

1 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)



E Ho'omanamaiola

Hawaiian Spiritual Healing Course

Handout for:

On-line Course

Ka Hana Ha Ike Ola

(Using the deepest wisdom and breath of our ancestors to Heal)

2 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

Hakalau (Expanded Awareness)

Foundation:

When we are talking about *Hakalau*, it is basically peripheral vision. BUT really, it is much more! (*we will use Hakalau, peripheral vision and expanded awareness interchangeably*)

When you are in *Hakalau* (peripheral vision/expanded awareness), it is extremely difficult (*if not impossible*) to hold on to a negative thought. Did you really get that? You cannot hold on to a negative thought. Do not take my word for it. Try it yourself.

Exercise:

- Think of a negative thought. Make sure you can feel the negative emotion behind the thought.
- Try to hold on to the thought/negative and go into *Hakalau*
- The negative thought will dissipate and then disappear

Note: If you need to make sure you are in *Hakalau* (*peripheral vision*)

- hold your hands out to the sides in front of you, at eye level
- See your hands as well as the walls on both sides
- Watch Video on Hakalau in course material

Question: How does/did that work?

Answer: There is some science behind this.

First, a little bit of neuroscience and Neuro Linguistic Programming (*NLP*).

Where you position your eyes is where you access your brain. In *NLP*, it is referred to as Eye Accessing. There are only 3 basic positions. These positions are related to your learning styles. It is a little more involved than that but basically:

- (1) Looking up: Making or remembering pictures; Visual learners look up
- (2) Looking straight out: Remembering or creating sounds; Auditory learners look straight out
- (3) Looking down: Internal dialogue and emotions; Kinesthetic (*hands-on*) learners look down

However, when you are in *expanded awareness*, your mind quiets down. It is very difficult to hold negative thoughts in your mind. If you want to be a little more scientific, *Hakalau* puts you in a light alpha state. Most people know this as the zone.

Imagine being in the zone when learning. Sounds too good to be true.

Most learning institutions teach to the visual and auditory learners. When people take tests and are relaxed, they can access all the learning styles for recalling information. However, when individuals become tense or nervous, they go to their primary learning style. The visual learners look up, answers tend to be there. The auditory learners look up and straight out, answers tend to be there as well. Hands-

3 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

on learners look down, answers tend **NOT** to be there. Especially if their internal dialogue is negative or they are nervous.

The purpose of writing this section is to give teachers & educators a practical tool to use every day in the classroom to assist students to be in the optimum state for learning, a relaxed state.

Background:

Do we all agree that the best state to learn in is a relaxed, focused state?

Psychologically, it is said that the best state to retrieve information (*test taking*) is to retrieve it in the same state you learned it in. Makes sense to me.

If that is the case, then shouldn't we be receiving the information initially, studying and taking the test in this same relaxed state? Again, makes sense to me.

This is where *Hakalau* comes in. Once again *Hakalau*, simply put, is peripheral vision. The kaona (*deeper meaning*) comes from Uncle George Na'ope.

Hakalau is based on one of the Hawaiian's most basic values. How do Hawaiians view the world? Not just Hawaiians, but indigenous people in general. Tunnel vision or Big picture? Big picture, of course. That is not a metaphor. It is a physiological reality. Meaning, when we look out at the world, we can physically see 180 degrees. If we are in a classroom, we would be able to see the walls on both sides. This not only enhances our visual senses but all our senses in all directions.
OR 360 DEGREES AROUND.

How many times have you told a kid to "Just relax and you will do much better," But, did you show them how to relax? Do you even know how to relax yourself? If the answer is no, you are not alone. Most people were never taught how to relax... let alone how to teach others.

Expanded Awareness, simply put:

When you are looking at the teacher (*receiving information*), be able to see the walls on both sides. Is that it? **YES!** Look straight out, (*slightly up is better*) and be able to see both sides in your peripheral vision.

