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# Ho'oponopono

*by Saul Maranay*

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**With Ho'oponopono, when I say, "I Love You", I am giving The Divinity an opportunity to embrace my memories which are causing my anger, and transmute them to Zero:**

We are all created in the image of The Divine, which means Void and Infinite, but if a memory comes up, we get separated from the Divinity.

By now saying to that memory "I Love You", Divinity transmutes that memory, and takes us back to our original state of Void and Infinite, and inspiration can then come through.

All of us have already experienced the experience of The Divine, but because we are stuck with memories (anger, resentment, blame) we lose that experience.

I am keeping my focus on cleaning out my garbage (memories).

Connecting with The Divine does not need to be difficult!

I am getting results by being 100% responsible and saying "I am sorry".

**My subconscious mind (like a computer) holds all my memories, and if a memory is hit, it begins to replay.**

Memories replay thoughts, feelings and images...

I say to The Divinity in me: "I Love You; I am sorry; Please forgive me for whatever is going on in me (my memories) that are making me feel angry; Thank You."

As soon as I say this, I am saying to The Divinity that I am willing to let go.

I am giving The Divinity a chance to erase the memories in my subconscious mind and transmute them back to Zero (The Infinite, Void and Emptiness).

Only from The Void (Emptiness), I will see The Divine.

The Divine is the inspiration that comes through, so that I can become Divinity personified once I am back at Zero.

**Ho'oponopono is about working on what is going on in me (my memories), because it is not other people or me that needs to be worked on, but it is my memories which need to be worked on, neutralized and erased by The Divine.**

The Ho'oponopono processes are used to cancel the memories in me, so that I can be back at Zero (to the image of The Divine).

Divinity created us in its exact likeness, which is void and infinite. Therefore, when I am at Zero, I have no thinking, coping or problems.

When a problem comes up, it is a memory replaying an experience of hurt, and that displaces Zero, and causes me to be stuck.

The idea of being un-stuck is to petition The Divine via Ho'oponopono, which is a process of Repentance, Forgiveness and Transmutation.

I am petitioning The Divinity to transmute the memories in me, so that the Zero and the Infinite can be restored in me.

**I do not experience people and situations in and of themselves:**

I need to remember this, watch myself, and constantly be reminding myself that what I am seeing is not really what is, what I am seeing is my reaction to it.

Ho'oponopono teaches that something within me is creating what I am seeing, and I have to let that go.

Therefore, I ask myself: "What is going on in me that I am experiencing this type of environment?"

I know that I experience things coming from reaction. Therefore, I ask myself: "What is going on in me that I am experiencing things to be so?"

By mentally repeating one of the Ho'oponopono cleaning tools, like "Light switch", I am

saying to The Divine: “I Love You; I am sorry; Please forgive me for whatever is going on in me that I perceive the world to be this certain way; Thank You.”

Through transmutation, The Divinity reaches into my subconscious mind and erases whatever is going on in me (my memories) that I perceive the problem to be.

I incessantly do my Ho’oponopono cleaning by only working on myself and watching what goes on in me.

Being 100% responsible is very powerful.

**“All Problems are NOT People, Places or Situations, BUT rather the THOUGHTS OF THEM.”**

Self I-Dentity through Ho’oponopono is a PROBLEM SOLVING PROCESS of REPENTANCE, FORGIVENESS and TRANSMUTATION that anyone can apply to THEMSELVES. It is process of PETITIONING DIVINITY to convert error memories in MY sub-conscious to Zero.

I CONTINUOUSLY DO the Self I-Dentity through Ho’oponopono Process of REPENTANCE, FORGIVENESS and TRANSMUTATION for WHATEVER is going on IN ME that I experience consciously OR un-consciously.

My mind can ONLY serve memory or inspiration. Only ONE at a time. Divine Inspiration is WITHIN ME. The PURPOSE of life is to be RESTORED BACK to LOVE, Moment by Moment. To FULFIL this purpose, I ACKNOWLEDGE that I am 100% RESPONSIBLE for CREATING MY life the way it IS. I have come to see that it is MY THOUGHTS that CREATE MY life the way it is, Moment to Moment. I have come to appreciate that there is NO out-there! The QUALITY of MY life has SHIFTED dramatically!

