



Ho'oponopono

Practitioner Certification

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Unlocking the Power of Ho'oponopono

The purpose of this certification program is to give you a broad and in-depth perspective on the practice of ho'oponopono.

The primary focus of the certification program is to introduce and explain the evolution and origins of modern ho'oponopono.

As we progress, you will master the different practices, including the mantra, prayers, cleaning tools and meditations.

The ultimate goal is to have you become proficient in the most effective ways to utilize ho'oponopono so that you will be able include this practice in your everyday life.

Ho'oponopono is an excellent compliment for all forms of self-improvement, including meditation, yoga and life coaching, just to name a few.

Traditional Ho'oponopono Practice

"Ho'oponopono" is defined in the Hawaiian Dictionary as *"mental cleansing: family conferences in which relationships were set right through prayer, discussion, confession, repentance, and mutual restitution and forgiveness."* Literally, ho'o is a particle used to make an actualizing verb from the following noun, as would "to" before a noun in English. Here, it creates a verb from the noun pono, which is defined as:

...goodness, uprightness, morality, moral qualities, correct or proper procedure, excellence, well-being, prosperity, welfare, benefit, true condition or nature, duty; moral, fitting, proper, righteous, right, upright, just, virtuous, fair, beneficial, successful, in perfect order, accurate, correct, eased, relieved; should, ought, must, necessary.

Ponopono is defined as *"to put to rights; to put in order or shape, correct, revise, adjust, amend, regulate, arrange, rectify, tidy up, make orderly or neat"*.

Preeminent Hawaiian scholar Mary Kawena Pukui wrote that it was a practice in Ancient Hawaii, and this is supported by oral histories from contemporary Hawaiian elders.

Pukui described it as a practice of extended family members meeting to "make right" broken family relations. Some families met daily or weekly, to prevent problems from erupting.

Others met when a person became ill, believing that illness was caused by the stress of anger, guilt, recriminations and lack of forgiveness.

Ho'oponopono corrects, restores and maintains good relationships among family members, and with their gods or

God, by getting to the source of trouble. Usually the most senior member of the family conducts it. He or she gathers the family together. If the family is unable to work through a problem, they turn to a respected outsider.

The process begins with prayer. A statement of the problem is made, and the transgression discussed. Family members are expected to work problems through and cooperate, not "hold fast to the fault."

One or more periods of silence may be taken for reflection on the entanglement of emotions and injuries. Everyone's feelings are acknowledged. Then confession, repentance and forgiveness take place. Everyone releases (kala) each other, letting go. They cut off the past ('oki), and together they close the event with a ceremonial feast, called pani, which often

included eating limu kala or kala seaweed, symbolic of the release.

Who was Mornah Simeona

Mornah Simeona, born May 19, 1913 and died February 11, 1992, is recognized as the first kahuna lapa'au (healer) to create an updated modern version of the ancient ho'oponopono practice. She shared this modern version of ho'oponopono throughout the United States, Asia and Europe.

Mornah was a practitioner of lomilomi massage, and for 10 years she owned and operated health spas at the Kahala Hilton and Royal Hawaiian hotels. At these spas, she would combine her healing form of ho'oponopono and massage to a vast array of clients, many of which were celebrities, including Lyndon B. Johnson, Jackie Kennedy and Arnold Palmer.

In the mid-70s, through Divine inspiration, she began to modify the traditional Hawaiian forgiveness and reconciliation process of ho'oponopono to the realities of the modern day.

Praying to the Divine Creator and connecting problems with Reincarnation and Karma resulted in a unique new problem solving process: that was self-help rather than the traditional Hawaiian group process. Her system uses ho'oponopono techniques to create a working partnership among the three parts of the mind (or self), which she calls by Hawaiian names, as well as by the terms subconscious, conscious and superconscious.

She went on to present her new modern form of Ho'oponopono in many trainings and lectures, including: a presentation to the United Nations, nearly a dozen states in the U.S., and in more than 14 countries, among them Germany, the

Netherlands, Switzerland, France, Russia and Japan. She presented to schools of higher learning, such as the University of Hawai'i and Johns Hopkins University, and to medical facilities, religious institutions and business.

To help spread her ho'oponopono process, she founded Pacifica Seminars and The Foundation of 'I', Inc.

Modern Ho'oponopono One-Step Further

Dr Ihaleakala Hew Len, a student who worked closely with Morrnah, is probably most known as the therapist in Hawaii who cured a complete ward of criminally insane patients -- without ever seeing any of them.