How to teach it to others: (Your students)

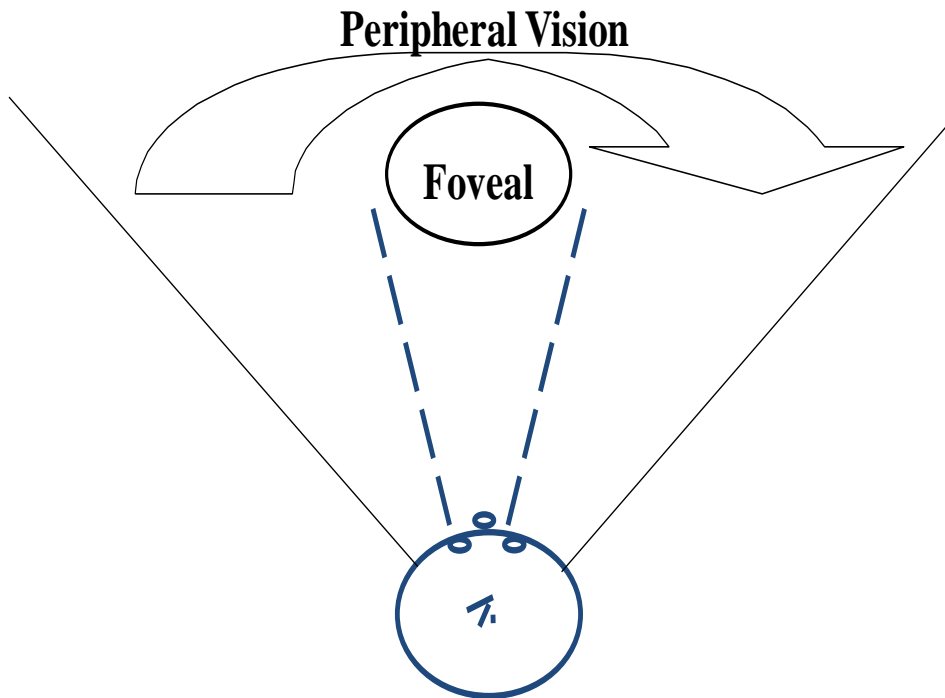
For older students, when you are in front of the class teaching, tell your students to be able to see the walls on both sides.

For younger students, use pictures or stuffed animals along the walls and say "When I'm in front of the class, I'm going to check (*periodically*) how many of you can see me and the cat & dog or dolphin & whale on the walls at the same time." Make it a game. When they learn this skill early in life, they will have it forever.

In short, we believe Hakalau should be in all the schools, taught to all teachers so they can teach it to their students.

4 *E Ho'omanamaiola*
(The Sacred Mana of Truth and Light)

“Hakalau” ...



5 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

Your Ideal Haumana/Student

If you had a magic wand and could conjure up the perfect student, what characteristics would you like that student/haumana to have?

Would you want that student to be?

Characteristics		Characteristics
Tense	OR	Relaxed
Distracted	OR	Attentive
Nervous and Fidgety	OR	Centered and Focused
Negative Internal State	OR	Positive Internal State
Fixed Mindset	OR	Growth Mindset
In a tense/distracted state when taking test (... Test Anxiety)	OR	In a relaxed focused state when taking test (Flow/Allows for Critical Thinking)
Nervous when Public Speaking or during Performance Evaluations	OR	Relaxed/Centered during Public Speaking or Performance Evaluations
Thinking about other things: <i>boyfriend, girlfriend, practice, mom/dad, test, etc.)</i>	OR	Present (<i>Paying attention to the subject being taught</i>)
In a tense/distracted state when instruction is going on. (<i>While you are teaching</i>)	OR	In a relaxed focused state when instruction is going on.
In a tense/distracted state when studying/Reading. (<i>How much information do you think they will remember? Not Much.</i>)	OR	In a relaxed focused state when studying or reading. (<i>Imagine how much more they can remember</i>)
Confused mind/distracting thoughts	OR	Clear mind
Lethargic/Despondent State	OR	Optimum Learning State
Fear of Public Speaking	OR	<u>Overcome</u> Fear of Public Speaking
Fixed Mindset: Negative Brain Chemistry		Growth Mindset: Change Brain Chemistry to Positive

I am assuming you chose the right column.