The conscious mind is CLUELESS – it has NO idea of what is going on. So I APPEAL to DIVINITY (Who knows all) to convert whatever memories are playing in MY Unihipili (sub-conscious mind) to Zero.

NO ONE can PREDICT their next thought, because thoughts themselves ARISE from the UNCONSCIOUS. I have NO control over MY thoughts, MY ONLY CHOICE is to act (or not) once they appear. I am cleaning MY unconscious SO I get BETTER thoughts. The intellect working alone cannot solve these problems, because the intellect only manages. I want to release all MY old memories.

I am RELEASING the energy of these painful thoughts (memories) which cause imbalance. All problem solving is done WITHIN MYSELF. I am erasing MY memory and programs. Everything that appears in MY life is only a PROJECTION of my programs.

I take 100% responsibility for MY whole life. Whenever I experience a problem, I am always there. I am responsible for it all. I understand that people are acting from a memory / program. To help them, I have to remove the program. And the only way to do that is by cleaning:

1. *I love You*
2. *I’m sorry*
3. *Please forgive me*
4. *Thank you*

The Divinity takes the painful memories that we all store in our sub-conscious minds and neutralizes and erases them. Each problem is an opportunity to clean. Problems are JUST replayed memories of the past showing up to give us one more chance to see them from the

eyes of Love, and to act from INSPIRATION.

I am petitioning Love to rectify errors in ME by saying. "I AM SORRY. Please FORGIVE me for what ever is going on inside of me that has manifested as this problem." Love's responsibility is to then TRANSMUTE the errors within ME that manifest as the problem.

If I have a problem with someone else, it means that there is a MEMORY coming up that I am REACTING to. It is NOT the other person. I am asking this question of Divinity: "What is going on in ME, that I have caused this person's pain?" Then I ask: "How can I RECTIFY this problem within ME?" I work on ME, NOT on other people.

I take 100% RESPONSIBILITY for MYSELF to clean with the stuff in ME that CAUSED the problems that I experience. We are all PERFECT! – What is imperfect is the memories (CRAP) that REACT and REPLAY as: Judgment, Resentment, Anger, Irritation and the Rest of the BAGGAGE that is carried in MY soul.

As long as memories (blocks / limitations) are present in MY Sub-conscious, they BLOCK Divinity from giving ME Inspiration. Memories are PROBLEMS. Everyone is ALREADY perfect, the PROBLEMS are the memories. The PROBLEM is the error memory playing in MY sub-conscious mind, which I SHARE with other people.

To OPEN the way for the INFLOW of The Divine, requires FIRST cancelling memories. I am cleansing and erasing the memories in MY sub-conscious mind to FIND the Divinity WITHIN MYSELF because All thoughts are imbued with painful memories.

AS I clean what is WITHIN ME, they will TOO get CLEAR and HEAL in other people. I have begun to realize that I AM RESPONSIBLE for what EVERYONE says and does, simply because they are IN MY EXPERIENCE. IF I create my OWN reality, THEN I have created ALL that I see, EVEN the parts that I DO NOT like.

When I am at Zero, EVERYTHING is available. We are all created in the IMAGE of The Divine: Void and Infinite. I am LETTING GO of MY memories.

I look WITHIN MYSELF to see what is WITHIN ME that is SHARING the experience that I see on the OUTSIDE. I DO NOT deal with the person / problem; I deal with the FEELINGS I EXPERIENCE. Everything I see and experience is inside ME. If I want to change anything, I do it INSIDE ME.

I know that what I see in others is in ME. There is NOTHING OUT THERE, it is ALL in ME. Whatever I experience, I experience INSIDE MYSELF. I experience people in ME, so they DO NOT exist UNLESS I look in MYSELF.

Expectations and intentions do NOT have any impact on Divinity. Divinity will do WHATEVER and WHENEVER in its own time.

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