IZI LLC

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SELF I-DENTITY
through
HO`OPONOPONO®

BASIC I MANUAL

(English)
DISCLAIMER

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# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREFACE: MEDITATION of 4/9/87</td>
<td>1</td>
</tr>
<tr>
<td>EXPLANATION OF BREATHING (HA) PROCESS</td>
<td>2</td>
</tr>
<tr>
<td>CARE AND I-DENTITY OF UNIHIPILI</td>
<td>3</td>
</tr>
<tr>
<td>THE USE OF THE PENDULUM</td>
<td>5</td>
</tr>
<tr>
<td>HO’OPONOPONO (Twelve-Step Process)</td>
<td>6</td>
</tr>
<tr>
<td>1. THE INNER CONNECTION*</td>
<td>7</td>
</tr>
<tr>
<td>2. “FOR I AM PEACE”</td>
<td>8</td>
</tr>
<tr>
<td>3. BREATHING (HA)* —7 rounds</td>
<td>10</td>
</tr>
<tr>
<td>4. OPENING PRAYER—“I AM THE I”</td>
<td>11</td>
</tr>
<tr>
<td>SUPPLEMENT</td>
<td>12</td>
</tr>
<tr>
<td>5. REPENTANCE PRAYER</td>
<td>13</td>
</tr>
<tr>
<td>6. A. HO’OPONOPONO—LONG FORM*</td>
<td>14</td>
</tr>
<tr>
<td>B. HO’OPONOPONO—BRIEF FORM*</td>
<td>16</td>
</tr>
<tr>
<td>C. HO’OPONOPONO CONCEPTION*</td>
<td>17</td>
</tr>
<tr>
<td>D. HO’OPONOPONO MAHIKI</td>
<td>18</td>
</tr>
<tr>
<td>7. RELEASE</td>
<td>19</td>
</tr>
<tr>
<td>8. CLEANSE</td>
<td>19</td>
</tr>
<tr>
<td>9. TRANSMUTE*</td>
<td>19</td>
</tr>
<tr>
<td>10. CLOSING PRAYER—THE PEACE OF “I”</td>
<td>20</td>
</tr>
<tr>
<td>11. BREATHING (HA) —7 rounds</td>
<td>21</td>
</tr>
<tr>
<td>12. ACKNOWLEDGEMENT</td>
<td>22</td>
</tr>
<tr>
<td>IDENTITY OF NATIONS TO DATE</td>
<td>23</td>
</tr>
<tr>
<td>PHYSICAL REBALANCING</td>
<td>24</td>
</tr>
<tr>
<td>PREPARATION FOR MEDITATION</td>
<td>26</td>
</tr>
<tr>
<td>THE PILLAR OF THE PEACE OF “I”</td>
<td>27</td>
</tr>
<tr>
<td>MAHIKI — “INDIGO BOWL”</td>
<td>28</td>
</tr>
</tbody>
</table>
This is what “I” have to say to all mankind:

In the beginning, “I” created and moulded the sky, the stars, the clouds, the wind and then the ocean, seas—all of My other Creations. Why, am “I” disrupting man’s world? “I” am not. Man is constantly disrupting Mine. He causes stress, imbalance; but man forgets he put it there with his mind, first, his ideals, second and finally, he decides he has the audacity to make claim to all of My Creations.

Today, “I” say, STOP, STOP, STOP!

No longer will man be the Creator and Destroyer, only the one who is seeking for I-entity. He will be considered, while all others go on the merry-go-round of life-and-death, life-and-death...until man realizes that this world will be a different place to live in and “I” will reside on Earth when the Age of “I” is finished, and all will know their I-entity.

The “Coming Home of My Children” will be the Religion of the World, because man, through searching for I-entity, will return to the Source—the Divinity.

That is why the feminine aspect of life will rise, and that is why every country in the world’s feminine role is played by Mary and Jesus. All countries of the world have a maternal...and child, but the Aumakua, Mother and Child makes the Whole.

As “I” look today, “I” see people running to make a ‘quick buck’...Money. But does it make one happy? Only temporary. It is the beginning of the deterioration of the individual because he has moved to another plane, and away from the Father or Creator, away from looking within—instead, looking outside and judging others by the limited values they have.

