



Drop Anxiety & Emotional Triggers/Habits



Ho'oponopono is an incredibly powerful tool to help drop anxiety and the painful knee-jerk reactions that unexpected events can produce. It takes the past memory of hurt and pain and neutralizes it. Here's the background and the how to's as described by Joe Vitale, who based on the following story, went on to write the book Zero Limits:

"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--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.'

"'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



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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 just kept saying, 'I'm sorry' and 'I love you' over and over again," "Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

"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."

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 Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place, or thing. You neutralize the energy 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.

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."

Barbel Mohr, echoes this wisdom in her book Notes from Cosmic Ordering:

- I assume the origin for every problem lies within me
- Therefore resolution does too
- If I tidy up inside myself, the outside world will automatically return to order because it is only an expression of my internal energy
- From this perspective, I start to feel that everything is energy and discover how this energy from the world within expresses itself in the world around us
- I begin to experience expanded states of flow and begin to realize that nothing can happen in the world around me without a resonance existing within myself
- As Dr. Len said: everything is ultimately one so how have I created this? As soon as he discovered a reason within himself he cleared it by saying: I'm sorry, I forgive myself, I love myself



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Anxious or annoyed with someone? Ask yourself:

- If I were behaving like the other person, why would I be doing so?
- If I were to behave in this way, how would I feel in doing so?
- How could I have created this situation?
- How could I have drawn this grievance into my life?
- What feelings does this situation create within me? When you have found something:
 - I am sorry
 - I forgive me
 - I love you/I love me (you are speaking to yourself here... you love both yourself and the feeling you discover within yourself)

This report compliments of Cheryl Brewster, TheIntuitiveLife.com – inspiring Conscious Changemakers Cheryl provides intuitive consults, coaching and seminars on “Riding the Waves of Change” for resiliency and teamwork personally and professionally.

Contact her at 604-781-4022 or email Cheryl@theintuitivelife.com to work with her, attend an event or book her to speak at your organization.



You have to work with Cheryl if you want to develop your potential more; this woman has a phenomenal capacity to help you see what holds you back and to confront it, to make a difference in your life. In the workplace, this isn't about making someone a better sales or IT person (although it might); it's about transforming you so that no matter what your Insights Profile is, you have the ability to perform more to your potential. Cheryl's individual and group work was more than what I expected, and far more relevant to me than I could ever have imagined. ~ Tom Carson, Corporate Trainer, Winnipeg