

## Ho'oponopono Healing\*

*\*The way of the "I" and the Ho'oponopono. The Foundation of "I", Inc. Honolulu, Hawaii*

Dr. Hew Len demonstrated the healing technique from 1984 till 1987 he worked as a staff psychologist for Hawaii State Hospital overseeing high security unit housing male criminally insane patients. Now, to make things clear – these are the type of guys you don't want to turn your back on. These guys committed murders, rapes, assaults and due to their degree of “insanity” were locked into psychiatric high security facility. Violence against each other and staff members were common.

Fast forward to 1987 (3 years later) wrist and ankle restraints were no longer used in this facility. Violence almost ceased to exist, only involving mostly new patients. New off-site activities were introduced to former violent patients. The spirit and order in the unit was greatly improved and eventually the whole unit was closed because there was no need. People just got improved, healed and released or moved into other non-violent wards.

This all was documented, described by multiple witnesses and personnel.

How did such miraculous change take place in the hospital?

According to: Dr. Hew Len He did not do any therapy or counseling with patients  
He did not attend any staff conferences on patients  
He practiced updated Ho'oponopono process on a daily basis that included accepting 100% of responsibility for everything being experienced by him.  
(Zero Limits, page 142)

Dr. Hew Len improved and practiced updated Ho'oponopono process every day and this process caused the most miraculous transformation within the most challenging environment.

So what exactly is Ho'oponopono and how does it work?

When Joe Vitale met with Dr. Hew Len and asked him how exactly did he manage to heal these violent patients without actually seeing each of them in person, his answer was:

“I didn't heal them. I healed part of myself that created them”. To me that was the most fundamental revelation to date. That phrase alone explains the most important presumption of Ho'oponopono:

You are 100% responsible for everything. Everything and everywhere! And it means not only your personal screw-ups and your personal successes. It means if someone somewhere did something and you became aware of that – you are 100% responsible for that.

Ho'oponopono is not your free ticket to guilt trip. Being 100% responsible is not the same as feeling infinitely guilty for miseries. It's reminder of your creative powers and gentle welcome to return back to your inner nature. That is to Zero. Joe Vitale wrote a great book on the subject called Zero Limits. When you returning back to your most inner nature – to Zero – everything becomes available to you effortlessly and you are being driven by inspiration from Divinity, not by petty ego wants. Ho'oponopono's Zero is the same thing that Eckhart Tolle names Un-manifested.

Back to practical reality – let assume that Zero is the next great thing after sliced bread. Or even before sliced bread. How do we get to that “magical” state? What exactly needed to be done?

This is achieved by constant cleaning process. Cleaning is the actual Ho'oponopono practice. Cleaning what? You clean yourself from subconscious garbage – programs that run your life without your participation.

Apparently Ho'oponopono process is very simple. Actual Ho'oponopono cleaning process consists of repetitions of the following phrases:

- I Love You
- Please forgive me
- I am sorry
- Thank you

These phrases repeated will ignite the self-transformation process for the practitioner. This is exactly what Dr. Hew Len did to invite divine transformation powers for his surrounding during his work at Hawaiian mental hospital.

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Ho'oponopono is a Hawaiian healing process that emphasizes on total responsibility, healing self to affect outer situations. You heal that part of self that created them.

Total Responsibility of your life means that everything in your life – simply because it is in your life – is your responsibility and is created from your filters and reality. In a literal sense the entire world is your creation. This means terrorist activity, the president, the economy or anything you experience and don't like – is up to you to heal. They don't exist, in a manner of speaking, except as projections from inside you.

Being responsible for what you say or do is one thing, Being responsible for what everyone in my life says or does is quite another. Blame is far easier than total responsibility, Ho'oponopono healing means to love you. The problem isn't with them, it's with you and to change them, you have to change yourself.

Albert Einstein once said “To create a change you need to be the change” And “you cannot create a solution to a problem with the same mindset that created it”.

Whenever you want to improve anything in your life, there's only one place to look: inside yourself, and when you do remember to do it with love.

## Ho'oponopono Process

Breathing in a smooth and comfortable flow with the divine breath, allow your focus on the counting and holding to just simply flow into a rhythm, Inhale Divine Energy for seven counts

Hold the breath for seven counts

Exhale for seven counts

Hold for seven counts

Repeat seven times.

1. Hold your hands over your heart area, simply evoking the spirit of love to heal within you what has created the outer circumstance.
2. Hold your focused attention in your mind's eye or directly look at the circumstance or emotion you wish to heal.
3. Keep saying, "I am sorry", "Please forgive me", "I love you, ", "Thank you." Over again and again as you hold your focus on the issue. These words can be changes around but all four is used in the mantra.
4. Feel the love from your heart and hands continue to build and extend outward. Allow yourself to stay in this place of beautiful unconditional love, bathing yourself in this energy for as long as you need.
5. Close by saying, "Thank you. I am grateful and blessed."

\* *"Sorry "meaning apologetic, regretful, remorseful, pardon, sympathy, sad, unhappy.*

An Example; I have a stiff neck I would take my inner awareness to my neck and say I am sorry your hurting , please forgive me for being so tense, I love you and I am grateful thank you for supporting me. I would repeat this again and again and I may change the words, like I am sorry you're in pain, please forgive me that I didn't notice you before you were suffering, I love you for supporting me, thank you for being strong and yet soft, until I feel a shift. This is truly our unconditional love healing what was created from conditional perceptions or experiences.