Be kind, be loving, be tolerant: for the Age of “I” will last as long as the Process keeps increasing—and the number of people who will come into the Light. The Light is like a fire-place, a bonfire, where man will seek the warmth and the friendship of one another, not realizing that the other person was his enemy.

CLEAN, ERASE, ERASE...and find your own Shangri-LA. Where? Within yourself.

Go, and be at home—for the coyote roams in the prairie, and the shark in the deepest of the oceans, and the wind, the storm—moved by My Mind. Then bring all things together; all things are made new; we are made whole, new and compassionate.

“I” Am What “I” AM. “I” AM always the “I”.

But above all, we will be a salvation to another, and so on down the line. Go and be at Peace—for Peace begins in the Inner Part of one’s Heart.

PEACE always be with you.
EXPLANATION OF BREATHING (HA) PROCESS

PROCEDURE:

Step 1: Inhale (Divine Energy) for (7) seven counts to energize every cell, tissue, blood vessel, muscle, bone, and atom of the whole body.

Step 2: Hold the breath for seven (7) counts to allow the body to Rest momentarily, thereby slowing down the metabolism and body chemistry...to regenerate the cells, etc., and above all, to prevent “shock” to the system while making the exchange with two powerful forces (inhalation and exhalation).

Step 3: Exhale: Release of impurities, poisons and blocks from the system for seven (7) counts.

Step 4: Hold the breath for seven (7) counts. This is considered...one round.

The process requires seven rounds. The process of “HA” is a method of “Accumulating Mana or Vital Energy.” Mana or Vital Energy is sent to the Unihipili (subconscious) where it is either stored or utilized, depending on the need at the moment. If healing or treatment is needed, then the Uhane (conscious) sends the request to the Unihipili (subconscious), who, in turn, collects the energy or mana and all needed ingredients or colors, feelings in the memory banks, etc., and joins forces with the Uhane (conscious) and the Aumakua (superconscious) who has access to all forces of the Cosmos. The return Flow of Energy or Mana ushers in the answer or result to the “prayer” or “request.”

Through a process of “HA” or Divine Breath, one is prepared to do the Ho`oponopono process, meditation, counseling, healing, and self-introspection.
CARE AND I-ENTITY OF UNIHIPILI

The Unihipili or child in us reacts as an undisciplined, uncared unloved aspect of us. It is also referred to as the “serpent” aspect within us.

The Unihipili or child can manifest itself as a lofty, refined part of our being, or it can react as a destructive ‘serpent’. The damage is multiplied and accentuated by ‘collective thought forms’ of negative forces, ideas of criminals, thieves, prostitutes, politicians, money changers, slave drivers, hunger mongers, killers, murderers, abusers, etc.

The Unihipili may be referred to as a beloved child, young sister or brother, son or daughter, which is a better type of relationship than any outside of one’s framework. The Unihipili or child within us (not biological) will respond or react according to our “choice.”

CARE

1. Gently stroke the Unihipili from top of head with love, care, and concern.
2. Hug the child gently, not “bear hug”. Bear hug frightens the child.
3. Grasp the hand gently, gently stroking it.
4. Hold the shoulders and give unlimited love to the child. In expressing the above, be sure you have the feeling, otherwise, the child will detect it, through short circuit received.
5. Do extra breathing for the Unihipili before doing for others.

Only with reverence will you be able to win your Unihipili’s cooperation. When allowed to continue, he/she will respond automatically, and you will have turned him/her ‘ON.’

REMEMBER: Your attitude is being watched by him/her, moment by moment.

PROTECTION

1. Cleanse the self on behalf of the child or Unihipili. Heal the pains, scars, and wounds gathered from everywhere in the ocean, land, air, animal, and vegetable kingdoms and all mankind from the beginning of creation.
2. The child is given a jump suit from head to toes of soft, warm blue. The shoes and gloves are indigo. There is a stretchable, abdominal band 7 inches wide with 3 hooks and eyes on the left side. This assures the child that the band is held firm and will not peel off like velcro. Antiquated as it may be, it has a 3-fold purpose:
   (a) satisfaction
   (b) security
   (c) assurance
3. Surround the child with indigo with ice blue lining. Ice blue has a bit of soft pink to give it compassion and love.
UNIHIPILI’S BAG

The Uhane is responsible to fill the bag with items that the Unihipili needs—clothing, nourishment, and a zip-locked laundry bag for any used clothing.

