

H'OPONOPONO REIKI

I have shared this on my website and have offered a webinar to facilitate this technique, yet I feel I need to spread the word again. Part of this is due to the feedback I have received and also partly due to my own observations when I use this technique. It does not matter if you think that energy work is woo-woo, or if you don't believe it will work, it will cost you nothing but some of your time to give it a try. And free is always worth the effort of at least trying. The other day I was pondering on an issue that has plagued me most of my life with regards to my monthly cycles. As I was pondering the thought came to me to try H'oponopono on it. I thought why not, I have nothing to lose and everything to gain if it works. I have suffered from severe cramps, and I wondered how much of that was from previous experiences. Maybe it was ingrained that women had to suffer each month or maybe, I do know that when the topic was brought to my generation's attention in 5th grade it was not an open topic, it was still to be hidden each month and not talked about in mixed company. I worked through the mantra 3 times, then forgot about it. Later I felt some twinges and said the mantra 3 times again. I did not feel the twinges again. It might be a fluke but I am not going to question it and will monitor to see how it goes.

Before we begin, please note that you should always have your doctor check out any ailments you have. This technique I am sharing is energy work, and it works energetically to heal on an emotional and mental level. Perhaps the healing is suggestive, though I believe if you try it you will see a difference in your life. I also have infused this technic with Reiki, another energy healing modality which I believe takes H'oponopono to another level.

You are about to embark on a beautiful healing journey. This technique and healing repairs relationships for the highest good. Often it is difficult to forgive people who have hurt us, and even harder to ask for forgiveness of those we have hurt. There is also the aspect of not knowing the effect or hurt, we have placed on another by our actions and words. In order to have peace in our lives, it is important to release anger, resentment, hurt and unforgiveness. All of the mentioned block us from knowing deep peace and joy.

What is H'oponopono?

H'oponopono, *pronounced HOH-oh POH-no POH-no*, is an ancient Hawaiian practice of reconciliation and forgiveness. The closest English translation is "to make right" or "to correct an error." Personally, I had heard of this practice 15 years ago, and while it is an easy practice to learn, and I appropriately said the prayer/mantra in forgiveness work, I did not grasp the concept of why I should do it or how it works. I just blindly used it and trusted that it was doing what it was supposed to do.

In our lives, it is common to assign blame to the outside world. We look to the outside to determine why we are feeling certain emotions. "He made me angry", "The weather is so depressing", "I didn't get invited, they forgot about me", the phrases we use are endless and most point to an outside force as the cause of our inner turmoil or emotions. The H'oponopono philosophy brings to us the view that this is really a delusion. It is something in us rather than the situation itself that is the cause of our distress. I like to call this "something in us" triggers. Whereby something happens to us and we go into auto pilot from an experience we have had before and a reaction is triggered. It is like someone could say something to us in a totally different context than the last experience, but we just hear the words and go into reaction mode. Our subconscious mind is a much like the data on a computer, stored there are all memories of not only this lifetime but previous ones as well. Some of these memories may be personal: they may be difficult experiences that we don't even consciously remember any

longer, we might have blocked them due to how traumatic they were. It is no wonder that we look for the **source** in the wrong place as we only have what is currently going on in front of us as a reference. Our auto pilot takes whatever is going on and translates it to “I need to get you to change so that I don’t have to be angry anymore” and that sets us up for failure. We cannot change another person; we can only shift ourselves.

You might be reading this and wondering “How can I ever clear up something that happened years ago?” There is no possibility of sifting through our subconscious memory bank to find the past data that is giving rise to our here and now distress. It leads us to the instant gratification method of giving whomever a piece of our mind. Yet underneath it all, the situation is still present just waiting for the next trigger to come along. This is where Ho’oponopono comes in. Think of this technique as the delete button on your computer. You make a mistake or decide you no longer need a file and hit delete. You don’t really know (unless you are a programming techy) the process that is set in motion by that action. Your computer however is wired and programmed to ask you if you are sure you want to delete it, and then efficiently takes care of the matter and removes it from your hard drive. Ho’oponopono heals the situation.

