

ACIM version of the Ho'oponopono & Burning Bowl Ceremony

What is the Ho'oponopono?

- Ho'oponopono is a Hawaiian word defined in the Pukui and Elbert *Hawaiian Dictionary* as "Mental cleansing: Family conferences in which relationships were set right through prayer, discussion, confession, repentance, and mutual restitution and forgiveness."
- This process is based on the principles of Total Responsibility: i.e. taking responsibility for *everyone's* thoughts, words, and actions.
- By taking complete responsibility for one's life, then **everything and everyone** I experience, in other words the meaning I give them, is **my** responsibility - because it is in my awareness.
- Total Responsibility advocates that everything exists as a **projection** from inside the human mind.
- The problem isn't with our external reality, it is with **ourselves**. To change our experience of reality, we have to change how we see others.

The World's Most Unusual Therapist

by Dr. 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. 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. That 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.

"Not 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 the part of me that created them," he said.

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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--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," he said.

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 e-mail 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'm sorry. I love you," I somehow healed within me what was creating him.

I later attended a Ho'oponopono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve. "What about the 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 no 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."

Inspirations

"If you want to solve a problem, no matter what kind of problem, work on yourself." -Ihaleakala Hew Len

<http://www.hooponopono.org/Articles>

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Dr. Ihaleakala Hew Len has been practicing the updated Ho'oponopono since November of 1982. He was taught the process by Kahuna Lapa'au Mornnah Nalamaku Simeona, who was designated a Living Treasure of Hawaii in 1983. He was staff psychologist in the forensic unit for the criminally mentally ill at Hawaii State Hospital for several years. He has taught the updated Ho'oponopono around the world and at the United Nations several times. More information can be found on the Foundation's web site: www.hooponopono.org

In the words of Dr. Ihaleakala Hew Len:

"Ho'oponopono is really very simple. For the ancient Hawaiians, all problems begin as thought. But having a thought is not the problem. So what's the problem? The problem is that all our thoughts are **imbued** with painful memories, memories of persons, places, or things.

The intellect working alone can't solve these problems, because the intellect only manages. Managing things is no way to solve problems. You want to let them go! When you do Ho'oponopono, what happens is that the Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place, or thing. You neutralize the energy (the meaning) you associate with that person, place, or thing. So the first stage of Ho'oponopono is the purification of that energy.

Now something wonderful happens. Not only does that energy get neutralized; it also gets released, so there's a brand new slate. Buddhists call it the Void. The final step is that you allow the Divinity to come in and fill the void with light.

To do Ho'oponopono, you don't have to know what the problem or error is. All you have to do is notice any problem you are experiencing physically, mentally, emotionally, whatever. Once you notice, your responsibility is to immediately begin to clean, to say, "I'm sorry. Please forgive me. I Love you."

ACIM Healing Thoughts

T-11.VIII.10.4 Nothing will be beyond your healing power, because nothing will be denied your simple request. What problems will not disappear in the Presence of God's Answer? Ask, then, to learn of the reality of your brother, because this is what you will perceive in him, and you will see your beauty reflected in his.

*T-28.II.11. The miracle returns the cause of fear to you who made it... Yet half the lesson will not teach the whole. The miracle is useless if you learn but that the body can be healed, for this is not the lesson it was sent to teach. The lesson is the **mind** was sick that thought the body could be sick; projecting out its guilt caused nothing, and had no effects.*

T-17.IV.8. The special relationship has the most imposing and deceptive frame of all the defenses the ego uses.

T-16.VII.1. It is impossible to let the past go without relinquishing the special relationship. For the special relationship is an attempt to re-enact the past and change it. Imagined slights, remembered pain, past disappointments, perceived injustices and deprivations all enter into the special relationship, which becomes a way in which you seek to restore your wounded self-esteem.

*T-22.VI.4. This holy relationship, lovely in its innocence, mighty in strength, and blazing with a light far brighter than the sun that lights the sky you see, is chosen of your Father as a means for His Own plan. Be thankful that it serves yours not at all. Nothing entrusted to it can be misused, and nothing given it but will be used. This holy relationship has the power to heal all pain, regardless of its form. Neither you nor your brother alone can serve at all. Only in your joint will does healing lie. For here your healing is, and here will you accept Atonement. And in your healing is the Sonship healed **because** your will and your brother's are joined.*

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What is a Burning Bowl Ceremony?

Fire can be seen as a cleansing force. We will utilize it to release and unwind the past. This exercise is an opportunity to use our “Right Mind” to recognize the people and events that have helped us to grow – our Special Relationships. The key to our releasing process is to recognize resistance and judgment. We must stay ever vigilant of our thoughts and feelings. Resistance to “what is” can show up in the form of a mild reluctance, or irritation, anger, dissatisfaction, avoidance, rage, guilt, feeling wronged, etc. **Any negative emotion is an indicator of resistance.** Judgment is a projection of something inside of us on another. It indicates we are not accepting something inside of us as it is right now. Judgment focuses on the past or the future, and avoids the “now.” We use a Burning Flame as an indicator to ourselves that we are ready to unwind the past and change any special relationship we have into a Holy relationship - so that we may both be at Peace.

Process

Think about anyone or anything over your entire lifetime has ever wronged you in any way - from mild to moderate, or more. Alternatively, consider people you may have wronged in any way. Family, Partners, Lovers, Friends, Acquaintances, Teachers, Politicians, Bosses, Co-Workers, Strangers, Organizations, etc. Put each of their names on an individual line on a piece of paper. Be as thorough as you can. If in doubt – write it down.

Ground. Then with each one, contemplate their role as a teacher. What highest lesson were they trying to share? Consider your role as teacher. What highest lesson were you sharing? Invite the Holy Spirit into this relationship and ask to see you both connected in a new and loving way. Say the six Bold statements below aloud (if you are alone), and say the name you wrote down where you see the star. ★ When done, join with the Holy Spirit and know that the process is complete. Write an inspired word or phrase next to the name that signifies completion: **Loved, Forgiven, Released, Teacher, Thank You, Healed**, etc. Repeat with the next person.

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- **Thank You**
★ *For being my teacher, my role model, my reminder.*
- **I'm Sorry**
★ *For asking you to play “that” role in my life so that I could learn “that” lesson. I know I am responsible for everything I experience and project.*
- **Please Forgive Me**
★ *For anything I have ever done; any thoughts, words, or actions that could have caused you any harm.*
- **I Love You**
★ *For I see you as a true fragment of God – Perfect and Sinless*
- **I Release You**
★ *For I now recognize that the purpose of this relationship is to make me conscious – not to make me happy.*
- **I Forgive Me**
For forgetting that I too am a perfect fragment of God

...And then simply sit with this thought of True Forgiveness and hand it over to the Holy Spirit.

Sit in silence. Repeat the process if someone else comes to mind.

When done, and fully inspired (in Spirit), put the paper in the Bowl as you express Gratitude and Release. We will be leaving quietly tonight. We will burn all the notes outside at the end of the evening.

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Name

Releasing Phrase