At the end of the day, the Uhane is responsible to remove all clothing, used and unused, and any remaining nourishments. All used clothing need to be cleansed, washed, and pressed.

The Unihipili selects the bag and the colors for the bag.

The bag is very important, and it is the Mother’s responsibility to see that the bag is filled with the necessary clothing and nourishment before the Child leaves the house. It is also her responsibility to see that the child has the bag with him or her wherever he or she goes.

The perception of the Mother is that she is preparing to support her Child for the day with whatever she feels that it will need to sustain itself. The bag is filled with items that she feels that the Child may need in the course of the day. This preparation is akin to getting the child ready to go off to school. She gives more Love to the Child than she would her own child.

Remember: More Attention.

I-IDENTITY

The following names are given until you choose or until the Unihipili has been given a name.

The names are: The LIFE or KE-OLA (Kāy-ōh´-lāh). The sun or KA-LA (Kāh-lāh´). You may select one of the above mentioned names. Use your pendulum to get your child’s preference and acceptance.
THE USE OF THE PENDULUM

PENDULUM

(1) It is the media through which questions, consciously directed to Unihipili or computer, are answered.

(2) It can be any object, crystal pendant, suspended by a chain, string, or cord 6 to 12 inches long and held between the thumb and the forefinger.

(3) Place the object or crystal over center of circle. Then ask it questions.

The pendulum is an “extension” of the Unihipili or subconscious mind through which questions consciously, either mentally or orally, are directed to the Unihipili (computer or memory bank).

The objective of using the pendulum is to gain a good working relationship with your Unihipili. The Unihipili is the key in the Ho`oponopono process.

a. When you use the pendulum, first talk to your Unihipili very gently and lovingly as though he/she were a small child. Ask him/her if he/she would like to play a little game with you.

   Always remember that your child or Unihipili is being accorded love, care, and concern for the first time since his/her creation. Therefore, be gentle and patient.

b. The pendulum needs to be cleansed with indigo, ice blue, and white colors before and after using. When not in use, keep it in its own pouch or container.

c. Carefully teach your Unihipili the following directions of movement for the answers he/she will give. Go over it slowly to give the Unihipili a chance to learn.

   (1) Clockwise movement means “GOOD.”
   (2) Counterclockwise movement means “BAD.”
   (3) Vertical movement means “POSITIVE” or “YES.”
   (4) Horizontal movement means “NEGATIVE” or “NO.”
   (5) Hesitation or random motion means “DOUBTFUL”.

d. Questions should be formulated in a yes/no, good/bad order.

e. The pendulum may also be used over an object to determine the answer.

f. The pendulum, at first, may be used for a maximum of 5 minutes.

g. Always express your gratitude to the Unihipili for cooperating.
HO`OPONOPONO
(Twelve Step Process)

1. THE INNER CONNECTION

2. FOR I AM PEACE

3. BREATHING (HA)

4. OPENING PRAYER—"I" Am The “I”

5. REPENTANCE PRAYER

6. HO`OPONOPONO
   A. LONG FORM
   B. BRIEF FORM
   C. CONCEPTION
   D. MAHIKI

7. RELEASE

8. CLEANSE

9. TRANSMUTE

10. CLOSING PRAYER—THE PEACE OF “I”

11. BREATHING (HA)

12. ACKNOWLEDGMENT
1. THE INNER CONNECTION*
(UHANE - Conscious Mind)

DIVINE CREATOR, Father, Mother, Child as ONE:
Oh, my Child...will you forgive me for all my errors in thoughts, words, deeds, and actions I have accumulated and subjected you to over eons of time? As your Mother today, I forgive you for all your errors, fears, resentments, insecurities, guilts and frustrations.

Come and hold my hand and reverently, ask the Father, our Aumakua, to join us and hold our hands. As a unit of two, please ask the Father to join us and make the three of us a unit of one.

Let love flow from me to you and from us to the FATHER. Let the DIVINE CREATOR embrace us in the circle of DIVINE LOVE.