With Ho’oponopono, you say the mantra;

I’m sorry

Please forgive me

I love you

Thank you

Which is encoded with the following message:

“I’m sorry for the errors in me that are showing up as this problem. Please forgive me for these errors, and please transmute them to zero, so that I will be set free.”

“In me” does not necessarily mean “mine.” In doing this process, you are taking responsibility, but not the burden. This allows for a gentler, more peaceful clearing, where you are doing the processing to ease yourself, to garner peace for you. You are in control and have the power to let go, thereby facilitating a healing for all involved.

You might think “that’s it!” I do H’oponopono once and everything is healed, yet other memories/triggers will surface over time. When they do, you are given the opportunity to clear them with this gentle technique. Gradually over time you will delight in how well this technique works, rather than straining to figure out solutions or staying angry, you are allowing divine inspiration to transmute the distress.

The wisdom of Reiki understands what is best for the individual, and the energies act accordingly for the best possible outcome. When we include Reiki with H’oponopono we connect with everyone on our list. Including the unknown and the forgotten. Relationships are healed for the highest good. All misunderstandings will get cleared. Reiki and H’oponopono send a message to the souls of all involved, that all grievances are forgiven and forgotten. You do not need to be attuned to Reiki for this healing journey. I have infused the healing with Reiki so that all may benefit.

Getting Prepared;

Take a few moments to ground and relax yourself. Close your eyes, and take a deep breath and slowly release it. As you continue to breathe in, visualize and feel that breath going through your body and grabbing any tension to be released on your exhale. When you feel you are free of tension inhale once more – deeply and on the release

say “ground, ground, ground”.

Calling in the Angels;

At this point ask your angels and guides to be with you. They will hold the space for healing to occur, and will assist you.

It is also a good idea to call upon Archangel Michael for protection, Archangel Raphael for healing, and Archangel Chamuel for finding and connecting all who require healing with regards to the situation or situations you are working on releasing.

The List;

Print off the next page, or just use your own plain piece of paper, don't worry about the Reiki infusion, as I have set the intent that it will be there for you. This page has been infused with Reiki energy. On it write the names of those you wish to forgive, and those you are seeking forgiveness from.

Obviously you will not know the names of the people you have hurt or who have hurt you in your past lives. You might also have buried some events so deeply in your subconscious that you cannot recall all you should include on your list. To cover this, please write the following on your piece of paper;

“Everyone I have hurt across all directions of time.”

And

“Everyone who has hurt me across all directions of time.”

Make sure you include your name on your list.

Once you have completed your list, you are going to say the H'oponopono mantra for each name three times.

Closing;

Take as much time as you need to go through your list. Honestly feel that you are sending healing to each name on the list, and most importantly – know that you are giving yourself the gift of healing so that you know greater peace.

Once you have completed your list, take a few deep breathes. Thank your angels for being present and ask the Archangels to continue to support all that were involved in this session of healing.

You might find that you will want to do H'oponopono each day for a while, and that is fine. Or you might not find it necessary and do it once, then a few months down the road will feel the call to say the mantra around a situation. However, you include H'oponopono in your life will be right for you. You might be like me and know about it, but not truly understand the depth and value of it for many years.

I have used this on my arthritis in my knees, gently holding my knee I have said the mantra. I have said the mantra in moments of confusion, and in moments of anger. The most powerful way to use this technique is to focus on yourself and say the mantra to yourself three times. The first two lines are easy, the third line can bring up all kinds

of emotions. "I love you", if it brings up a well of emotions see if you understand why, you might not, but keep doing it anyway. On some level you are healing yourself and that is a most precious gift to give.

H'oponopono and the Chakras;

Focus on each chakra, one at a time and say the mantra three times. It will clear and cleanse your chakras and help bring you into balance.

Here are the chakras, and where they are in your physical body.

If you would like to know more about chakras check out my YouTube here <https://youtu.be/OTFIIQCEGjQ>

Try H'oponopono for yourself. If you would like to have me help you with this, please connect with me, I would be more than happy to help you learn and discover this healing technique.

Namaste

Marlene Cobb

Copyright (c) 2016 by Marlene Cobb. All rights reserved. You may quote, copy, translate and link to this article, in its entirety, on free, non-donation based websites only, as long as you include the author name and a working link to www.merrlina.com. All other uses are strictly prohibited.