Well then,

6 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

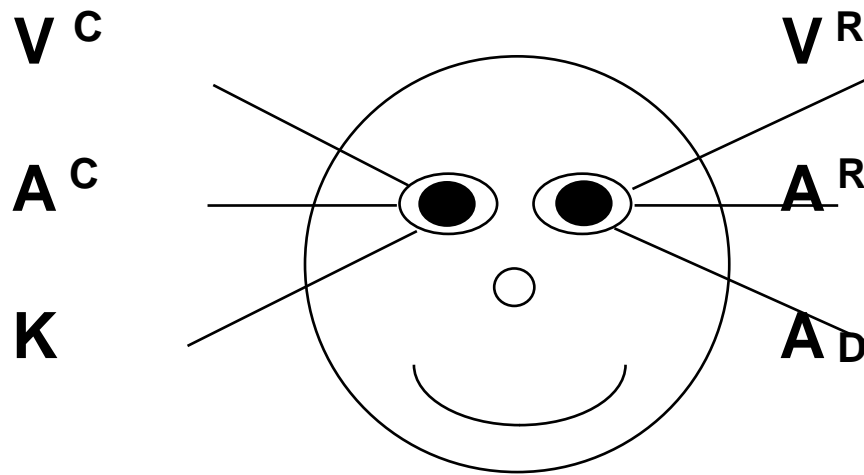
CREATE THAT PERFECT HAUMANA/Student!

Chosen Characteristics		Brain Gym (<i>type</i>) Exercises
Relaxed	DO	<u>Hakalau</u> /Peripheral Vision/Change Internal Representations/State or Physiology
Attentive	DO	Pulling in distracting thoughts/Ha Breathing/ <u>Hakalau</u>
Centered and Focused	DO	<u>Hakalau</u> /Centering
Positive Internal State	DO	Hold Positive Internal Representation or change Physiology (<u>Hakalau</u> does both)
Growth Mindset	DO	<u>Hakalau</u> ...Kiko Pau!! (<i>That is it!</i>)
In a relaxed focused state when taking test (<i>Flow-Allow for Critical Thinking</i>)	DO	<u>Hakalau</u> /Peripheral Vision/Proper Physiology
Relaxed/Centered during Public Speaking or Performance Evaluations...	DO	<u>Hakalau</u> ... <i>See the walls on both sides and ceiling...</i> Peripheral Vision
Present (<i>Paying attention to the subject being taught</i>)	DO	Centering/Grounding <u>Hakalau</u>
In a relaxed focused state when instruction is going on. (<i>While you are teaching</i>)	DO	<u>Hakalau</u> /Peripheral Vision (<i>Seeing kumu/teacher & the walls on both sides, including ceiling</i>)
In a relaxed focused state when studying or reading . (<i>Imagine how much more they can remember</i>)	DO	<u>Hakalau</u> /Peripheral Vision (<i>Walking while reading helps with retention</i>)
Clear mind	DO	Eye Pattern Scramble/ <u>Hakalau</u>
Optimum Learning State	DO	Create <i>Learning Bubble</i> / <u>Hakalau</u>
<u>Overcome</u> Fear of Public Speaking	DO	Teach <u>Hakalau</u> : The 4-student model
Growth Mindset/ <u>Change Brain Chemistry to Positive</u> : <u>Alice Inoue</u>	DO	3-Positive things: Today/Yesterday

7 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

LET'S LEARN SOME SKILL SETS TO EYE PATTERN CHART



V^C = Visual Constructed

V^R = Visual Remembered

A^C = Auditory Constructed

A^R = Auditory Remembered

K = Kinesthetic (Feelings)

A_D = Auditory Digital (Self-talk)

8 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

EYE PATTERNS

V^C: Visual Constructed

Images of things that people have never seen before.

When people are making it up in their head, they are using visual constructed.

QUESTION: “What would your room look like if it were blue?”

V^r: Visual Remembered

Seeing images from memory, recalling things they have seen before.

(In addition, some people access visual remembered by defocusing their eyes.)

QUESTION: “What color was the room you grew up in?”

A^C: Auditory Constructed

Making up sounds that you have not heard before.

QUESTION: “What would I sound like if I had Donald Duck’s voice?”

A^r: Auditory Remembered

When you remember sounds or voices that you’ve heard before, or things that you’ve said to yourself before.

QUESTION: “What was the very last thing I said?”

or **“Can you remember the sound of your mother’s voice?”**

K : Kinesthetic

(Feelings, sense of touch)

Generally you look in this direction when you are accessing you feelings.

QUESTION: “What does it feel like to touch a wet rug?”

A_d: Auditory Digital

This is where your eyes go when you are talking to yourself — internal dialogue.

QUESTION: “Can you recite the pledge of Allegiance to yourself?”