* For those who have received a KEY—use your “key”. Eliminate No. 1 and think the “key”.

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2. “FOR I AM PEACE”

“I”

Again! “I” emphasize that FEAR must still be dealt with in a more gentle, loving, warm, and understanding manner, to wrest the iron grip from the emotional mind.

DO IT GENTLY. Do not command, but reach the UNIHIPILI (subconscious) through a tedious, patient process that, sometimes, seems almost like being subservient to it. At least, it seems so to many of you from the intellectual, rather than the “FEELING,” warm, caring, gentle and protective concept.

Let Me beckon My Children of the Light.

AUMAKUA

“AH! What do we have here? Ummmmmm...A child with a smudgy face and dirty, bare feet and a happy, curly smile!”

“Cheer up, My child. Let you and Me take a journey in the sky. Let Me show you the galaxies of Nod, of Sod and God.”

“Who are they?” he asked.

“They are My stopping off stations to Light.”

“Who are Mr. and Mrs. Light?” smiled the dirty faced child.

“Ah! They are to greet you when you release your crud and clean your face. Let soft rain wash away the smudge, the crud, the disfigurements you have accumulated for eons of Time.”

As he trips along on clouds of blue and white, his face gets washed, his filthy clothes take on a real new look.

“Ah! At last we are at the Gates of Nod where I have time to feel the cuddles of Nod, the land of slumber. Ah! He is prepared to sleep, sleep, sleep.”

“I will untie his web of eons of lifetimes that speak of dreams, of horrors, of murders, of pains, of agonies, of violence, of guilt.”

“Well, when he has slumbered and finally awakes, I will wrap him in My Blanket of soft, soft clouds and whisk him away to the Land of Sod, where he will trudge through snow clean meadows and wade through crystal clear waters, and bathe in the fragrance of the forest, flowers, and greens.”

“Having wrapped and dressed him in all the beauties of Life, I now take him to meet the Divine Creator.”

“What is the Divine Creators message?”
“I”

“My dear child of the Universe, here is your Key to your domicile of the Cosmos. Turn your Key and lo and behold the door opens softly.”

AUMAKUA

“Where is the Divine Creator?”

“EVERYWHERE AND NOWHERE for you have prepared yourself well and deserve to be in the Presence of that beautiful area of “Silent Solitude” infused with the reverence no man knows.”

“You will, then, FEEL a ‘letting go’ sensation come over you, then affirm:”

UNIHIPILI

I AM A CHILD OF GOD allowing Divine Love and Intelligence to move and express in and through me, my affairs, both personal and universal, balance, perfect ideas, perfect relationships, and perfect and right environment at the right time.

I am and will always be in my right place and time for my own individual growth, personal success and happiness to allow me to fully use my talents in this lifetime for my good and others.

Right conditions, relationships and ideas, for a constructive future, can and will be achieved through my complete acceptance, enthusiasm, faith and humbleness of mind for my DIVINE CREATOR, FATHER AND ONENESS OF ALL LIFE—my ALPHA and my OMEGA. I will know and truly understand and experience life-fulfilling for I deserve to have the water of life to sustain me now and always.

“FOR I AM PEACE”
3. BREATHING (HA)* — 7 rounds

A. Inhale (Divine Energy) for 7 counts.

B. Hold the breath for 7 counts.

C. Exhale for 7 counts.

D. Hold the breath for 7 counts.

This is considered one round. Do 7 rounds.

* You may breathe for someone else in the world who has a need to survive. Be sure to breathe for self first, then others. Since the body breathes and circulation flows, its supply should not be depleted by using it for others. Care for self first, last, and always is essential.
4. OPENING PRAYER —“I” AM THE “I”  
(The “I’s” Prayer)

“I” AM THE “I”  
OWAU NO KA “I”

“I” come forth from the void into light,  
Pua mai au mai ka po iloko o ka malamalama,

“I” am the breath that nurtures life,  
Owau no ka ha, ka mauli ola,

“I” am that emptiness, that hollowness beyond all consciousness,  
Owau no ka poho, ke ka’ele mawaho a’e o no ike apau,

The “I”, the Id, the All.  
Ka “I”, ke Kino Iho, na Mea Apau.

