

HO'OPONOPONO

By 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 ay. We're responsible for what we do, not what anyone else does—but that's wrong.”

“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. 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 or 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.”

“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 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.”

Self Identity through Ho`oponopono is about opening doors to greater understanding and deeper awareness of life and one's purpose as an individual incarnated on earth as an inhabitant of humanity.

You as a soul are precious. Knowingly and unknowingly you impact all about you through thoughts, words, deeds and actions.

Self Identity through Ho`oponopono is a process of letting go of toxic energies within you to allow the impact of **Divine** thoughts, words, deeds and actions.

At this point in the game, the word “Ho`oponopono” is not nearly as well known as it will be within the next 6 to 12 months, so I am putting forth this basic description of [Ho`oponopono](#) so that you can decide for yourself if you would like to engage in some further study.

Based on what I know, I would recommend that you DO spend more time learning about and practicing Ho`oponopono, and if you take that advice, [Dr. Joe Vitale](#) is the man who you want to learn about it from. Dr. Vitale's [passion](#) on this subject is amazing, and as of this date (November 7, 2006) he already has a book in the works on this very subject called [Zero Limits](#).

The basic idea behind Ho`oponopono stems from the meaning of the word, given to us by the Hawaiian culture. Loosely translated, Ho`oponopono means “to set things right”, or, in more simple terms, to fix stuff!

Everyone has things that they want to have fixed, and Ho`oponopono is not only a powerful way to fix literally **everything** that you can imagine, but it is so ridiculously simple to use that there is really no reason to not take advantage of this powerful technique.

The basic concept behind Ho`oponopono is going to first require you to realize the immutable fact that your entire existence comes from within, not from outside of yourself.

[John Assaraf](#) does a great job of vocalizing this concept during part of his teachings in the movie ‘[The Secret](#)’. John says “There is no ‘out there’ and ‘in here’”, and that is the very truth of our Universal existence.

We are all one with all things at all times. That may be tough to grasp for some, but it's true. We are all simply extensions of “[source energy](#)”, which is the very “stuff” that the entire Universe is made out of.

So, if we are made out of this source energy - which we are, and based on Quantum Mechanics, we are all creators of our own existence (which we are), then one very simple truth rears it's head for all to see, and it is quite undeniable:

Everything is your Creation!

Everything that you see, hear, feel, smell, touch, think, remember, or emotionally react to - these are all things that YOU have created. And yes, that includes the good, as well as the bad. Each of these things exists because on some level you want them to exist, which takes us back to Ho‘oponopono.

If everything that you perceive in the world exists BECAUSE you perceive it, can you guess what amazing and God-like power you have at your very fingertips?

That’s right. You can either make more of it, or you can make it go away!

No, I’m not talking about creating thousand dollar bills out of thin air, or wishing away annoying in-laws. However, it is indeed possible for you to create your life so that you HAVE thousand dollars bills, or that your in-laws are no longer an annoyance to you.

That tip alone is probably worth the price of admission, right?

How is all of this done via Ho‘oponopono? By simply accepting responsibility.

When you truly grasp and get your head around the fact that you are literally creating every single piece of your existence - from the smallest molecule up through the tallest skyscraper, from the most heart-felt **Love** to the most gut-wrenching hatred - then you realize that you can effect change over each and every one of those things because you are responsible for them being there to begin with.

You do this simply by showing Gratitude for the things in your life that you are thankful for and that you want to grow and flourish, and by showing Forgiveness for the things that you want to go away or diminish.

Now, let’s see if you have been paying attention:

If you are responsible for all things in your existence - the good as well as the bad - and you have the power to diminish or to allow those things to grow simply by showing Gratitude or Forgiveness, **who are you showing Gratitude and Forgiveness TO?**

.....
.....
.....

Okay, time’s up. It’s YOU! If you created something that is wonderful, you are thanking yourself for doing so, thus ensuring future occurrences of that same positive behavior. If you created something terrible, then you are forgiving yourself for doing it, thus making sure that it doesn’t happen again in the future.

Here is where it gets tough to swallow, but these concepts are just as true on a “microcosm” level as they are on a “macrocosm” level:

You are responsible for everything that is part of your existence. I always like the bad news first, so I'll share that courtesy with you (thus creating more courtesy for myself, if you've been paying attention):

Terrorism is your fault. Murder is your fault. Famine and [disease](#) are your fault. School shootings are your fault. Taxes are your fault.

OUCH! That hurts, doesn't it? You bet it does. But here's the good news:

Love is your fault. Childbirth is your fault. [Families](#) are your fault. Friends are your fault. Medical miracles are your fault. Firemen are your fault. Pets are your fault. A child's curiosity is your fault. Unadulterated JOY is all YOUR fault!

Are you starting to see your power now? You can do it **all**. In fact, you ARE doing it all. Right now, at this very moment as you read this. You are both creating and destroying your world, because it is all YOU.

When you go to bed tonight and you can't sleep, you created that. When you pass out face down on your pillow and get the best night's sleep of your life, you created that, too.

When you get out of bed in the morning and it's raining so hard that you can't even see your car in your own driveway, that is your creation. When you get up in the morning and you are greeted by a dawn that could literally be the dawning of Time itself (and it is), that is also your creation.

It's all you. All the Good, all the Bad, and everything in between. And you can control these things by learning to control your Gratitude and your Forgiveness reactions to them with Ho'oponopono.

Different practitioners have different methods of invoking the power of Ho'oponopono, but since I believe in Dr. Joe Vitale (after all, he is MY creation), I am utilizing his methods of invoking Ho'oponopono, which can be summed up in the 4 phrases that he uses whenever he wants to invoke Ho'oponopono, which is also called "cleaning":

"I Love You"

"I'm Sorry"

"Please Forgive Me"

"Thank You"

That's it! By creating a mantra of saying those 4 things pretty much as often as you can day after day and week after week, you will quickly come to the realization that by Loving yourself, by Apologizing to yourself when you have done something wrong, by Forgiving yourself for that wrong-doing, and by Thanking yourself for the opportunity to create Good, as well as to stop creating Bad, that you can create your life to be "right".

Remember that the loose definition of Ho'oponopono is "to set things right". Since you are the sole creator of your entire existence, you have the power to create whatever "right" world that

you want to live in, and you can do it by simply saying and believing those 4 simple phrases.

I know that for some of you, all of this may seem incredibly hard to believe. You refuse to grasp the fact that you are literally the very creator of the entire existence that you live, and that you can easily manipulate that existence with 4 sets of words.

So here is one more test for you:

If you don't believe any of this, who created that disbelief?

Think about it.

And yes, I Forgive You.