In 2005, the following article written by Dr. Joe Vitale created quite a buzz on the Internet. This brought great attention to Dr. Hew Len and the Ho'oponopono community.

Dr. Len is credited with expanding on Morrnah's new modern version of Ho'oponopono, the following article will explain Dr. Joe Vitale's first experience with Ho'oponopono and Dr Ihaleakala Hew Len.

The World's Most Unusual Therapist

Two years ago (2003), 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. 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."

This is where I had to ask the million dollar question: "What were you doing within yourself that caused those people to change?"

"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 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--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 asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

"I just kept saying, 'I'm sorry' and 'I love you' over and over again," he explained.

That's it?

That's it.

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world. Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, "I'm sorry" and "I love you," I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying "I love you," I somehow healed within me what was creating him.

I later attended a ho 'oponopono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, The Attractor Factor. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

"What about the books that are already sold and out there?" I asked.

"They aren't out there," he explained, once again blowing my mind with his mystic wisdom. "They are still in you."

In short, there is no out there.

It would take a whole book to explain this advanced technique with the depth it deserves. 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."

Video instruction

You are now ready to start the video instruction portion of this course.

As you watch these eight instructional videos from the never before seen *Zero Limits #1* hosted by Dr. Joe Vitale and Dr. Ihaleakala Hew Len, we strongly recommend that you take notes which can be used on your final exam.

After you have finished the video series read the following special report *Zero Limits Answers* by Dr. Joe Vitale.

Zero Limits Answers

This morning, four hummingbirds sat around the outside feeder and drank in peace. This is amazing. Normally hummingbirds fight with each other. They don't cooperate. They aren't at peace. They aren't loving.

So why are they all drinking together this morning?

Yesterday was the ending of the third live seminar on Zero Limits with myself and Dr. Hew Len. It was one of the most loving and yet intense events of my life. Hundreds of people came from all over the world to experience it.

Dr. Hew Len revealed new cleaning methods, talked about deeper aspects of his way to the Divine, and more. I spoke of my own changes, revealed new stories, etc.

And we both took questions from the audience. Everyone left feeling either at peace, or knowing how to get there.

Apparently that love spilled over to the hummingbirds. It's a wonderful metaphor and message: when you are at peace, the world becomes peaceful. Ever since the 2007 publication of the best-selling book *Zero Limits*, written by myself and Dr. Hew Len, people have had some key questions. I decided I would write this Special Report to answer the most common ones.

May these questions help lead you to peace-- jut like the hummingbirds.

Love,

Joe

1 – I noticed that the order of the phrases are never the same.

I've heard that the order matters and then I hear that it doesn't.

I'm afraid that I will do this wrong and that my mis-

understanding of the process will adversely affect the outcome.

It doesn't matter what order you say the phrases in. The idea is to say them. Follow your inspiration and say them within yourself in the order that feels best. Let your feelings be your guide. In the last Zero Limits event, Dr. Hew Len shortened the four phrases to just two: "I love you" and "Thank you." Getting hung up on the phrases and anything about them is yet another thing to "clean" or "clear" on. The phrases are a simple tool to use as a cleaning device to help you work your way to Zero. That's all. Being afraid of doing them wrong is something to clean.

2 – When I’m cleaning, who do I say it to? Me? The other person I’m cleaning on? I’m confused.

You never say it to the other person. What you are doing is cleaning the part of you that is perceiving the outer as a problem. It's never about anyone else or anything else. The outer is the trigger that caused you to want to change something. Again, you don't want to change the outer. You want to change the inner. You use the clearing phrases to do that. You are addressing the Divine – no one else.

3 – When I have a problem, and I do the cleaning, do I focus on the problem or the person while I’m cleaning? If my child has the problem and I want to clean for them, am I invading their personal space if they don’t give me permission to clean on them

first?

This is similar to the above question. Again, you don't focus on the other person. You focus on you. The problem isn't "out there," it's in you. You focus on the problem as you experience it. You always experience it within yourself. As Dr. Hew Len has often asked, "Have you ever noticed that when you have a problem, you are always there?" The point is that the problem is in YOU. That's where you put your focus and direct the cleaning. You are asking the Divine to remove the "energy" that you are feeling within yourself as you look out there and see the "problem."

4 – Do I have to clean forever and ever for as long as I live? That seems tiring and an awful lot of work. Is there another way?