“I” draw my bow of rainbows across the waters,  
Ka a’e au “I” ku‘u pi‘o o na anuenue mawaho a’e o na kai apau,

The continuum of minds with matters.  
Ka ho‘omaumau o na mana‘o ame na mea apau.

“I” am the incoming and outgoing of breath,  
Owau no ka “Ho” a me ka “Ha”,

The invisible, untouchable breeze,  
He huna ka makani nahenahe,

The undefinable atom of creation.  
Ka “Hua” huna o Kumulipo.

“I” am the “I”  
Owau no ka “I”
SUPPLEMENT

This is a new step for people who have used the Ho`oponopono process continuously for at least one year.

1. Do 7 rounds of HA

2. Mentally say:

Let Divine Intelligence manifest good health in all of my respiratory, circulatory, excretory, and auric systems. Let all imbalances be transmuted and put in their right time and places to bring greater supply, abundance, health, and spiritual cleansing. Let all imbalances be transmuted to their right time. My evolvement and peace of mind has no limitations.

AND IT IS DONE!
5. REPENTANCE PRAYER
(Between Individual / Group and the DIVINE CREATOR)

DIVINE CREATOR, Father, Mother, Child as ONE:

If * I _______________________________, my family, relatives, and ancestors have offended you in thoughts, words, deeds and actions from the beginning of our creation to the present, please forgive us.

Cleanse, purify, release, sever, and cut all the unwanted energies and vibrations we have created, accumulated and/or accepted from the beginning of our creation to the present.

Please transmute all the negative, unwanted energies to PURE LIGHT. WE ARE SET FREE! AND IT IS DONE!

* Use plural form, “We _______________________________, our families, relatives...” when two or more are used in the blank space.

When the phrase “AND IT IS DONE” is used—it means Man’s work ends and GOD BEGINS.
6 A. HO’OPONOPONO — LONG FORM*  
(Cleansing and Problem Solving)

PART I.

DIVINE CREATOR, Father, Mother, Child as ONE:
If I ______________________ (1) ______________________, my family, relatives, and ancestors have offended you, __________________ (2) ______________, your family, relatives, and ancestors in thoughts, words, deeds, and actions from the beginning of our creation to the present, humbly, humbly, humbly we ask you all for forgiveness for all our fears, errors, resentments, guilts, offenses, blocks and attachments we have created, accumulated and accepted from the beginning of our creation to the present.

LET DIVINE INTELLIGENCE INCLUDE ALL PERTINENT INFORMATION WE KNOWINGLY OR UNKNOWINGLY HAVE OMITTED. WILL YOU ALL FORGIVE US?

PART II.

Yes, We forgive you. Let the water of life release us all from spiritual, mental, physical, material, financial, and karmic bondage. Pull out from our memory bank and computer, release, sever and cut the unwanted and/or negative memories and blocks that tie, bind and attach us together.

Cleanse, purify and transmute all these unwanted energies to PURE LIGHT. Fill the spaces these unwanted energies occupied with DIVINE LIGHT.

LET DIVINE ORDER, LIGHT, LOVE, PEACE, BALANCE, WISDOM, UNDERSTANDING, AND ABUNDANCE be made manifest for us all in our affairs through the DIVINE POWER of the DIVINE CREATOR, FATHER, MOTHER, CHILD AS ONE, in whom we rest, abide and have our being now and forever more. WE ARE SET FREE! AND IT IS DONE!
6 A. (cont.)

*The long form is to be done twice in the following manner:

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<tr>
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<th>1st Time</th>
<th>2nd Time</th>
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<tr>
<td>Part I</td>
<td>You</td>
<td>Them</td>
</tr>
<tr>
<td>Part II</td>
<td>Them</td>
<td>You</td>
</tr>
</tbody>
</table>

However, when doing the process by yourself - you assume Part II on behalf of other parties.

Note: Line 1 - party doing process (use the plural in lines 1 and 2 when doing the process with 2 or more)

Line 2 - party or parties with whom process is being done, name or parties on questionnaire

Purpose: To program into individual’s memory bank or computer the basic structures, including working “tools” to activate the computer, sift up and dredge out matter that may contribute to the causes of the problem.

