

# Ho'oponopono

By: Joe Vitale

Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients—without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved. When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story. However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does – but that's wrong. The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility.

His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist. He explained that he worked at Hawaii State Hospital for four years. The ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work or visit. Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself patients began to heal. "After a few months, patients that had to be shackled were being allowed to walk freely," he told me. "Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed." I was in awe. "No only that," he went on, "but the staff began to enjoy coming to work." "Absenteeism and turnover disappeared.

We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed." This is where I had to ask the million dollar question: "What were you doing within yourself that caused those people to change?" "I was simply healing that part of me that created them," he said. I didn't understand. Dr. Len explained that total responsibility for your life means that everything in your life – simply because it is in your life –is your responsibility. In a literal sense the entire world is your creation. Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don't like – is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you.

The problem isn't with them, it's with you, and to change them, you have to change you. I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho'oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal, you do it by healing you. I asked Dr. Len how he went about healing himself. What was he doing exactly, when he looked at those patients files? "I just kept saying, "I'm sorry" and "I love you" over and over again," he explained. That's it? "That's it," said Dr. Len. "Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world."

Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, "I'm sorry" and "I love you." I didn't say it to anyone in particular. I was simply evoking the spirit of love

to heal within me what was creating the outer circumstance. Within an hour I got an email from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying, "I love you." I somehow healed within me what was creating him.

"What about books that are already sold and out there?" I asked. "They aren't out there," he explained, once again blowing my mind with his mystic wisdom. "They are still in you." In short, there is not 'out there.' It would take a whole book to explain this advanced technique with the depth it deserves. Suffice it to say that whenever you want to improve anything in your life, there's only one place to look: inside you.

When you look, do it with love!

## **Beyond Traditional Means: Ho'oponopono**

**An interview with ...**

**Morrnah Simeona and Dr. Stan Hew Len\***

**by Deborah King -- frequent contributor to the New Times**

"We can appeal to Divinity who knows our personal blueprint, for healing of all thoughts and memories that are holding us back at this time," softly shares Morrnah Simeona. "It is a matter of going beyond traditional means of accessing knowledge about ourselves."

The process that Morrnah refers to is based on the ancient Hawaiian method of stress reduction (release) and problem solving called Ho'oponopono. The word Ho'oponopono means to make right, to rectify an error. Morrnah is a native Hawaiian Kahuna Lapa'au. Kahuna means "keeper of the secret" and Lapa'au means "a specialist in healing." She was chosen to be a kahuna while still a small child and received her gift of healing at the age of three. She is the daughter of a member of the court of Queen Liliuokalani, the last sovereign of the Hawaiian Islands. The process that is now brought forth is a modernization of an ancient spiritual cleansing ritual. It has proven so effective that she has been invited to teach this method at the United Nations, the World Health Organization and at institutions of healing throughout the world.

How does Ho'oponopono work? Morrnah explains, "We are the sum total of our experiences, which is to say that we are burdened by our pasts. When we experience stress or fear in our lives, if we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced."

She continues, "The main purpose of this process is to discover the Divinity within oneself. The Ho'oponopono is a profound gift which allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past."

Every memory of every experience, since the first moment of our creation, eons ago, is recorded as a thought form which is stored in the etheric realm. This incredible recorder/computer is also known as the subconscious, unihipili or child aspect within us. The inner child is very real and comprises one part of the Self. The other aspects are the mother, also known as the uhane or rational mind and the father, the

superconscious or Spiritual aspect. The three comprise the inner family, which, in partnership with The Divine Creator, makes up one's Self I-Dentity. Every human being in creation, every plant, atom and molecule has these three selves and yet each blueprint is completely different.

The most important task for people is to find his or her true identity and place in the Universe. This process allows that understanding to become available.

The purpose of Ho'oponopono is to: 1) Connect with the Divinity within on a moment-to-moment basis; 2) To ask that movement and all it contains, be cleansed. Only the Divinity can do that. Only the Divinity can erase or correct memories and thought forms. Since the Divinity created us, only the Divinity knows what is going on with a person.

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

In the area of problem solving: the world is a reflection of what is happening inside us. If you are experiencing upset or imbalance, the place to look is inside yourself, not outside at the object you perceive as causing your problem. Every stress, imbalance or illness can be corrected just by working on yourself. It is important to mention that this system is fundamentally different from other forms of Ho'oponopono. In traditional methods, everyone who is involved in a problem needs to be physically present and work it out together. In Mornah's system everything can be handled by you and the Divinity. You don't need to go one inch outside yourself for answers or help. There is no one who can give you any more relevant information than you can get by going within yourself.

Mornah especially recommends Ho'oponopono for those in the healing profession: "It is important to clear Karmic patterns with your clients before you start working with them, so that you don't activate old stuff between you. Perhaps you shouldn't be working with that person at all. Only the Divinity knows. If you work with a person and it isn't your business, you can take on the person's entire problem and everything associated with it. This can cause burnout. The Ho'oponopono gives the tools to prevent that from happening."

Mornah wished for our Western society that everyone would do things to reduce the stress. "Western people have great difficulty in putting the intellect behind. It is difficult for the Western mind to get a grasp of a Higher Being because in traditional Western churches, the Higher Beings are not made evident." She continues, "Western man has gone to the extremes with his intellectualism it divides and keeps people separate. Man then becomes a destroyer because he manages and copes rather than letting the perpetuating force of the Divinity flow through him for right action."

Mornah works with her associate, Dr. Stanley Hew Len, who spent several years as a consulting clinical psychologist at the Hawaii State Hospital. He has had profound results by using this process with the most dangerous, violently "mentally ill" criminals in Hawaii. Yet he never talks to them, in fact, he never even sees them. He writes down their name and then just works on himself. He cleanses his judgments, beliefs, attitudes and asks the Divinity what he can do for the person. As those attachments and memories are cleansed, the patient improves. "The Divinity," comments Stan, "says it is time to bring all the children home."

[\* also known as Dr. Ihaleakala Hew Len]

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**“I love you.”**

**“I’m sorry”**

**“Please forgive me.”**

**“Thank you.”**

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**The Process of Ho'oponopono:**

1. Bring to mind anyone with whom you do not feel total alignment or support, etc.
2. In your mind's eye, construct a small stage below you
3. Imagine an infinite source of love and healing flowing from a source above the top of your head (from your Higher Self), and open up the top of your head, and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal up the person on the stage. Be sure it is all right for you to heal the person and that they accept the healing.
4. When the healing is complete, have a discussion with the person and forgive them, and have them forgive you.
5. Next, let go of the person, and see them floating away. As they do, cut the aka cord that connects the two of you (if appropriate). If you are healing in a current primary relationship, then assimilate the person inside you.

Do this with every person in your life with whom you are incomplete, or not aligned.

The final test is, can you see the person or think of them without feeling any negative emotions. If you do feel negative emotions when you do, then do the process again.