

A close-up photograph of dandelion seeds with their feathery parachutes, set against a clear blue sky. The seeds are in various stages of being blown away, creating a sense of movement and lightness.

Ho'oponopono

Prayers & Meditations
Master Mind

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&
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Table of Contents

Prayer Introduction.....	3
"I" Am the "I" Opening Prayer.....	4
MORRNAH'S PRAYER.....	5
The Peace of "I" Closing Prayer.....	7
Meditation Introduction.....	9
Why Is The Inner Child Relationship Important?	10
7 Second Breathing	11
Inner Child. Download.....	13
Ho'oponopono Deep Cleaning Meditation	14
Beneath the Voice	16
Exclusive Ho'oponopono Mastermind.....	17

Prayer Introduction

For centuries the practice of praying has been used in every form of religious beliefs and spiritual growth.

In the practice of ho'oponopono, prayers are used as a request for guidance, assistance, or to express one's thoughts and emotions to the Divine.

The most commonly used ho'oponopono prayers are as followed:

“I am the I”, which is used as the opening prayer followed by “Morrnah prayer” and then ending with the “Piece of I” as the closing prayer.

"I" Am the "I" Opening Prayer

"I" come forth from the void into light,

"I" am that emptiness, that hollowness beyond all consciousness,

The "I", the Id, the All.

"I" draw my bow of rainbows across the waters, the continuum of
minds with matters.

"I" am the invisible, untouchable breeze, the undefinable atom of
creation.

"I" am the "I".

MORRNAH'S PRAYER

Spirit, Superconscious, please locate the origin of my feelings,
thoughts of (_____ fill in the blank with your belief, feeling,
or thoughts that you want to erase
_____).

Take each and every level, layer, area and aspect of my being to
this origin. Analyze it and resolve it perfectly with God's truth.

Come through all generations of time and eternity. Healing every
incident and its appendages based on the origin.

Please do it according to God's will until I am at the present. Filled
with light and truth.

God's peace and love, forgiveness of myself for my incorrect
perceptions. Forgiveness of every person, place, circumstances and

events which contributed to this, these feelings thoughts and beliefs.

The Peace of "I" Closing Prayer

Peace be with you, All My Peace, The Peace that is "I", the Peace that is "I am".

The peace for always, now and forever and ever more.

My peace I give to you, my peace I leave it with you not the world's piece, but only my peace. The piece of I...

It is suggested that you memorize these three prayers in sequence.

To help you can listen to the authentic Ho'oponopono prayer of Mornah Simeona, read by Dr. Joe Vitale (author of Zero Limits), with music played on a Hang drum by Dr. Vitale and guitar played by Guitar Monk Mathew Dixon.

TIP: Have an issue, problem, or concern in mind as you listen, think of it when Dr. Vitale pauses and asks you to do so. Enjoy this free gift. Thank you.

Get your download here:

www.morrnahsprayer.com

Meditation Introduction

Meditation is a cornerstone of ho'oponopono, simply reciting the mantra *please forgive me, I'm sorry, thank you, I love you*, is a meditation within itself.

But we are going to look a little bit deeper and will begin with the Inner Child Meditation.

Dr. Ihaleakala Hew Len has been quoted as saying...

“This is the most important relationship in creation, more important than any physical relationship you have”

Why Is The Inner Child Relationship Important?

According to Dr. Hew Len, having a relationship with your inner child will heal all relationships within you!

This bond will take you far beyond manifestation or even happiness: it will take you to the true source, which is contentment, peace, and love.

To learn to love one's self is the path to true freedom. When one truly learns to love themselves, all outward views will reflect from within, and in return all that remains is love!

7 Second Breathing

A master tool that Dr. Hew Len shared at Zero Limits III is “7 second breathing.” Dr. Len didn’t have a name for this tool, he just said it was one of the easiest ways to “breath away Data.” He also went on to explain that this breathing would “put you back into rhythm.”

After you learn the 7-second breathing technique you can use it anywhere! The office, the airport, family events, anywhere you feel the need. Often I use it when I wake up, just to know that I’m in rhythm and working in alignment with the Divine.

This breathing is so powerful, use it to prepare for the Inner Child Meditations.

Your downloads are Broken down into three separate files.

1st a detailed introduction by Dr. Joe Vitale, set to original music by Mathew Dixon, about the Inner Child Meditation.

[Inner Child Introduction](#)

2nd the 7 second breathing bonus: use this first before starting your meditations. And as I said before, once you learn this technique you can do it yourself anywhere, anytime.

[7 Second Breathing Bonus](#)

It is so easy.

It alone is a wonderful tool that keeps you in rhythm with Divine.

Inner Child. Download

3rd The Inner Child Meditation spoken by Dr. Joe Vitale, with beautiful original music by Guitar Monk Mathew Dixon.

Your download is available at the following link:

[Free Bonus Inner Child Meditation](#)

Ho'oponopono Deep Cleaning Meditation

Note: This download is included with your mastermind material.

(file name: [Ho'oponopono Deep Cleaning Mix.mp3](#))

This is a 30 minute advanced Ho'oponopono Meditation.

Easily clean on specific memory/data, you will also learn about the power of your own blue light energy.

Using this meditation helps to clear your subconscious mind and allow you to receive divine inspiration within 30 minutes.

Guitar Monk Mathew Dixon personally guides you into a relaxed state, and introduces you to the power of your Blue Energy Light.

We will use the Blue Energy Light and the Ho'oponopono Mantra to clean together on specific memory/data.

For example:

A person.

A place.

An object.

A troubling emotion.

Or a non-attached cleaning.

Beneath the Voice

In the background of the *Deep Cleaning Meditation* Mathew has chosen his best selling audio the *Subliminal Alignment*.

I use the Subliminal Alignment with all my meditations: it heightens the experience by cycling through 7 harmonically tuned vibrational tones that match our energy centers or “Chakras.”

Exclusive Ho'oponopono Mastermind

Note: This download is included with your mastermind material.

(file name: Ho'oponopono Master Mind mix.mp3)

To finalize your Ho'oponopono master practitioners certification, Dr. Joe Vitale and guitar monk Matthew Dixon sent a survey out to thousands of people in order to gather information on what the most common questions about Ho'oponopono are.

This informal mastermind will allow you to sit in and listen to the explanations to answering these questions in a one hour MP3 audio.