Do the long form only between one’s self, family, relatives, and ancestors before working on anyone else’s problems.

You can do it on behalf of persons, places, things, etc.

Long form may be used many times but—in the beginning the long form is used to acquaint the Unihipili of those concerned about the Process. e.g. If the individual has been accustomed to manipulating, etc. others, the Unihipili or subconscious mind becomes confused. CLARITY IS A MUST.
DIVINE CREATOR, Father, Mother, Child as ONE:
I __________________________ (1) __________________________ my family, relatives, and ancestors wish to do a Ho`oponopono with __________________________ (2 a & b) ____________, including all of my fears, errors, resentments, guilts, anger, violence, attachments with people especially __________________________ (3) __________________________, places (4) ____________, past lives __________________________ (5) ____________, home ties (6) ____________ that contribute to the cause of my problems __________________________ (7) ____________.

Cleanse, purify, sever, cut and release all the negative and unwanted memories, blocks and energies we have created, accumulated and accepted from the beginning of our creation to the present. Transmute all these unwanted energies to PURE LIGHT.
WE RELEASE THEM TO PURE LIGHT AS THEY RELEASE US. WE ARE SET FREE! AND IT IS DONE!

Note:  Line 1 — party doing process
Line 2(a) — party or parties with whom process is being done, name of parties on questionnaire
2(b) — always include the Aumakuas of Rhythm, Peace, Freedom, and Balance; the Lady of Freedom, the Aumakua of the United States, and all the Aumakuas of nations throughout the world and the universes.
Line 3 — names of persons whom you have strong attachments to
Line 4 — names of places you have strong attachments to
Line 5 — past lives you have strong ties with
Line 6 — name of party with whom you have strong ties at home
Line 7 — name specific problem

*BRIEF FORM is two-fold. It may be used for SELF only (e.g. “with all my fears, errors, etc.”) or it may be used as presented with OTHERS.

Do as part of 12 steps
6 C. HO`OPONOPONO-CONCEPTION*

(Abortions / Miscarriages)

DIVINE CREATOR, Father, Mother, Child as ONE:
I __________ (1) ____________, my family, relatives and ancestors wish to do a
Ho`oponopono between us and ______ (2) ______ and our adopted, guardians,
surrogate, biological, mothers, fathers, grandmothers, grandfathers, great-grandmothers,
great-grandfathers and all of our ancestors from the time of conception to the present.

We include all abortions and miscarriages in our family and ancestors; also those
related and/or affiliated with the case at hand ______ (3) ______.

We also include the hospitals, staffs, rituals, party or parties responsible for
abortions, still borns, miscarriages, suicides, infanticides, abuses and the addresses
where they were performed.

Cleanse, purify, sever, cut, release and transmute all the unwanted, painful and
traumatic memories, blocks and energies to PURE LIGHT.

WE RELEASE THEM TO PURE LIGHT AS THEY RELEASE US! WE ARE SET
FREE! AND IT IS DONE!

Note:

Line 1 - party doing process
Lines 2 and 3 - party or parties with whom process is being done, name of
parties on questionnaire.

* You may do “in absentia” for anyone provided you do as part of 12 steps and use No. 9.
6 D. HO`OPONOPONO-MAHIKI

(Cleansing and Releasing of Negative Vibrations from Persons, Entities, Atoms and Molecules)

DIVINE CREATOR, Father, Mother, Child as ONE:
I __________________________ (1)________________________, my family, relatives and ancestors wish to do a Ho`oponopono of the following premises, persons, objects, transactions, atoms and molecules, families, relatives and ancestors __________________ (2) __________________________.

If there are any earthbound spirits and/or negative vibrations within, on, or around them, or if the following deceased persons ___________ (3 a & b) ___________ are earthbound, we humbly ask for forgiveness on their behalf and ask that they be cleansed, purified, and released to the path of PURE LIGHT. No longer will they be earthbound. We release them to the path of LIGHT as they release us. We, including premises, persons, families, relatives and ancestors, objects, rituals, transactions, atoms and molecules are ALL SET FREE!

AND IT IS DONE!

