

Ho'oponopono

Ridding yourself of excess stress

By Virginia A. Braxton

If you are uneasy with advice from a medical doctor who hacks and wheezes while he puffs on a cigarette, if you look askance on a psychiatrist with fingernails bitten to the quick, or if you would be reluctant to trust your investment dollars with a broker who had just gone bankrupt, you'd be very comfortable with Stanley Haleakala Hew Len, who holds a Doctorate in educational psychology.

First, he's just plain "Stan."

Second, he has degrees and experience from here to the islands. Third, the peace and ease embodied within the handsome, 40ish Hawaiian are the strongest advertisement for the concept of Ho'oponopono, or Hawaiian problem solving.

Eight months ago, Stan took the training from Hawaii's kahuna Mornah Simeona. He took the training three times before he intuitively sensed its rightness for him. Until that time, despite his training in psychology, he "had stress I didn't know how to deal with."

"The training helps remove negative blocks and thought vibrations...to see what your purpose is in life," Stan says.

He points out that an estimated 85 percent of the work force isn't happy with present job situations. The course of problem-solving techniques enables a person to make choices without talking to someone else. Here, one talks to one's self.

Proposing a hypothetical boss who is giving us stress, Stan outlines three common responses. People may "talk it out, Leave, Suffer...not do anything. Something has to give." Hypertension is a result of such unresolved stress, says Stan.

The Foundation of I seminar is organized to evoke the question "Who am I" and facilitate the ability to let go if one wants to be free. Stan speaks of methods to erase the negative personal tapes within us and to replace the space once occupied with negative emotion and bad experience with pure light.

"Life is like an orange. Each of us contributes a slice of wholeness." But, Stan cautioned, people must not get into another's space or let someone else's purposes get in our way.

With Ho'oponopono, the bumping into other people becomes less frequent and less intense. "We each have a BOSS who tells us what to do. When we tune into the stillness, the BOSS talks," he said, referring to the boss as a Divine Creator.

Who devised the course which has captured the loyalty and support of Stan? Mornah Simeona.

Morrnah is the kahuna or keeper of the secrets of Hawaii. She is one of the islands' five living treasures and was chosen to be a kahuna during childhood.

Starting life as a Catholic, Morrnah became universal in childhood. "In pointing out natural skepticism," she says, "I don't believe anything until I see it is so."

After discovering her gift to set broken bones for people who lived at a distance Morrnah wondered what else could be done with the mind. The Foundation of I was begun as an outgrowth of her previous Pacifica Seminars. The training which once took 8 weeks, was distilled to two weeks and now to one day.

Earl Pa Mai Tenn, the administration support of the Foundation of I, travels with Morrnah throughout the world. Stan has been with the pair on the first step of developing the organization, but will not accompany them as they fulfill requests for sessions in Germany, Africa, Greece, Switzerland, Japan and China. He will return to his job in Hawaii.

The Foundation has not done a media blitz in advertising, Morrnah says, "We sit there. The telephone rings. We go out."

She has been a guest at Johns Hopkins, New York University, Bellevue, Harlem Hospital, Albuquerque University, Albuquerque School of Nursing, the Santa Fe School of Holistic medicine, Miami Medical Center and the Kuakini Medical Center in Hawaii.

At the Medical Center, she has already trained part of the nurses and plans to train the rest to deal with death, dying and accommodating the cultural needs of hospitalized Hawaiians.

Both Morrnah and Stan have done extensive work with disabled children. Stan has spent 20 years working with children who are autistic, mentally retarded, schizophrenic or physically handicapped.

He was principle of a lab school at the University of Iowa where he trained people from all over the world to deal with their handicapped children and the whole family. He also trained professionals not to dump on parents. Each year he taught approximately 1400 people.

"Never criticize a child in front of another person. When a child is labeled "deaf", "retarded" they withdraw. Problems begin in the mother's womb, during pregnancy," says Morrnah.

(Foundation I) processes "only work for good. They cannot be used to manipulate...we just share it with people to find their own identity to be set free," she says.

Stan currently is the consultant for the State of Hawaii Department of Education and considers his job "fun."

He says of the Ho'oponopono program, "You have a choice to be free in your total life, in your work and your family. Life can be joyful instead of stressful. You can make that choice moment to moment."

The Foundation of I will present a free lecture Friday at 7:30p.m. at the Intermediate Unit of Montgomery County, Montgomery Avenue and Paper Mill Road, Erdenheim.

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July 3, training session will be held at the same site from 9:30 a.m. until 4:30 p.m. Call Pacifica Seminars at 825-9196 or the host, Global Education Motivators at 233-6970 *for information or reservations.*