



Advanced Ho'oponopono

CLEANING TOOLS:
Visualization



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Cleaning Tools – Visualization, Lehua Honey

Using visualization as a form of a cleaning tool is an easy and powerful way to clean on specific memories/data.

They are also very convenient, because you can do them anywhere.

The following are the most commonly used Ho'oponopono visualization cleaning tools.

Lehua honey – Visualize pouring Lehua honey over yourself or other people, places or negative situations which you would like to clean.

After you have finished poured the Lehua honey, visualize it crystallizing. When the honey is crystallizing it is at its highest cleaning potential.

As it cleans, it focuses on addictive memories that can lead to addictive behaviors such as smoking, alcohol, drugs food, anorexia and sexual addiction.

This visualization technique does not need to take a long time. Once you've completed the process, you're done.

Waffles

Waffles are used to dissolve physical pain, in our own bodies and the bodies of others.

Visualize a waffle, then imagine wrapping the physical pain or the area of the body in pain inside of the waffle.

For example :if your knee is hurting, visualize a large enough waffle that would wrap around your knee, front to back, and allow the physical pain to be absorbed into the waffle.

Remember you can also use this for others if they have expressed specific discomfort.

Silver Rod

Visualize the top of your head; now imagine that there is a rod extending out of the top of your head. You can visualize the rod to be as long as you wish; it could even reach into the heavens.

Simply visualizing this silver rod connects you to memory/data that works on relationships for both men and women.

There can also be an emphasis on the memory/data of the hatred of men that some women experience.

It is a very strong bonding tool that helps strengthen and repair relationships.

Flypaper, Silence Pills

Flypaper – Start by mentally picturing a large piece of sticky flypaper.

You can take any problem you wish to clean on and mentally throw it at the flypaper. As it sticks, the memory/data is consumed and erased.

You can perform this cleaning as often as you like.

Silence pills – Silence pills should be used anytime you are feeling anger or frustration about a situation, or you are being told information that is causing you to feel upset or rage.

In your mind, visualize taking a pill out of the medicine bottle. Place a pill in your mouth and then visualize drinking a clear glass of water and swallowing the pill.

This pill not only dissolves the memories that are coming up, but also acts as a reminder to simply stay silent. The upsetting information your hearing is not coming from an individual but from memory/data.

As the pill dissolves inside of you, it is resolving the issue back to zero and allowing love to manifest.

Tiny Tiny Drop Pill

A tiny tiny drop pill is visualized in the same way as the silence pills.

In your mind, visualize taking a pill out of the medicine bottle.

Place a pill in your mouth and then visualize drinking a clear glass of water and swallowing the pill.

It cleans on the memory/data illness, most specifically headaches, body pains, cancer, tumors, infection or any growing ailment.

As you take the tiny tiny drop pill, you are focusing on literally shrinking the memory/data that is causing the ailment, and eventually transmuting taking it back to zero.

The Gold Key

Visualize your hand slowly open to reveal a gold key. Now imagine a locked door; take your key and put it in the keyhole and unlock the door.

This visualization of opening the door with the gold key unblocks so many memories/data. This visualization technique helps you to open yourself up to inspiration from the Divine.

When you are feeling unsure about making a decision, use this cleaning technique to help you be open to your Divine path.

Ice Blue

Either out loud or in your mind, say the phrase “ice blue”.

There’s a strong energy vibration with these words, even when thought.

As you think or say these words, “ice blue” will wash over you and through your spirit with the power of love.

If you wish to use ice blue on others, you must first use it on yourself.

This preparation is very important, as you need to be clear on a spiritual level; cleaning on physical and emotional parts of oneself before cleaning on others.

Dewdrop, Light Switch

Dewdrop – The word or the thought “dewdrop” works on all memory/data.

If you find yourself in a stressful situation where you are either threatened, frightened, sad or angry, you can't think of the word dewdrop or simply repeat it out loud.

This cleaning can be done as often and as frequently as you like.

Light switch – The visualization of the light switch being turned on represents the darkness disappearing.

If you perceive a problem with yourself or someone else,
picture a light switch and then turn it on. Allow the light flood
over the darkness and clean this memory/data.

You can clean with this technique as often as you like.

A Mirror

Oftentimes when we look into a real mirror, our vision is distorted and we do not see the beauty that is truly there.

Mentally picture a large mirror, walk to the mirror, and see yourself reflected in it.

Repeat to yourself I love you. The reflection coming back to you should be that of only love and positivity.

In this mirror you are not only seeing your outer beauty but also your Divine inner beauty... the zero state that lies within you.

Orange Juice

Orange juice represents God's sunrays. You want to begin by imagining a glass of orange juice. Now imagine placing a \$100 bill into the orange juice. If you are uncomfortable with \$100 you can use a \$50, a \$20, or \$10 whatever you're inspired to use.

This money is charging the orange juice, preparing it for cleaning.

Now take any perceived problem and place it into the glass of orange juice. The orange juice is now cleaning on the memory/data that you have submerged into it.

If you are suffering from debt you can visualize placing your credit cards into the orange juice.

This is a very multipurpose cleaning tool.

Seeing Blue

A simple reminder that we will see in everyday life is the color blue.

The color blue, no matter what it is on or what shade, contains cleaning vibrations.

A recommended practice every time you see something blue is to use it as a trigger to remind you to repeat the mantra and clean.

Please forgive me

I'm sorry

Thank you

I love you

If you are inspired you can also choose to use one of the other many cleaning techniques. With a little practice, the color blue will become a trigger to help remind you to clean.

Pull the Plug

You can use this cleaning technique on any and all memory/data in which you wish to clean.

Imagine a sink of crystal-clear water. Now imagine taking the problem that you've perceived and placing it into the sink of water; visualize the water becoming murky.

This is from the negative vibration and energy coming from the memory/data.

Now imagine yourself reaching down, pulling the plunger out of the drain, allowing the water to carry the negative vibration down through the drain, washing it away from you.

The water cleans, and when you pull the plunger it releases the energy.

Personal Cleaning Tools from Inspiration

Always be on the lookout for other cleaning tools.

Cleaning tools might come to you during a meditation. If you don't know what the purpose of the tool is, simply ask the tool.

If you clear your mind, you should hear a response; it might feel like a thought. That is actually communication between you and the cleaning tool.

Sometimes the Divine will show you a cleaning tool.

Some people find it hard to determine whether or not it is really a cleaning tool or just something that they have made up.

It is best to use the tool and keep asking the Divine if this is correct for you. A good rule of thumb is after six yeses, this is a tool for you to use.