Note:
Line 1 - party doing process
Line 2 - party or parties with whom process is being done, name of parties on questionnaire
Line 3 - (a) name of deceased parties on questionnaire
(b) anyone in the Universe who is permitted to go at this time
7. RELEASE

DIVINE CREATOR, Father, Mother, Child as ONE:
I ____________________________, my family, relatives, and ancestors mentally detach ourselves from all involved in this case. We cut all aka cords. WE ARE SET FREE! AND IT IS DONE!

8. CLEANSE

We mentally bathe ourselves from the top of the head to toes with the following colors: Indigo or Purplish-Bluish Light (7 times); Emerald Green (7 times); Ice Blue (7 times); White (7 times).

9. TRANSMUTE*

Let Divine Intelligence approve the release and transmutation of all toxins and negative vibrations to PURE LIGHT. Let Divine Intelligence manifest harmony, love, wisdom, order, balance, perfect and right relationships, ideas, sources of wealth, sustenance and energies. We humbly ask that we be surrounded with a gold band or circle. WE ARE SET FREE! AND IT IS DONE!

* When in doubt, leave it in Divinity's hands.

Remember: You are only proposing. The Aumakua will refine your proposal, and then it is up to the Divinity or “I”. This clears one of any karmic contamination or ties when doing for others. Otherwise, it will be considered an “invasion of privacy” of animate and inanimate things.
10. CLOSING PRAYER — THE PEACE OF “I”

THE PEACE OF “I”
KA MALUHIA O KA “I”

Peace be with you, All My Peace,

O ka Maluhia no me oe, ku`u Maluhia apau loa,

The Peace that is “I”, the Peace that is “I am”,

Ka Maluhia o ka “I”, owau no ka Maluhia,

The Peace for always, now and forever and evermore.

Ka Maluhia no na wa apau, no ke`ia wa a mau a mauloa aku.

My Peace “I” give to you, My Peace “I” leave with you,

Ha`awi aku wau “I” ku`u Maluhia ia oe, waiho aku wau “I” ku`u Maluhia me oe.

Not the world’s peace, but only My Peace, The Peace of “I”.

A`ole ka Maluhia o ke ao, aka, ka`u Maluhia wale no, Ka Maluhia o ka “I”.
11. BREATHING (HA) — 7 rounds

A. Inhale (Divine Energy) for 7 counts.

B. Hold the breath for 7 counts.

C. Exhale for 7 counts.

D. Hold the breath for 7 counts.

This is considered one round. Do 7 rounds.

Note: Process concludes with 7 rounds of HA so that the body will not be deprived of the sustenance it needs.
12. ACKNOWLEDGEMENT

We acknowledge the Divine Creator, our inner family—the father, mother and child, the Divine Forces of all the universes, the Divine Forces of the mineral, vegetable, and animal kingdoms. The Foundation of I, Inc. Freedom of the Cosmos, Pacifica Seminars and all the Aumakuas, Uhanes and Unihipilis who have been moved into the path of PURE LIGHT. We include animate and inanimate things—such as coins and currencies and their media of exchange, documents, letters, equipment, objects; sounds of speech, thoughts, deeds, and actions; even a microscopic cell or particle of dust that participated in or was included in the process.

We acknowledge the Aumakuas of Rhythm, Peace, Freedom and Balance; The Lady of Freedom, the Aumakua of the United States; King Kamehameha I (Kāh-māy´-hāh-māy´-hāh), the Aumakua of Hawaii; the Aumakuas of each nation; including (insert list on next page); the Aumakuas of the world, universes, and the Cosmos.

May the “I” continually bless all involved in the Ho`oponopono Process. WE ARE SET FREE AND IT IS DONE! WE ARE NOW IN THE DIVINE CREATOR’S EMBRACE.
Identity of Nations to Date