9 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

FAVORED LEARNING STYLES

V: Visual Learner

People who are visual learners will typically move their eyes up when trying to remember something. They memorize by seeing pictures and are less distracted by noise. They often have trouble remembering verbal instructions because their minds tend to wander. They often stand or sit with their heads and/or bodies erect, with their eyes up. The visual learner will often sit forward in their chair and tend to be organized, neat and orderly. **The Why? Person**

A: Auditory learner (*Good listener*)

People who are auditory learners will typically move their eyes sideways/side to side when trying to remember something. They memorize by steps, procedures, and sequences (*sequentially*). They learn by listening and can repeat things back to you easily. They typically talk to themselves and are easily distracted by noise; some even move their lips when they talk to themselves. The auditory learner likes to be TOLD how they're doing and responds to a certain tone of voice or set of words. **The What? Person**

K: Kinesthetic Learner (*Hands on learner*)

People who are kinesthetic learners will typically move their eyes downward when trying to remember something. They memorize by doing or walking through something (*hands on experiencing*). The kinesthetic learner responds to physical rewards and touching.

The How? Person

A_d: Auditory Digital Learner

This type of learner will have a lot of internal dialogue going on and spend a fair amount of time talking to themselves. They will typically move their eyes downward trying to remember something. The auditory digital person can exhibit characteristics of the other major representational systems. **The WHAT IF? Person.**

Note:

- An individual accesses all the learning styles *and* is typically predominant in one. Which one of these learning styles is the most challenging to learn from?
- You know the answer to this: **Kinesthetic (*hands on*) learners for sure. Here's WHY!**
- **Visual** learners look up for answers. Answers tend to be there. They are the **WHY** people. **WHY** am I here? **WHY** do I need to know/learn this?
- **Auditory** learners look straight out. Answers tend to be there as well. They are the **WHAT** people. I know why I am here, just give me the info. **WHAT** do I need to learn?
- **Kinesthetic** learners look down. Answers tend not to be in their internal dialogue, especially if their internal dialogue is negative. The present educational system typically emphasizes **visual** and **auditory** teaching modalities.
- **Auditory digital** learners look down as well. They are the **WHAT IF** people. They tend to focus/internalize on a thought (*might have been part of the lesson*) and **WHAT IF** it to no end. **What if** this and **what if** that? This is the student that will ask a question on something that was covered already and the whole class turns and looks at them. *As distracting as these people may be (when you are the teacher), they are the movers and Shakers in our society. The out of the box thinkers.*

10 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

NAME: _____

DATE: _____

(1) GENERAL: Events/Memories that you can still feel negative emotions from:

<u>EVENTS</u>	<u>ANGER</u>	<u>SADNESS</u>	<u>FEAR</u>	<u>HURT</u>	<u>GUILT</u>
	Frustration Resentment	Depression Disappointment	Anxieties Phobias; known or unknown	Emotional Hurt; around the heart, pu'u wai	Embarrassment Shame
<u>Recent:</u>					
<u>Middle:</u>					
<u>Early:</u>					

(2) Limiting Beliefs/Decisions:

Fear of:

*Failure *Rejection *Abandonment *Being Undeserving *Being Unworthy

--	--	--	--	--

*Other: Others, if any... Normally these 5 will cover all others

(3) Values: Check the VALUE WORDS that Apply

*Relationships *Family *Personal Growth *Health & Fitness
 *Career *Spirituality *Life & Living

VALUE WORDS

Love Trust Honesty Support Communication
 Commitment Respect Connection Other _____

(4) Ho'oponopono: Goes with pages 16-18

(Conflict resolution)

*People	*Places	*Things
How many people?	Like a home, the Dr.'s	Like a Car, necklace, etc.

11 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

Example of Completed From:

NAME: Kalani Smith

DATE: 07/01/2020

GENERAL: Events/Memories that you can still feel negative emotions attached to them:

<u>EVENTS</u>	<u>ANGER</u>	<u>SADNESS</u>	<u>FEAR</u>	<u>HURT</u>	<u>GUILT</u>
	Frustration Resentment	Depression Disappointment	Anxieties Phobias; known or unknown	Emotional Hurt; around the heart, pu'u wai	Embarrassment Shame
<u>Recent:</u>	<i>Flower</i>	Dad	Mother	Waiting	Bottle
<u>Middle:</u>	John	Car	Friend	10 th grade	My secret
<u>Early:</u>	Blue	Tutu	Junk	sister	Anne

(2) Limiting Beliefs/Decisions:

Fear of:

*Failure *Rejection *Abandonment *Being Undeserving *Being Unworthy

✓	✓	✓	✓	✓
---	---	---	---	---

*Other: None... or Fear of SUCCESS... {Which is really, Fear of FAILURE}

(3) Values: *Check the VALUE WORDS that Apply*

*Relationships *Family *Personal Growth *Health & Fitness

VALUE WORDS *Career *Spirituality *Life & Living

Love Trust Honesty Support Communication
 Commitment Respect Connection Other: Loyalty