There is so much "data" in the world – programming, beliefs,

negativity – that our challenge is life long. Yes, you have to keep cleaning. But how hard is it, really, to say “I love you” and “Thank you” inside yourself? Also, at the last Zero Limits 3 event, Dr. Hew Len taught us all a short-cut. Since your inner child holds all of the data in your unconscious mind, you can teach your inner child how to clean so that when your conscious mind forgets to clean or needs to take a break from it, your inner child is cleaning 24/7, regardless.

5 – If all I need are the 4 phrases, then what’s up with all these ho’oponopono products that people sell and profit from? If you ask me, capitalizing on spirituality is a turn off and makes me question the validity of ho’oponopono. Can you please answer this for me?

Thinking people are capitalizing on spirituality suggests that money is bad. Money is not bad. Money is in fact neutral.

Money is even spiritual. I created an entire audio course about this issue (The Secret to Attracting Money). If everything is of the Divine, why would money be an exception? The products are there to help you. If you don't want them, don't buy them. But why sit in judgment when others are creating products to help you feel better, get clearer, and be happier? They are doing you a service. Judging it as bad or “un-spiritual” sounds like a limiting belief that needs cleared. It sounds selfrighteous. I'll clean on it.

6. How do we teach others to clean?

You don't. No one else needs to know anything about cleaning. Only you do. Dr. Hew Len has spent the last 25 years cleaning himself. He openly says the only reason he is alive is to clean. It doesn't matter if anyone else does it. It matters that YOU do it. One of the things I hear at events is people hearing problems

and then advising others, “You should clean on that.” Wrong. Whenever you hear a problem, it's YOURS to clean on. Just start doing the cleaning right then and there. In fact, you should never tell anyone to “clean on it.” Whatever you hear or experience is yours to clean on.

7. I've been to a Zero Limits event and I still don't get it. What's this all about?

Basically, this is about returning to Divinity. In my audio program, The Awakening Course, I say there are four stages to awakening. Most people never leave the first one (victimhood). Thanks to movies like The Secret and The Compass, many people are getting to level two (empowerment). Thanks to the book Zero Limits, some are aware of level three (surrender). But there's also a fourth level. That's where you “awaken” to Divinity. That's where the Divine consciously breathes through

you. Zero Limits is a way to clear out all the “data” (or head stuff) that stands between you and the Divine (“Zero”). So, what's this all about? It's about getting clear of the static in your mind so the Divine lives through you with awareness and love. To get there, we have a lot of work to do. So, keep cleaning. :)

8. Did this method ever work for you, personally? Did it heal you or anyone close to you? Do you EVER get to zero??

The only goal of cleaning is to help you erase the garbage that's between you and the Divine. As you clean, you may get a healing or some other result. But that's not the goal. The intention is to get to Zero, which is the place where the Divine lives through you. When Dr. Hew Len worked with the patients in that mental hospital for the criminally insane, he didn't work to heal them, he worked to heal himself. Obviously, it worked.

I've been doing the cleaning for almost four years now. I do it non-stop. Why? So I can keep cleaning the interference between me and the Divine. One day, if the Divine so wants it, I will be at Zero. Till then, I keep cleaning. I wouldn't keep doing it if it didn't work. To offer some evidence that this method works, here's an email I received one day:

I read your book Zero Limits in December, 2008. I work as a life coach and parenting instructor at the Women's prison in Baton Rouge. I hold three classes each week with 20 women in each class. I started doing the ho'oponopono immediately after starting the book. I could see instant results with the women in the group. I shared the information with them and bought five books for them to take turns reading. They have shared so many success stories with me about how the deputies in charge of them are changing. One day last week, there was some sort of disturbance going on in the prison. I could hear the commotion outside of my classroom. The warden

stepped in my classroom and had this stunned look on his face. He couldn't believe the calmness and quietness of the room with all of the ruckus going on outside. He told me, "I don't know what you are doing, just keep doing it." He has shared with me on several occasions that all of the women are behaving better and are actually getting to have privileges they have never been able to have before. I am also having positive changes with my teenage daughters and husband. Thank you so much for bringing this information to light. Cindy Ray-Huber
Regional Director, RCB of Baton Rouge
www.lifecoach123.com

9. What's the difference between Zero Limits seminars and ho'oponopono basic and advanced courses? Do I have to attend any of these first before taking the next class? If this information is to be made private, how come you are allowed to reveal some

of the secrets in Zero Limits or release recordings of your Zero Limits events?

