

Taken from: <http://www.healthlady.com/spiritual-growht/ho'o-pono-pono/>

Comments on Nancy Desjardins web site www.healthlady.com - January 1st, 2010

Re: The Healing Nature of Ho'oponopono

Dear Nancy,

A friend of mine sent me your u-tube piece on Ho'oponopono. This is the first time I have been introduced to you and your website. I love to see more people being exposed to this powerful healing ritual.

I am an Integrative Life Coach and I often share the ritual with clients as a tool to heal resentments or relationships that require forgiveness (or even self forgiveness). I use this technique when explaining the concept of 'projections' or 'mirroring'. Whenever you are 'plugged in' or emotionally affected by someone else's behavior and not merely just informed by them, you are likely in projection. Projection is best described using the Holographic Theory. The Holographic Theory says, 'you are not in this world, the world is within you'. Meaning, there is nothing outside this world that is not within you. Let's just say, if you were to walk into a crowded room, who's the only person you can't see? Yourself! Unless of course you have a mirror. The Universe in her glory provides us our mirrors in and through other people. What you see in someone else is within you – both the light and the dark. To sum it up, if you are emotionally charged by another person, it is just a projection of yourself.

Human beings are created as whole beings – we are the brave and the coward, the beautiful and the ugly, the smart and the stupid, the funny and the sad. At a very young age we learn to disassociate from those parts of ourselves that we (or society) deem negative. We say, 'I'm not like that!'. So in the Universe's efforts for us to become whole again, it shows us who we are in and through other people. It is our job to have the courage to see those aspects of ourselves that we 'discarded' and said that they are bad. The cosmic joke is, none of who we are is bad. In fact it all serves – after all God created us whole beings with all the

polarities. We can't know the light unless we know the dark. You can't know love unless you know anger or fear. We just need to find the gift in the dark.

So where does Ho'oponopono come in? In my mind it goes a little deeper than just the simple acknowledgements of I love you, thank you, please forgive me, and I'm sorry. Metaphysically what does that all mean?

Typically, our biggest projections are shown in the people closest to us; our parents, husbands, wife's and ex's. We often project our unwanted aspects onto those closest to us. I am a believer that the significant people in our lives are with us for a soul reason. Meaning, in the heavenly realms when we were balls of light waiting for our dissension into a human form we shook hands stating that we would have 'the experience' together in order to show each other who we were. My father (my biggest mirror) came in to show me my frustration. Until I started using the concepts of projections and Ho'oponopono, I was constantly triggered by his frustrated, know-it-all behavior and couldn't wait to get out of his presence. Until I could see, that on a soul level we agreed that one of my father's soul purposes was to show me me – my frustration and know-it-all self through projection. And that on a soul level, his love for me was so profound that he chose to 'lose his light' in order for me to 'get it' – like the Christians that say Jesus died on the cross for our sins – this is how profound my father's love was for me (on a soul to soul level). I used this concept as a ritual to heal my relationship with my father. Today, he doesn't appear to me the same way. In fact, I love and adore my father and he feels the same towards me. I took back my projections. I could see that, 'I am that' in him. This process leads to a deep sense of compassion and forgiveness for our and others humanity.

Using this concept in this way will bring you to a place of acknowledging you are the creator of your own reality. That you 'called in' all experiences for your ascension in consciousness. That everyone is you. Take back all of who you are, it all serves...remember God created us in His likeness and image so even the bad is good!

Namaste sister, Teri Gyemi