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Taking 100% Responsibility – Hawaiian Style

Ho'oponopono

Ho'o = causative verb: "to make something happen" pono = "right"

ponopono = reduplication: "completely right"

<http://nativenetwork.ecr.gov/?link=106>

Ho'oponopono means "to make things right" or "to rectify an error." It has its origins in an ancient native Hawaiian cleansing, healing and conflict resolution process. The person credited with bringing it to a modern audience is Mornah Simonea a "kahuna" (native Hawaiian spiritual teacher) who died in the 1990's.

Her process was based on the foundational Ho'oponopono belief that all conflict and "dis=ease" originate in a lack of internal balance – and in particular with non-harmonious thoughts. These negative thoughts which we are carrying inside ourselves which are causing our conflicts, are thoughts imbued with *painful memories*.

These memories can be conscious or unconscious, consequently, we might not think we have a memory associated with a particular person or situation that is bothering us. But the belief is we do – or else we wouldn't be having the "negative" reaction we are having to that situation. Since conflict is seen as originating in our own non-harmonious thoughts, the remedy is to *let go of our painful thoughts*. As we let go, we unblock the disease and then healing for all - follows.

I first heard of Ho'oponopono through a story about a present-day Ho'oponopono practitioner trained by Mornah Simonea. This practitioner had been working as a therapist in a Hawaiian state mental hospital where it is said that he cured a whole ward of criminally "insane" patients - without even interacting with them!

Apparently, he would sit in his office, look at a patient's chart, then look within himself to see how he created that person's illness. His belief was that he was causing the "not right" reality he came in contact with through his own unresolved memories.

His mindset was that he was taking 100% responsibility for creating the negative situation his mind saw (even though he had never even met some of these patients).

He would start by asking a question of his "Higher Self": "What is going on in me to cause this person's pain? How did I create this pain?"

Then, he would sit quietly and notice what thoughts and memories would arise in him associated with the situation at hand.

As he made his discoveries, he would say a simple four sentence prayer asking for forgiveness.

The intention of this process was to “cleanse” his own memories, judgments and beliefs linked to this other person. As he improved himself, the patient he was treating in this way, also improved.

After three years of this Ho’oponopono practicing, the ward was empty and had to be closed. All patients were either completely “cured” – or were no longer needing to be confined to the criminal ward.

The story seemed unbelievable, so I did my own research.

The person does exist, as does the Hospital - Hawaii State Hospital. Dr. Ihaleakala Hew Len (Dr. Len for short) was a staff psychologist from 1984 – 1987. During that time, and before and after, he was a direct student of Mornah Simonea.

Dr. Len is still alive today and now runs a training centre dedicated to Ho'oponopono.

His website is: <http://hooponopono.org>.

According to Dr. Len, to do Ho'oponopono "you don't have to know what the problem or error is. All you have to do is *notice any problem* you are experiencing physically, mentally, emotionally, whatever. Once you notice, your responsibility is to immediately begin to *clean up the block there*."

The four sentence prayer Dr. Len uses once he’s noticed any pain in the world is: ***“I’m sorry. Please forgive me. I love you. Thank you.”***

“In this way,” he says, “you *neutralize the energy* you have [subconsciously] associated with that person, place, or thing.”
(www.dr.cat.org/articles_interviews/html/hotfudge.html)

Ho'oponopono believes our painful memories replay outwardly as our judgments and as our problems – which we then see projected out in the world. Dr Len sees our job as asking “Divinity” to help us let go of the negatives ways we perceive others, as we – and they – are fundamentally at our core (if we could only see it) “pure Divinity”.

Anytime we notice ourselves moralizing judging, anxious or with a “problem” of any sort - these are cues to ask how we are causing this and to then say to our Higher Selves:

"I'm sorry for whatever is going on in me that I am experiencing this person or situation this way! *Please forgive me* for this negative perception in me – and please convert that memory, block, error to nothing (to our original state – the void or clarity). Only out of clarity can the light of divinity come and provide insight. *I love you. Thank you.*"

(www.newsforthesoul.com/drlen.htm)

Ho'oponopono is ultimately about evoking the spirit of love within. Healing means loving yourself. As you love yourself more completely, you elevate your world.

I have personally experienced this tool as a powerful way to look within when I am triggered by another. It helps me release painful blocks preventing me from seeing the other more fully - transforming conflict and making things right.

Try it! Let me know what you discover.

“When you are right with yourself, with others and with Spirit, you are in Pono.” (www.kahanapono.tripod.com/huna.html)