The main difference between a Zero Limits event and a Ho'oponopono basic event is this: with Zero Limits, you get me as the co-instructor. You have to take the basic ho'oponopono course and practice the methods you learn for at least two years before you can take an advanced ho'oponopono course. I was permitted to release some of the information because Dr. Hew Len gave me that permission. He is, after all, the co-author of Zero Limits and the main instructor of ho'oponopono. If he says I can write a book, or release audios or DVDs, then of course I can.

10. "I am sorry!"? Does this mean apology or sadness? What do I have to be sorry for when everything in the Universe is perfect? I don't like having to say it.

You need to say “I’m sorry” and “Please forgive me” for being unconscious. It has nothing to do with regret, guilt, shame or blame, but everything to do with realizing you’ve been asleep. When you bump into someone in the store, you say “I’m sorry.” Why? Because you made a mistake. You were unconscious and did something while you were unaware. When you address the Divine and say those phrases, you are letting the Divine know you were unconscious. Forgiveness is one of the most powerful transformative tools you have. If you aren’t willing to ask for forgiveness for being unconscious, you are probably blocking the Divine’s flow in your life in other areas, too. Having said all that, I once asked Dr. Hew Len what to tell people who complained about saying “I am sorry.” He said, “Tell them they don’t have to say it.”

What's the Right Way to Clean?

Whenever I spend time with Dr. Hew Len, I'm reminded of the fundamentals behind Zero Limits and ho'oponopono:

- There's nothing to do but clean.
- The more you clean, the more you can receive inspiration from the Divine.
- There's either Memory or Inspiration, and usually it's Memory (data).
- The only thing to clean is what you feel inside.
- The only goal is freedom; to be at Zero.

Knowing the fundamentals is one thing, living them is quite another. This is why we need books, audios, DVDs, tools, seminars, coaches, and whatever else we can use to remind us that all the work takes place within.

The world is made up of “data” and it’s that very data that needs cleaned. The thing is, we perceive all that data inside ourselves, so that's where the cleaning has to take place.

In other words, there's nothing “out there.” It's all inside you. That's where you experience problems and that's where the cleaning needs done.

But what is the right way to clean?

If cleaning is the number one most important thing to do and is the core of the entire Zero Limits process, how do you do it accurately?

Here's how I do it:

1. I notice something wrong. This can be triggered by a thought, another person, an event, or anything else.

This is the stimulus. Before Zero Limits, noticing a problem was always considered “out there.” After Zero Limits, you realize the problem is inside. Whatever the case, the first step is to notice you don't feel good.

You're angry, upset, worried, scared, or any other of a wide range of emotions and feelings that could be labeled as unhappy.

2. I start to clean on the feeling. I don't clean on the other person, or the thought, or the situation, or anything “out there.” Again, the problem is inside. I'm the one aware of a problem. I'm the one who has to clean it. For me, saying “I love you,” “I'm sorry,” “Please forgive me” and “Thank you” is the way to clean. I say the phrases in any order. I say them non-stop in my mind while

feeling the problem as I perceive it. And I say it to the Divine.

3. I sometimes use other cleaning methods. For example, the last time I saw Dr. Hew Len, he gave me one of his Ceeport business cards. He says it is a cleaning tool. He said, "In your mind imagine slicing the problem up with the edge of the card."
4. I let go until prompted to take inspired action. Dr. Hew Len once told me that he cleans on a decision three times. If the answer is the same after those cleanings, he takes action on it. This means if I get an impulse to do something to resolve the perceived problem, I might clean on it three times before I actually take any action. This is a way to insure the action is coming from inspiration and not memory.
5. Repeat.

Everyone wants a short-cut to cleaning and reaching Zero. I do,

too. But it's that very impatience that needs cleaned. Wanting something right now is Memory playing out, urging us to get instant gratification. It's data. The Divine has no time and no urgency. Wanting things to unfold faster than they unfold is a wonderful opportunity to clean.

I keep cleaning because it makes me feel lighter, happier and healthier; it is a fast track way for me to remove the data in my being so I can get closer to the Divine, and because it's easy, effortless, and free.

Until the Divine gives me another way to clean, I'll keep on cleaning.

"Complete responsibility means accepting it all - even the people who enter your life and their problems, because their problems are your problems. They are in your life, and if you take full

*responsibility for your life, then you have to take full
responsibility for what they are experiencing, too.” – from Zero
Limits by Joe Vitale and Dr. Hew Len*

Examination Instructions

Please follow this link to set up your account or login into your account to take the Basic Ho'oponopono Practitioner

Certification exam: <http://mycertificates.org/>

Enter your email address and use your private registration

code: BHP-0227