(4) Ho'oponopono: *Goes with pages 16-18*

(Conflict resolution)

*People 5 people	*Places Hospitals, Work,	*Things Car, ring
----------------------------	------------------------------------	-----------------------------

Creating the Protective Filter/Bubble:

Protective Bubble:

1. The Protective Bubble is a way of keeping negative emotions from others... **out** of your space (*aura*) and letting love and light to enter.
 - You can sense when someone is angry. You do not need to feel it, because if you feel do, it physically weakens your mind, body, and spirit. **(Proven with Muscle Testing)**

2. The Protective Bubble is not a shield. It is a Filter. **(Like an air conditioner)**
 - A shield blocks and does not allow anything to get in or out.
 - You might block the negative emotions from getting in **BUT** you also block the *Love, Joy and Happiness* of the world from getting in too.
 - You also block your *Love and joy* from getting out and trap your negative emotions/thoughts and limiting beliefs inside you. **(They usually manifest in a physical form... eventually; NOT_GOOD)**
 - The Filter/Bubble allows you to *receive Love and light* and allows you to *send love and light*. Just blocks the negative from getting into your space.
 - The negativity gets caught in the filter (*eventually, falls to the ground OR goes up into the heavens and gets transformed*) while the *love, joy and happiness* of the world passes through. Remember, **You set the intention!**

3. The way this is done, is with **intention** and the **power of your mind**.
 - We all have energies around us, as seen/sensed in our aura.
 - All we have to do is to put this bubble/filter around our aura.
 - **Set the intention** that you can receive Love and Light and you can send Love and Light
 - All Negativity is caught in the Filter/Bubble
 - See it in your mind. It must be a “knowing”. If you doubt that it is there, then it is not
 - Once you believe you have your **Bubble Up**, then test to make sure.

4. **Test of the Bubble/Filter by Muscle Testing:**
 - Put one arm out (*as in muscle testing*) and have someone cut through your aura.
 - If your arm goes weak/down, your filter is not up
 - Focus and establish your bubble with a knowing it is up
 - Then Test again
 - If your arm is strong, your filter is up and protecting you in a positive way

 - THEN
 - Lower Bubble and re-test (*the arm should go down/weak*)
 - Re-establish/raise bubble and re-test: (*Arm should be strong/solid*)

NOTE:

 - ♦ The retest is to prove to you the effectiveness of the Bubble and *Power of Intention*
 - ♦ Bubble should be up 24/7 (*Just like Hakalau*)
 - ♦ **If required... Watch Video in Course for clarification...**

13 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

Removing & Reconnecting Aka/Umbilical Cords:

1. People tend to **connect** to one another with **invisible umbilical/aka cords**. (*Cords will often be used in future references*) They initially connect to family members, children, good friends, etc. Usually from heart to heart. The intention is generally good. (*To send love, light, and life force*)
 - In reality, Aka Connections are open passageways:
 - Aka cords do not come with one-way valves nor distinguish between positive or negative energy.
 - Emotions flow freely between people, Positive and negative emotions alike.
 - We also send them emotions when we are sad, angry, or depressed.
 - That is why on a day where nothing is really bothering you and you think you should be feeling fine, you might feel a little sad, irritated, anxious, or depressed. Those feelings are *typically...* not yours!
 - It is also a venue for people to draw/drain *your* energy. (**Not Good**)
 - Whether they do it intentionally or not.
 - Our children often hook on to us (*we let them-for far too long*) & drain our energy.
 - Co-dependent spouse is another.
 - With our young kids, it is ok (*for a short while*) to connect with them in this way.
 - We connect this way to send them life force or *mana*. (*they may need it*)
 - We (*often*) just forget to disconnect and do them an injustice.
 - By baby feeding them, we do not allow them to develop their own ability to draw in their own life force.
2. The Problem with **Lingering Aka connections** to Parents:
 - When they are young, it is okay. (*But you need to disconnect from them ASAP.*)
 - As they get older, we need to remove the Aka Connection and re-connect with them in another healthier way. (*Loop/Link*) ... **Watch course Video on the topic**
 - Children 20, 30 years or older who are still strongly connected to their parents with an umbilical cord often have an exceedingly difficult time adjusting to life after their parents are no longer here.
 - These individual often look for other willing souls to drain life force from.
 - It really becomes a survival thing. (*Often, they do not know they are doing it*)
 - They have no idea how to function in their own life.
 - They need to be empowered to bring in their own life force.
3. Have you ever had one of these **"Typical Days"**?
 - How many times have you had a day when nothing went wrong? Yet, you are feeling a little sad, a little frustrated and/or depressed.
 - Where are these emotions coming from? These feelings were coming from other people you are connected to.
 - One way to tell is this: People have this feeling that something is not right with one of their friends.
 - They call their friend to ask them if they are feeling alright or okay and find that their friend was indeed feeling the negative emotions they were feeling. That is a spiked emotion that you can distinguish coming from someone else.
 - But the everyday emotions, you cannot tell what yours is or what is theirs.
4. Overview of **Changing Connection**:
 - Change these connections from a cord connection to a link of a chain connection.
 - Imagine a giant loop that comes from your heart, loops out and back to your heart.
 - An Aka cord that goes out and back to you. (*a closed loop*)

