

HO'OPONOPONO

Ho'oponono is a Hawaiian shamanistic practice of Huna magic. It consists of chanting for the good of an individual by chanting for yourself. The chant has been translated into English and is very simple. Here are instructions for using the chant, followed by a further explanation of where it originated and how it came to be known to the public.

How to Use the Ho'oponono

The Ho'oponono helps best in relationships with another (not with groups), especially when the other individual is either giving you a hard time or having a hard time him/herself.

First, get yourself into a location of peace and quiet and a spiritual space of receiving. Call in the energy of the person you wish to work with. Ask that person's energy: "What am I doing, what have I done, to cause you/the situation to be this way?" Then repeat the following phrases as a chant.

- I love you.
- Please forgive me.
- I am sorry.
- Thank you.

Do this a chant for 10 minutes or longer a day, and you will see amazing results. I highly recommend chanting every day for 40 days in a row. That's not Ho'oponono but an energetically powerful time frame to accomplish things. At the least do it every day for a week, if you can't commit to 40 days. Or as long as the problem/issue exists.

These phrases repeated as a chant ignite the self-transformation process for you and then heal the other person, or the reason the other person behaves as they do. This is what Dr. Hew Len did to invite divine transformation at the Hawaiian Mental Hospital (see the story below of how this doctor healed an entire ward of criminally insane inmates by using nothing but this chant).

When this was taught to me (and I have passed it on to others), the statements were:

- I'm sorry.
- Please forgive me.
- I love you .
- Thank you.

Apparently, it was lost in translation with a switch of the "I love you" and "I am sorry". But then again, this was years and years ago when there was no written information on the subject. Still, I have gotten brilliant results with that as a chant, but please defer to the original.

The following is taken from www.presentlove.com/hooponono/:

Ho'oponono originated from Hawaii and was originally taught by Mornah Nalamaku Simeona. Mornah was a healer and in 1983 she received a great honor by being designated as a living treasure of Hawaii. She was teaching Ho'oponono to small and large groups of people as well as to hospitals, colleges and even to United Nations personnel. She also

founded “The Foundation of I, Self-Identity through Ho’oponopono” to promote principles of Ho’oponopono around the world.

Historically the Ho’oponopono healing system required the presence of mediator – senior qualified practitioner – who would guide a healing process. It is often that the group of people need be to interacting with each other in a certain way for the process to take place. Mornnah updated Ho’oponopono in a way that the healing and transformation process no longer required the presence of any other person but the practitioner himself. Neither any specific interaction is required between practitioner and other people.

Dr. Ihaleakala Hew Len was the most avid student of Mornnah Simeona and practitioner of updated Ho’oponopono technique. He was the first person who got documented and confirmed proof of the healing miracles initiated by the Ho’oponopono process. Dr. Hew Len observed Ho’oponopono healing powers himself when Mornnah Simeona healed his daughter from painful bleeding shingles (skin disease) that she suffered from for more than a decade without anyone or anything helping.

Being a traditionally educated, university-trained physician, he decided to look deeper into the process that Mornnah Simeona was using. He signed into her seminar in 1982 and, not without certain degree of struggle, managed to complete the training. He stayed and learned from Mornnah all the way till 1992 when she passed away. Paying utmost attention to her teaching and practices, Dr Hew Len managed to simplify and improve Ho’oponopono process even more and with amazing results.

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 a psychiatric high security facility. Violence against each other and staff members was 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 my multiple witnesses and personnel.

How did such miraculous change took 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.

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 renowned writer and speaker 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 a reminder of your creative powers and gentle welcome to return back to your inner nature. When you return back to your most inner nature, everything becomes available to you effortlessly and you are driven by inspiration from Divinity, not by petty ego wants.

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 yourself from subconscious garbage, from programs that run your life without your participation.

Good chanting and good luck.