

Using And Understanding Ho'oponopono

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What Is Ho'oponopono?

Ho'oponopono is a way to rediscover true identity moment to moment. This description naturally raises the question of what true identity is. True identity is this: You were created by Divinity (more about Divinity shortly) in the exact image of Divinity - needing nothing, wanting nothing, no problems, no suffering, no conflicts, no desires, quiet and content. Within ho'oponopono this Divinity experience is sometimes referred to as Zero. So why aren't we always at Zero if it represents our true identity? Over the history of existence, we have collected memories: memories of war, of poverty, of illness, of desperation, of hatred, of sadness, and on and on. These memories are stored in the Subconscious (more about the Subconscious shortly) and they replay over and over and over, and as these memories replay we experience them instead of true identity. These memories replaying block us from experiencing who we really are.

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The good news is that we can stop these memories replaying, and when memories stop replaying we go back to true identity: we go back to Zero. At Zero, we can have the experience of Divine Inspiration - we cannot experience Divine Inspiration when memories are replaying. (Memories replaying or Divine Inspiration. Which would you rather have?)

The means for stopping these stored memories from replaying over and over is ho'oponopono. Use ho'oponopono, memories stop, no longer blocked and now back at Zero, Divine Inspiration can come through.

When we do not use ho'oponopono memories continue to play, and we experience these memories replaying in the form of illness, poverty, anger, depression, desperation, etc.

We have a choice. We can suffer, or we can stop the source of our suffering -- memories replaying -- by using ho'oponopono. It's our decision to make.

Unusual But Effective

The premise of ho'oponopono can seem hard to believe: stored memories replaying being the cause of problems is definitely not a typical perspective. Put it together with the notion of true identity and other ho'oponopono elements, and it adds up to something that's quite unusual. This will lead some people to label ho'oponopono as absurd or a fantasy, and to reject it. So be it. This ebook isn't meant to turn skeptics into ho'oponopono believers; this ebook is meant to show people how to understand ho'oponopono and put it to use.

Having said that, the advice from here is to give ho'oponopono a try and not simply reject it right off. This is for personal benefit: the person who applies ho'oponopono will get the rewards from using this remarkable method. The person who rejects ho'oponopono before trying it

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because of personal bias or a lack of faith or whatever else misses all the benefits completely, and the positive change they would have seen is thrown away right from the start.

Ho'oponopono will show results if you use it. Do know however that ho'oponopono is not a wishing well where you simply put in a desire and see it get granted. No method, whether it's ho'oponopono or something else, reliably grants desires. If you believe you know of a firm exception to this, please spread the word so that everyone can see their wishes come true.

There's actually a good reason for why ho'oponopono does not grant desires: desires come from the Conscious, also known as the Ego, and the Conscious does not know best (more about the Conscious shortly). Most of us have had the experience of wanting something and not getting it, and being grateful later on that we didn't get what we were after. The lesson here is that desires should not always be granted because they don't always represent the best outcome.

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Ho'oponopono is not about getting what is wanted, but about getting what is perfect for each situation. And no outcome will ever top that.

The Four Parts

Our makeup consists of four parts. These four parts are, from top to bottom:

- Divinity
- Superconscious (also referred to as The Father)
- Conscious (also referred to as The Mother or The Ego / Intellect)
- Subconscious (also referred to as The Child)

This is the makeup for all of us, and for all of creation: Divinity, Superconscious, Conscious, Subconscious. Let's discuss each of these parts, and their connection to ho'oponopono, in detail.

Divinity

What is Divinity? Divinity is the source for all of creation, is always present, always knowing, without limitations, and without end. Some people refer to this presence as God. Some refer to it as Allah. Some people don't want to have religious connections so they call this presence Source or Love. The name it's called doesn't matter. What's relevant to the ho'oponopono experience is that this source (referred to as Divinity in this ebook) created you in its image exact, is a part of you and with you always, and is the only thing that can stop memories replaying, which it does by erasing. When you use ho'oponopono you are making an appeal to Divinity to erase memories playing so that you can come back to your true identity at Zero.



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