14 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

- The people you choose to connect to:
 - Imagine a loop coming out from everyone's heart that you choose to connect to, going through your loop (*like a link of a chain*) and back to their heart.
 - You still have a connection at the heart, and it allows you to sense things. (*But not feel them, which would strengthen your body and keep you at a higher vibration*)
 - Now, helping from a place of clarity & centeredness; a higher level of consciousness.
- 5. Once a person agrees to **change** these **connections**, then assist them in **re-connecting**.
Explain to the client how to make these changes:
 - It is like taking a plant out of the ground
 - Water the ground and make the ground nice and soft. You then pull the roots gently out of the ground.
 - When we do the process with you, instead of water we will use a *divine* ring of light.
 - The divine ring of light will start above the top of your head and move down your body.
 - When it gets to your heart (*during the removal of aka cords*) the light will stay their long enough to fill any emptiness/void or hole left by the removal of Aka cord roots.
- 6. **Actual Process**
 - **Remove Aka Connections:**
 - Ask the client to close their eyes... then say
 - Imagine the *divine* ring of light above the top of your head, moving down your body.
 - Let me know when it stops and is encompassing your heart (*pu'uwai*) and solar plexus area (*na'au*) and has loosened the roots to the aka/umbilical cords.
 - Now, in your mind's eye or physically, grab the umbilical cords attached to your heart and begin to remove them.
 - As you pull them out, you may have a physical sensation of this happening.
 - Pull the roots all the way out and past your aura with arms extended and send it back to the owners of the Cords. Always with love, light, and aloha.
 - Ensure the *divine* ring of light stays in the heart/solar plexus area long enough to fill any holes, voids or emptiness left by removal of cords.
 - Then allow the divine ring of light to travel down your body, past your feet and back up past the top of your head. Then back down. Once again encompassing your heart and solar plexus area.
 - Keep *divine* ring of light around your heart/solar plexus area during next step.
 - **Re-connect with Loop/Link of chain.**
 - Verify your heart area is strong and solid. (*All holes or voids filled with light*)
 - Ensure *divine* ring of light is still around your heart/solar plexus area.
 - Now, in your mind's eye, imagine an umbilical cord coming out of your heart and back to your heart. Creating a closed loop. This is where your emotions travel.
 - Now, begin connecting to other people. People you choose to connect to.
 - Imagine an umbilical cord coming out of their heart, looping through yours and back to them.
 - Then allow the ring of light energies to fill your heart.
 - When you are ready, "open your eyes".
 - Ask question: "*How do you feel?*"
- 7. Protective Bubble/Filter:
 - With intention **Protective Bubble** will prevent attempts from individuals trying to inappropriately connect or re-connect to you.
 - **Watch course Video on topic... if more clarification is required**

Bringing In the Feelers:

Feelers: We know this type of thinking might be pushing your boundaries a little. (*maybe a lot*) If so, treat this as a metaphorical exercise to increase your *power of intention*.

1. Feelers are used to listen to people's thoughts. Most people do not know how to control these feelers. When asking the question:

- "Do you have an intuition of what someone is thinking"? ...
People will agree to that.
- BUT, if you ask them, "Are you are listening to someone's thoughts"?
They feel uneasy to admit it, at best.

Note: Again, if you feel uncomfortable with the whole "reading peoples thoughts" thing then just do the process as if it was a *metaphorical exercise*.

