



# Advanced Ho'oponopono

**CLEANING TOOLS:**  
Sound & Music

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&  
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## **Cleaning Tools – Sound & Music**

Sound, whether a single tone or a group of tones that create a specific key, can have as much cleaning power as your thoughts.

Sound and music have been used in healing for several thousand years. Ancient Greek philosophers believed that music could heal the body and the soul. Native Americans use singing and chanting as part of their healing rituals. Even the American Cancer Society has suggested music as a way to help heal.

With the current practice of modern Ho'oponopono, there has been an increase in the use of Tones and music.

A frequently asked question by those who do not speak English is whether or not the mantra:

☐ Please forgive me

☐ I'm sorry

☐ Thank you

☐ I love you

☐ Will work for them?

The answer is YES!

Because the words themselves do not need to be understood in order for the vibration of the words to work on cleaning.

Even as you think of the mantra in your mind, you actually still hear the Tones of the words being said. This is the vibration that is cleaning, and this is the reason that Tones and music are such an important part of our cleaning tools.

The following are some examples of cleaning sounds and music that are available.

# Aligning to Zero

Recorded by Dr. Joe Vitale and Guitar Monk Mathew Dixon, this is probably one of the most popular albums that has been infused with ho'oponopono.

This beautiful instrumental music was one of the first albums to have the ho'oponopono mantra subliminally (under conscious awareness) recorded under each song by Dr. Joe Vitale.

This means that simply playing the music cleans on you and everything around you on an unconscious level; think of it as your automatic pilot.

This album also features the world's first Healing guitar.

This guitar harmonizes with a vibration of love. It took almost an entire year to make. Plus it has the Ho'oponopono mantra right on the neck.

This amazing guitar was played by Dr. Joe Vitale (as lead electric guitar), and it was used by Vitale to create background swells through a guitar synthesizer.

Available at:

<http://www.aligningtozero.info>

# Pulmonica

A Pulmonica is a cleaning musical instrument that anyone can play.

It is a special harmonica tuned in such a way as to help people with asthma and other breathing problems.

It's made in such a way that it takes more wind to play, not less, which trains people how to breathe more deeply. This also helps to center your alignment.

And the deep, resonating sound it creates helps to loosen blocks in your lungs and your lower vibrational level.

The sound is mesmerizing...



It's almost like something you'd hear in an ancient cathedral  
where magic awaits all who enter.

The Pulmonica was featured on the song "I love you" from the  
album *Invoking Divinity*.

This album contains Ho'oponopono prayers and the  
Ho'oponopono mantra subliminally recorded underneath the  
music and the prayers.

Available at:

<http://guitarmonks.com/invoking-divinity/>

# Calling the Four Angels of Ho'oponopono

This 4 track audio has a very unique way of using the Ho'oponopono phrases.

Each track only contains one phrase, and that phrase is subliminally repeated underneath the entire song.

This focuses the cleaning specifically for each phrase, causing a strong vibrational change. It also focuses on the cleaning from one of the four Ho'oponopono Angels.

This is a remarkable way to clean!

Available at:

<http://guitarmonks.com/fourangels/>

These are only a few examples of Ho'oponopono music that Dr. Joe Vitale and Guitar Monk Mathew Dixon have created. If you would like to see their entire library you can visit:

[www.zerolimitsmusic.com](http://www.zerolimitsmusic.com).

There is a whole universe of healing Ho'oponopono music waiting to be created. So keep an open heart and listen for the music that helps you clean.