



4 "Peace begins with me": Ho'oponopono and Self I-D-entity

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"Ho'oponopono is a profound gift that 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.

... "If we can accept that we are the sum total of all past thoughts, emotions, words, deeds and actions and that our present lives and choices are colored or shaded by this memory bank of the past, then we begin to see how a process of correcting or setting aright can change our lives, our families and our society."

Morrnah Nalamaku Simeona, Ho'oponopono Master Teacher.

Healing mentally ill criminals in prison without even seeing any of them

In Hawaii, at the Hawaii State hospital, there is a therapist, Dr. Ihaleakala Hew Len, who cured a whole ward of mentally ill criminals at a distance only by studying their inmate's chart. He never tried to see the inmates

personally. And these inmates were extremely aggressive to the point that the people working in this prison were terrified to go to work (read the full story in Joe Vitale, Ihaleakala Hew Len, *Zero Limits, The Secret Hawaiian System for Wealth, Health, Peace and More*). But he did something else at the same time.

While examining an inmate's chart, Dr. Hew Len would look inside himself to see how he could have caused himself mental disorders in the inmate.

At first sight, this seems farfetched if not 'insane'. But, in reality, this therapeutic approach, which is based on the principle of TOTAL RESPONSIBILITY, originates from Hawaiian traditional healing wisdom bearing the name of Ho'oponopono.

The Principle of Total Responsibility and Self I-d-entity

Ho'oponopono is a healing method based on the belief in Oneness and that there is "no other". If we think as "One" then we can say that the entire world we see as the "outside world" separate from us is entirely our creation, a projection of ourself. In that sense, everything that we live and react to in life is OUR responsibility. Criminals, terrorists exist seemingly out there, but, in reality, they are projections from inside us.

While Dr. Hew Len studied an inmate's chart, he would ask himself: "What is going on **in me** that has caused this problem, and how can I rectify this problem **in me**?"

As unbelievable as it may seem, this approach makes sense. If we are One, there is only One of us, there is no other. God has only One Son and we are all parts, yet whole, of this Sonship. And even if we firmly believe that we each have our personal self, our own ego, there is only one "apparent personal self", only one ego that we could call the Egoship. Therefore, it makes sense to say that we have total responsibility for everything in our life.

But what does this mean in our day to day experience? Am I a criminal if someone else is? If yes, how can it be, and how can I heal somebody else?

Letting go of the past

We could say that, at a certain "level," which is not a real level, the past has no levels, no hierarchy. There is something called the past, which is collectively consisting of replayed memories. It is as if all the past history of mankind had been played only once, in an infinitesimal fraction of time, when the idea of separation from Oneness traversed our mind. Outside that infinitesimal, tiny instant, we simply reenact endlessly that episode where we thought we created ourselves, independently from God. But it is only a memory on tape in our mind. It is over for a long time but we think it is actually happening.

There are only two different approaches to solve the problem of the past. The first one is to study the past and analyze it endlessly. That is what the analytical theories and methods do. They try to understand the past without being able to resolve it. They try to improve the life of the ill person from memory by using the memory itself.

The second method, used by Ho'oponopono, uses a form of Inspiration and Intention. If we believe that the past is just a bad dream and that it never really existed, or that it belongs to an illusion of the self, what is the best cure if not to heal by what we really are, which is love? **Isn't love the perfect memory of the PRESENT?**

The therapy of Love

In Ho'oponopono, the healer proceeds to clear the past of the ill person by clearing the past of the healer. This is done through the following ritual formula:

I am sorry

Please forgive me

I thank you

I love you

Isn't it how Jesus proceeded when he resurrected Lazarus, seeing equality and perfection in the only One of us?

It is amazing that the foundation of Ho'oponopono is also found in 'A Course in Miracles' and in Heavenletters™.

"Healing is the one ability everyone can develop and MUST develop if he is to be healed. Healing perceives nothing in the healer that everyone else does not share with him. Magic always sees something "special" in the healer, which he believes he can offer as a gift to someone who does not have it. He may believe that the gift comes from God to him, but it is quite evident that he does not understand God if he thinks he has something that others lack." A course in Miracles, VII-5.

In Heavenletters™, God says repeatedly that we don't exist personally (except seemingly) and that there is **no other outside you**.

"God said: ... You are the One. No matter how many others you may seem to see, there is no other. There is no otherness. Certainly there seems to be, and, yet, you pulled a curtain over your own eyes. Heavenletter# 4359 "Life Began on Earth."

And about Love as the only therapy for all of us:

"God said: ... It is enough that My immense heart loves you, loves the One of Me Who is before Me right now. It is enough that My heart loves, for love exists irrespective of anything and everything else. Of course, else is a fiction. There is no else. There is no other, yet, so vast is that concept, it is hard for you to swallow it...

Come back to your awareness of love. I cannot say to you: "Come back to My love," for there is no derailment of My love for you to come back to. Love is your shining light, and love is the essence of you. Reduced to its simplest, love is your DNA, and All That Is means that there is nothing else. I am not a body, and yet I gave you a body in which you can proclaim My existence. Let Me be known through this perceived individuality of Me called you. You are the Deliverer of God." Heavenletter #4360 "The Magnificence of One."

QUOD ERAT DEMONSTRANDUM (Q.E.D): WHICH WAS TO BE DEMONSTRATED.

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