and releasing all the emotions and focusing on gratitude. To my surprise it lifted within 10 minutes and I felt that feeling of euphoria similar to when I was with you.

Thank you Dr. Amy, I so appreciate your Clearing method. I was able to give my lecture and now have a useful tool to help me control my anger and calm down when I feel overwhelmed.”

- Andrea D. (London, England)

Shifts in attitudes and feelings produce shifts in relationships

I can't tell you how much my life has changed since I saw you last week for my Clearing. Sorry I couldn't stop crying. It's not like me normally but I don't think I have ever felt such an incredible feeling of love when you started your Clearing. It was as if all my problems were just lifted from my shoulders and I could barely stay present because the energy was making me feel quite light-headed but yet at peace.

This last week I practiced your clearing technique - releasing and being grateful for all of God's blessings. What really hit home for me was that I feel safe and protected. I can't tell you how different everything is now. My husband is just as loving but now I feel worthy of his love. My daughter has changed from defiant and ugly to a loving and supportive child. Even my boss is appreciating what I do. I have gone from feeling suicidal to appreciating life, all within 14 days of my Clearing. You are a blessing to everyone and I wish everyone could learn your gentle healing method.”

- Crystal P. (Los Angeles, CA.)

Forgiveness for rattlesnake bite

I have used your clearing method for 5 years and blended it into my work as an Alexander teacher. I thought I had mastered your method until last week when I was

bitten by a rattlesnake while hiking. The pain was terrible and the swelling was very worrying and it seemed that your clearing method was not working much. I panicked when I called you and when you suggested that I forgive the snake for disturbing him I never thought it would work but I did it anyway. Immediately, the swelling went down and there was no pain. I always assumed the power of love would prevail over everything but that day I learned about the power of forgiveness. Thank you for reminding me that all living creatures are connected and conscious.

- Pam A. Los Angeles, CA

The process of Spiritual Mediation

The Ho'oponopono approach I favor when dealing with client's conflict with another person or group is Spiritual Mediation. The Higher Conscious Mind of everyone involved in the conflict resolves the differences in the energy space of the Divinity. The Higher Consciousness Mind discussions that follow allow everyone to empathize with the other person's situation while understanding their karmic relationship.

1. Focus on someone you with whom you do not feel total alignment or with whom you have a conflict.
2. Visualize a small stage below you with the person on that stage.
3. Imagine the Divinity above you as an infinite source of love and healing. It flows from a point above the top of your head, from your Higher Consciousness. Allow the source of love and healing to enter through the top of your head flow down inside your body. See it fill up your body and overflow out of your heart, directly to the heart of the person on the stage. Check that it feels right for you to heal that person and that they accept the healing.
4. When the healing is complete, have a discussion with the person. See the conflict from their point of view and give the other person insights of your version of the conflict and specifically how you feel right now. At this stage forgiveness and release occurs. . Then ask the Divinity to heal this situation for you both.
5. Finally, let go of the person, and see them floating away. As they do, cut the etheric cord that connects the two of you. Remember to thank the Divinity for the healing.

You can do this with every person in your life with whom you are in conflict with or not aligned. To see if it has worked – think of the person and see whether you have any negative emotions. If you do feel negative emotions, then repeat the process. It may take a few repetitions especially where your conflict is highly charged.

In many cases of Spiritual Mediation I found that even though this work is done without the presence of the other person or group, there is an immediate resolution and my client either receives an email or telephone call within the day and the lines of harmonious communication are re-connected.

Client report: Spiritual mediation for legal issues

Sorry, I feel that I have taken you for granted over the years while you have patiently listened to my incessant complaining and fixed all my problems. This last week it finally clicked what you were doing all this time.

I always marveled how my court cases resolved so harmoniously after a Spiritual Mediation session with you and even though you taught me how to do it, I never imagined I was actually capable of pulling it off. I always thought you had been given a divine gift or something.

Last weekend I could not get a hold of you and my nasty court case was re-calendared. I went through the spiritual mediation process your taught me the night before and guess what? It was fantastic!! The judge was actually listening, my client seemed less agitated, his ex-wife and her attorney were co-operative and everything was settled within the hour. We have been squabbling over this case for 4 years and the result was perfect for everyone. Awesome. Thank you for your hours of understanding, healing and love.

- Barbara C. (New York)

Transitioning Ho'oponopono into Western consciousness

The majority of the scientific community is very skeptical regarding many of the spiritual aspects of my work and has yet to create the tests, studies, equipment and understanding needed to appreciate this work. Until now we have been unsuccessful in mitigating this problem, although I have offered my skills over the years because I am fully capable of cooperating with Western scientists.

Another application of ho'oponopono is in civil litigation. Unfortunately, litigation is now at a critical pitch in the United States. Mediation is a compulsory preliminary stage in most civil and divorce court proceedings, however, many lawyers view mediation as a necessary evil that wastes time, and which they do not value. A more spiritual or consciousness based mediation system might clear the litigation backlogs. For this to happen consciousness would need to change from "an eye for an eye" system to one where each person takes responsibility for what they have created.

Ho'oponopono fits perfectly into any conflict resolution model. Consciousness is re-connecting with these ancient methods with modern applications. My own work ethics and spiritual integrity are such that I only stop work when peace, harmony and balance are restored to the client(s) groups, land or buildings.

Conclusion

The key to securing a less stressful life... forever... is to discover how to discharge the negative feelings you have accumulated this lifetime, from previous existences and through your genealogy. By discharging these negative feelings, you will not only increase the inner peace and happiness in your life, but everything else improves. The level of responsibility and huge commitment to this process is too daunting for many people. It requires one to live in the present moment at all time, releasing and clearing ancestral patterns of behavior while

constantly taking responsibility for all thoughts, emotions, words and actions. The reward for constant releasing and forgiving is a profound peace.

What happened in my own spiritual journey and through using the Clearing technique over the years was that I learned to love all when I was in that sacred space. I discovered my identification with others and saw that we are all related and we are all inter-connected. Each mind is like a radio broadcasting and receiving station. We are all tuned into each other unconsciously, even if we are not aware of it. In addition, I saw that life was meant to be beautiful, meant to be happy all the time with no sorrow. I wanted to help others to discover the secret of Hawaii's ancient healing tradition, which I found through Ho'oponopono.

Aloha Kakou ~ may there be love between us.

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