2. Listening to people's thoughts is difficult because it is very noisy in your mind and interferes with your own thoughts.

- When talking to *Adults*, have them close their eyes and with their eyes closed, look at the top of their heads. They should be able to see, sense or feel these feelers.
- When working with *Children*; tell them, (*instead of feelers*) to picture telephone lines or tentacles coming out from the top of their head. (*this works for most kids and young adults*)
- Once they acknowledge seeing, sensing, or feeling them, then they can start the process of bringing in the feelers.

3. Typical Verbiage to use to bring in feelers:

- These feelers belong to you. Your mind controls them. You do not want to listen to other people's thoughts.
- So, what I want you to do, right now, is to bring these feelers in through the top of your head. You may see them, feel them, or sense them coming back in. All the way back in. All the way back in...
- And when they are all the way back in, then, you can open your eyes.

4. Test questions:

- How does it feel?... Quiet! Isn't it?

16 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

Ho'o pono pono
To make Right Times 2

Ho'oponopono is the traditional Hawaiian healing method for resolving conflict and maintaining harmonious relationships with-in the self and extended family. We carry inside of us, as part of the subconscious mind, all the significant people in our lives. The form of Ho'oponopono we use frees oneself from ill feelings, releasing you from negative thoughts and patterns that drain your health and energy. Forgiveness completes your own healing.

HO'OPONOPONO PROCESS CONDENSED:

1. **Clear Your Mind:**
 - Relax the Mind (*Hakalau*)
2. **Create Stage:**
 - In your mind's eye, construct a stage below you.
3. **Invite:**
 - People, Places & Things (*Including Self & Spirit*)
4. **Connect with Aka Connection:**
 - Heart to Heart
5. **Infinite Source:**
 - Love, Healing, Forgiveness and Understanding
6. **Forgiveness:**
 - Forgive & Remember from Heart
 - Forgive person NOT behavior
7. **Remove Aka Connection:**
 - Reconnect at a higher level of consciousness
 - Reconnect with loops (*if you have been taught that process*)
8. **Test:**
 - Think of or see the person; if you feel any negative emotions do the process again

17 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

HO'OPONOPONO

Ho'o pono pono
To make Right Times 2

Ho'oponopono is the traditional Hawaiian healing method for resolving conflict and maintaining harmonious relationships within the self and extended family. The form of Ho'oponopono we use frees oneself from ill feelings, releasing you from negative thoughts and patterns that drain your health and energy. Forgiveness completes your own healing.

1. **Hakalau:**

- Close your eyes and calm your mind.
- Expanded awareness.

2. **Construct a stage:**

- Can be any kind of stage you choose.
- Physical world stage; like a theater.
- Metaphysical stage; like floating in the clouds or space.

3. **Invite individuals:**

- People with whom you are seeking resolution.
- Family, friends, workplace associates, relationships, etc.
- Can be used with people, places & things. (*Including Self & Spirit*)

4. **Aka connection/cord:** (*Like an umbilical cord*)

- Aka connection from your heart to their heart.
- If more than one individual, then more than one aka cord.
- *Let me know when that is done.*

5. **Infinite Source:**

- Imagine infinite source of Love, Healing, Forgiveness and Understanding above the top of your head.
- Allow infinite source to flow in through the top of your head.
- Filling up your body, **Now.**
- Overflowing out of your heart and filling up the individual(s) on the stage until they are **totally whole, healed and forgiven.**
- *Let me know when that is done.*

6. **Forgiveness:**

- Then say, "***I forgive you. Do you forgive me?***"
- Forgiveness comes from your pu'u wai (*heart*) & na'au. (*feelings/solar plexus area*)
- Say it and mean it or do not say it at all.
- **Remember,**
 - When you say, "***I forgive you.***" your forgiveness is unconditional.
 - You are forgiving them; not the behavior because if they did it 20 years ago or today it would still be inappropriate
 - It is Forgive & Remember; **not** forgive & forget.

18 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

- **Forgive & Remember**; just release the Trauma around the memories.
- If it is appropriate, you could include your ancestors with thoughts such as **“and all of my ancestors forgive you too, from the beginning of time to the end of time, future generations to come.”**

7. Remove Aka Connections:

- When you are forgiven, then remove the aka cords and allow them to float away.
- Knowing that when you reconnect again you will be reconnecting from where you are now and from where they are now after you've all received the healing.
- At a higher level of consciousness.

