



# Advanced Ho'oponopono

**CLEANING TOOLS:**  
Food



By **Dr. Joe Vitale**  
&  
**Guitar Monk Mathew Dixon**

## Table of Contents

Cleaning Tools – Food introduction.....	3
Gingersnaps & Lifesavers.....	5
Strawberry, Bubblegum, Coconut.....	6
Jellybeans, Marshmallows, Pine Nuts.....	7
M&M's .....	9
Pretzels, Vanilla Ice Cream, Hot Chocolate .....	10
Candy Canes .....	12
Popcorn .....	13
Blue Cornmeal, Pancakes.....	15
Toast.....	17
Butter, Blueberries/Purple Plum.....	18

## **Cleaning Tools – Food introduction**

There are a wide variety of cleaning tools that are food. In no way do you need to go and eat all of these foods.

Many people are confused by the concept of a cleaning tool being a food; it's easy to get excited and realize M&Ms and vanilla ice cream are cleaning tools, but this does not mean that you need to eat the food in order for the cleaning to work.

Simply the energy from these foods can clean specific memories & data. By having them out in a room it helps clean memory and data.

So if you have an allergy to a certain food, or maybe it doesn't fit your diet, you do not need to actually consume these foods in order have the benefits of their cleaning power.

The following will give a brief example of what each one of these foods cleans on.

# Gingersnaps & Lifesavers

**Gingersnaps** – even the smallest crumb of a gingersnap will help to guide us to the path of zero.

Their energy helps to activate all other cleaning tools. Their cleaning abilities embody a perfect union of ancient, present, and future memories.

**Lifesavers** – this classic candy helps to keep us healthy and preventing danger. The package can also be rolled on the ground underneath your feet, or between your hands. It is excellent for use on long travels to prevent catastrophe.

# **Strawberry, Bubblegum, Coconut**

**Strawberry** – Fresh, frozen or even in an organic jam, strawberries free memories and thoughts that come to us as a concern about our weight. Our culture is very concerned with obesity, or the concept being fat. The memory/data of this energy can be transmuted by strawberries.

**Bubblegum** – any pink bubblegum, though the classic brand Bazooka bubblegum is preferred, contains the cleaning energy that helps release intellectualism.

**Coconut** – The oil of a coconut has a cleaning property that helps our vibrational level become more closely aligned with the divine awareness.

# **Jellybeans, Marshmallows, Pine Nuts**

**Jellybeans** – The jellybean cleans in a very unique way. The presence of jellybeans guides your path to put you in the right place at the right time. This cleaning helps you to follow inspiration from the divine rather than working from memory.

**Marshmallows** – Marshmallows work on strengthening the bond in your relationship with your significant other, helping to secure finances and health, as well as a secure trust between one another.

**Pine Nuts** – Their cleaning energy represents the physical form of Ho'oponopono, which in itself is created from memory/data.

It represents our conscious and subconscious existence  
creating our life, which is in bloom.

It cleans on the physical richness of our earth and opens the  
channels to allow the flow of abundance to come forth to us.

As our conscious and subconscious knowledge expands,  
stretching our physical universe farther, it represents our  
entirety.



# M&M's

**M&M's** – Clean with an extremely raw energy. Its concentration as a whole focuses on intellectualism.

The memory/data of intellectualism is compounded by a hatred towards the mother/women, the self and the Divine itself.

Breaking down and transmutating intellectualism is a primary focus of cleaning, to bring us home again to zero where we will instantly receive Divine inspiration.

# **Pretzels, Vanilla Ice Cream, Hot Chocolate**

**Pretzels** – pretzels clean on our Mother Earth. They strongly represent the wheat plains and the salt flats.

The cleaning focuses not only on the destruction, but all of the past memory/data that is happened at the specific location where you have them.

**Vanilla ice cream** – Vanilla ice cream is regarded as one of the highest elements of all of the food cleaning tools.

Its cleaning energy brings about peace in our physical lives.

Its focus is to bring positivity to our health, abundance/wealth and great spiritual awareness.

**Hot chocolate** – Cleans on the memory of putting money or material things first when making decisions.

It opens the line of communication to the Divine, helping us to make choices because they are the right, perfect, and the correct thing to do.

It helps clean the memory so that our choices lead us to take action on only inspirational ideas from the Divine.

# Candy Canes

**Candy Canes** – Traditional red and white candy canes with a hook on top act as an Etheric housekeeper of the past, present and future.

As they are cleaning they help to preserve missed opportunities.

In times when we have not listened to our divine inspiration and chosen to continue our cycle with memory/data, we have not missed out on the opportunity. All opportunities still exist and candy canes help to bring them back.

# Popcorn

**Popcorn** – Popcorn cleans specifically for women with anger or judgment/hatred of men.

It transmutes the hate and attitude of an angry woman whose data is making her believe that she is wrong and the memory/data of men enforcing that belief by making themselves right.

When a kernel of corn is popped its energy changes from the hard surface of the corn and breaks it open, thereby releasing a freer substance.

This allows the problem memory to become much softer and lighter, allowing it to lift off and float away from our mind.

This peaceful energy helps bring balance to female/male relationships.

## **Blue Cornmeal, Pancakes**

**Blue cornmeal** – When using blue cornmeal the rule of “less is more” applies heavily. Just dusting it off your hands creates the perfect amount.

If you leave a small open dish with a very, very little amount in your house it will help clean on things that we have neglected or forgotten to clean on. You can also add it to foods, again just a pinch it can also be added to solar water or combined it with pancakes.

**Pancakes** – Pancakes clean on all forms of death. If you are grieving over the loss of someone or know someone who has been diagnosed with a fatal illness, pancakes can help clean on the data.

You don't necessarily have to make a batch of pancakes; the cleaning energy of the pancake comes from its batter. Just a pinch of batter can be placed on a person, or a photo of someone, you would specifically like to clean for, or simply sit it out on display.

If you prefer, you can eat the pancakes. As with all cleaning food, a crumb is as powerful as eating a full pancake stack.



# Toast

**Toast** – The cleaning energy of toast (any toast, wheat or white) gently separates toxic energies of all kinds. The separation of these toxic energies is done in a very peaceful nature, so as to not cause more pain. These toxic energies and their memories are paired down into pure energy, causing a transmutation to a state of zero. These pure energies are then available to the Divine for later use.

## **Butter, Blueberries/Purple Plum**

**Butter** – butter has a tremendous effect on cleaning karmic blocks and memories. Karmic blocks and memories have a tendency to attract, making it difficult for them to move on.

Butter allows these two things to pass by each other smoothly, making them easier to clean one-on-one rather than combined.

**Blueberries/purple plum** – These two wonderful fruits are from the angelic kingdoms. Blueberries help to give us the necessary elements to continue the path of our Spirituality.

During seasons that the blueberries are not available, the purple plum contains the same energy. As cleaning tools, they are completely equal in encouraging our spiritual growth.