

The Practice of Ho'Oponopono

For the aspects of yourself that still require healing, you may wish to utilize the ancient Hawaiian system of Ho'Oponopono. In Hawaiian, ho'o means "cause" and pono means "perfection." It also means "to make right, right" (correcting what went wrong), "to return to the truth," and "breaking down what went wrong and returning it." Ho'Oponopono can be used to heal your wounds through a process of reconciliation and forgiveness. It was part of their original culture where at the end of each day they would examine their conscience and if they had any unforgiveness or negativity they would do this practice, breaking any negativity or darkness and returning to the Light, reconnecting the oneness between all people. They didn't carry any of the negativity of the past with them. Love is the connection between people and shows up as the Light, and anything that is not of that is sort of a love gone wrong. We start clearing at the individual level and spread that out affecting the whole world. We then are in the present moment by getting free of the old negative connections and move toward recreating a new positive connection, if it's meant to be.

Each of us brings into our daily life years of toxic patterns of thought and emotion that resides in the unconscious. These may have accumulated from all the way back through our many generations of ancestors. When this toxicity occupies the unconscious, it manifests as negative conditions in our everyday lives. We then draw to us people, events, and situations that reflect those unconscious states that need healing.

Whenever we encounter anything that causes us not to be at peace, this is a signal that we are not yet experiencing our divine Self in this aspect of our lives. Ho'Oponopono is a way to get in touch with the divinity that is our true being. By ridding ourselves of our negative unconscious states, we access our divine nature, which is the gateway to complete freedom from anything negative in our past or present.

If you experience anything in someone else that troubles you, such as anger, self-pity, or some other negative emotion, this points to something that still needs healing in your own life. Instead of blaming the other person, take 100% responsibility for your reaction. If you are reacting in any way, you or your ancestors have at some time and in some way contributed to creating the inner state you are now experiencing.

In Ho'Oponopono, taking responsibility in this way is called "repentance," which means to think afresh. To repent enables us to see ourselves in an entirely new light, as we truly are in our divinity. Repentance brings about forgiveness. Seeing ourselves differently, we can forgive ourselves for all of the negativity we have created and clear it from our unconscious.

Part of the process of experiencing forgiveness is to express our love for the person or situation that causes us upset. It is helpful to thank the person or situation for being in our lives, if not in person at least in our heart, since they came into our life to cause us grief only because we invited that at a deep unconscious level. Their purpose was to present us with an opportunity to heal some wounded aspect of our psyche. When we recognize this and respond with forgiveness and gratitude, the divine within us flows like a healing balm, transmuting our suffering into peace. Forgiveness is redemptive - healing and transforming - because we flood those aspects of our lives in which we have not yet experienced our divinity with the love that always comes as awareness dawns. As our psyche is restored to wholeness, we heal our external world as well.

Let me illustrate how this works in everyday life. If someone comes into your life who has just cheated on his wife and this generates a negative response in you, ask yourself what in YOU needs healing. What is it about you that is reflected in your reaction to this person cheating? Take 100% responsibility for healing this in yourself by going through the steps of saying to yourself regarding this person, "I'm sorry. Please forgive me. I love you. Thank you."

The same applies if you have an intense dislike for someone, or your family is demonstrating a lot of uncaring behavior towards one another, or you are a psychologist and your client is

suffering from depression. When you experience anything that is not based in acceptance, peace, and love - including matters of a collective nature - continue to say this releasing and healing sequence of short sentences. Sometimes you may need to say the sequence multiple times before the negative unconscious memory within you is released. You will know it has been released when the same situation in your external world no longer upsets you, and you instead find yourself feeling neutral, or feeling acceptance, peace, and love for the person or situation - or the condition simply disappears.

This ancient Hawaiian practice of repentance, forgiveness, and transformation can be an ongoing practice. As already stated, the practice consists of saying to ourselves in silence, or out loud if you are alone, the following short sentences in the sequence given:

I am sorry.

This statement is an admission that I want healing.

Please forgive me.

When I see some person or situation in the world to which I react (that is, not responding with peace and acceptance), it is a sign that this situation or person is mirroring to me an aspect of myself that I have not yet healed within myself. Saying, "Forgive me," is accepting responsibility for what I, or my ancestors, have created or contributed to creating in my world. It is the first step to self-healing.

I love you.

Silently expressing this to the person or situation brings in the transformative power of love to heal what still needs healing in myself that is being mirrored to me.

Thank you.

I thank the person or situation for showing up in my life right now to remind me that there are still places that I need to heal within myself and for prompting me to do so.

Whenever you react to anything negative in your world, it is a reminder that there is still something that needs healing in YOU. So when you are upset by addiction in a loved one, rage in your boss at work, or selfishness in your sibling, you have a wonderful opportunity to heal yourself. Since we are all one, as you heal yourself, the other person or situation is healed in some measure as well. This is based on the idea of 100% responsibility, taking responsibility for everyone's actions, not only for one's own. If one would take complete responsibility for one's life, then everything one sees, hears, tastes, touches, or in any way experiences would be one's responsibility because it is in one's life. The problem would not be with our external reality, it would be with ourselves. To change our reality, we would have to change ourselves. This total responsibility would mean that everything exists as a projection from inside the human being. All consciousness is part of the whole and any error that a person clears in their own consciousness is one step closer to this error being cleared for everyone.

Adapted from "The Leap" by Constance Kellough