NOTE:

◆ ***If you have been taught the Loop/Link Connection use that process to reconnect***

- If there are any on the stage that did not immediately forgive you, then remove the aka connections to the ones that did.
- Continue to channel the ***infinite source of healing*** to those who said “no,” or did not respond.
- **Remember, your forgiveness is unconditional**, and they do not have to forgive you. However, some people may feel they require your “special attention,” so give it to them. Ask for their forgiveness again.
- This time no matter what they say, remove the aka connection and allow them to float away. Knowing that when you reconnect with them again (*with a thought, a phone call or seeing them*) you will be reconnecting with them at that higher level of consciousness.
- ***This process frees you*** from old (*real or perceived*) obligations and allows you to re-establish the connection based on unconditional love which includes forgiveness.

8. Test:

- Can you think of the person or persons without feeling any negative emotions?
- If you do still feel negative emotions (*no matter how slight*) then do the process again.
- Do the process until the feelings are pono... Feels right in mind, body, and spirit.
- Repeat the process with any person, groups of people, places, or things.

Note:

Some Kupuna suggest doing this process every morning to start your day.

19 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

How to talk to others about your experience:

Here are a few words to share with others that you think might benefit from this Course. Should at least get you thinking about your own experience.

DO YOU NEED SOME HELP?

Have there been times when you really needed someone?

Are there things from your past that still bother you and you desperately want to let go of or resolve? For example, feeling **Angry** towards someone or feeling **Sad** or **Guilty** about an event? Knowing that you should let it go but just do not know how?

Maybe we can help. If you are interested, please take the time to answer a few questions...

Do you still feel **Negative Emotions** related to past experiences? Like thoughts or feelings of:

Anger: Frustration, Resentment

Sadness: Depression, Disappointment

Fear: Anxiety, Phobias

Hurt: Emotional Hurt, especially around the heart

Guilt: Embarrassment, Shame

or have thoughts or feelings of being...

Undeserving:

Unworthy:

or have a

Fear of Failure:

Fear of Rejection:

Fear of Abandonment:

If you are experiencing any of these feelings or thoughts and would like a process to help you work through these issues, *(in the comfort of your home)* this course is for you.
If not, then you are **good to go!**... Awesome!

See “Aloha and Welcome to the Course” section of On-Line Program for more details.

E Ho'omanamaiola:

P. O. Box 745 Hauula HI 96717
Kanoa: Cell 808-295-9601

Revised: 07/01/2020

20 *E Ho'omanamaiola*

(The Sacred Mana of Truth and Light)

I. Skill Sets Learned:

How the mind works:

- 1- How do indigenous people view the world?
- 2- Hakalau: Expanded Awareness/Peripheral Vision: *(Optimum State for Living)*
- 3. What is your BELIEF System? God, Jesus, Buddha, Universal consciousness...
- 4. Bowl of Light: *(Metaphor)*

• Negative Emotions:

- 1. Negative Emotions: *(Good or Bad/Weaken Body)*
- 2. Muscle Testing *Protective Bubble: *(How to create a Protective bubble) ka po me ke ao*
- 3. Eye Accessing: *(where you position your eyes is where you access your brain)*
- 4. Eye Pattern Scramble
- 5. Letting go or not: *(Validation & Protection)*

Levels of Awareness:

- 1. Being Present: *(*Grounding; and how to stay grounded)*
- 2. Mind does not process negatives: *(Example...Poke and Poi)*
- 3. Boundary vs Problem: *(Problem verses NOT Problem/In the Room)*
- 4. Logical Levels of problem: Why we sometimes NEED help from others to work through Stuff!
- 5. Prime Directives: *(*Protection; real/imagined *Represses memories/*Presents memories *Holding on to Neg e*
- 6. Confusion to understanding
- 7. Forgiveness: *(Forgive and Forget/Forgive and Remember)*
- 6. Ho'oponopono Process: *(How to Resolution Conflicts for self and others)*
- 8. Grief and Loss: *(Reverse rolls)*
- 9. Putting up blocks
- 10. Connection to others
- 11. Feelers
- 12. Changing Internal Emotional State

Life Skills for Daily Living:

- 1. Hakalau
- 2. Bubble/Filter
- 3. Changing Internal Emotional State
- 4. Connection to People
- 5. Bringing in the Feelers
- 6. Recognizing Cubbyholes: Deeper seeded "Stuff" ... most often fear based
- 7. Clearing Process: **After the course is completed, you will know how to do the "Clearing Process"**
- **REFERENCES: SEE Website**