George Vancouver - Canada
Our Lady of Perpetual Help - Philippines
Our Lady of Guadalupe (Gwa-da-lú-pá) - Mexico
Our Lady of Panagia (Pan-a-ghe-ah) - Greece
Our Lady of Vladimir (Vlad´i-me˘r) - Russia
Our Lady of Czestochowa (Chen-stó-ho´-va) - Poland
Kwan Yin (Kwan Yin) - China
Kannon Sama (Kahn-known´ Sah-mah´) - Japan
William Penn - Pennsylvania
Lady Maria - Germany
Our Lady of Alaska - Alaska
Our Lady of Light – New Mexico
Our Lady, Queen of Ireland - Ireland
Our Lady of Charity - Cuba
Our Lady of Lourdes - France
Our Mother of Good Counsel - Italy
Our Lady of Candlelight - Colombia
Our Lady of Los Angeles - Costa Rica
Our Lady of Santa Clara - California
Our Lady of Glastonbury - England
Our Lady of All Nations - The Netherlands
Our Lady of Santa Isabel - Portugal
Our Lady of Santa Maria - Spain
Our Lady of Medjugorje (Med´yu-gor-yeh) - Serbian Nations
Divinity of Light - Alabama
Our Lady of the Land - Iowa
Our Lady of the People - Nebraska
Our Lady of Luján (Lu-hán) - Argentina
Mother Joseph of the Sacred Heart - Washington
Our Lady of Silent Solitude - Antarctica
Our Lady of Perpetual Spring - Scotland
The Spirit of New York - New York
Our Lady of the Lake - Minnesota
Our Lady of the Ozarks - Arkansas
Our Lady of Innocence - Boulder, Colorado
Our Lady of Mercy - Colorado
Our Lady of Portlandia - Oregon
Divine Mother - India
Our Lady of Eternal Light - Israel
Our Lady of Plenty - Africa
Our Lady of the Waterfall - Wisconsin
The Pieta - The Vatican
John Singleton Copley - Boston, Massachusetts
Our Lady of the Thirty-three Orientals - Uruguay
Our Lady of Perpetual Help - Haiti
Chief KNO-TAH - Hillsboro, Oregon
Our Lady of Thanksgiving - Belfast, Ireland
Our Lady of Commerce - Dublin, Ireland
Golden Eagle, The Spirit of All Indian Nations
Our Lady of Immaculate Conception, The Spirit of the Middle East
PHYSICAL REBALANCING

The following four exercises are designed to rebalance the body by unblocking the natural channels through which energy flows. We recommend doing the exercises on arising in the morning and just before retiring at night.

Exercise 1

Purpose:

To rebalance the body from waist to feet by reestablishing equal leg lengths (Unihipili - subconscious mind)

Procedure:

1. Lie on stomach with arms to sides, legs straight, and heels together.

2. Determine if leg lengths are equal.

3. If leg lengths are not equal, carry out the following steps:

   For discussion purposes, let us assume that the left leg is shorter than the right. Do the following:

   a. Lie on stomach with arms to the sides, legs straight, and heels together. Turn face outward (short side) with right side of face resting on the surface.

   b. Place left palm on left buttock over the sciatic nerve.

   c. Place fingers of the right hand flat in the back of left ear with the tip of the forefinger touching the back of the ear.

   d. With knee straight, raise the left leg as high as possible without causing strain. Do this three (3) times.

   e. Repeat steps (a) through (d) on the right side.

   f. Then, repeat (a) through (d) again with the left side (short side).
Exercise 2

Purpose:
To rebalance the body from waist to shoulders by straightening the shoulders. (Uhane - conscious mind)

Procedure:  (Start with the side that had shorter leg.)
1. Lie on back with legs straight and heels together.
2. Place left palm into the area of the left groin.
3. Lift the left leg and, at the same time, bend the knee with the heel dropped toward the back of thigh.
4. Reach up and place palm of right hand on left knee, pulling knee towards face and in line with chin. Hold this position as long as possible.
5. Repeat on right side.

Exercise 3

Purpose:
To rebalance the entire body from head to feet via the spine.
(Aumakua—superconscious mind)

Procedure:
1. Lie on back, legs straight, and heels together.
2. Crisscross the hands in back of the neck by first placing all of the fingers of the left hand on the right side of neck; now place all of the fingers of the right hand on the left side of neck.
3. Swing legs with heels touching and gliding over the surface to the right. Starting from the right position, swing the legs as far as possible to the left without causing strain. Complete only six (6) full swings (right to left) and stop.

Note:
Sages and great teachers in ancient times have used a similar process; however, we use the system to denote the three (3) selves.

   Exercise 1: - Unihipili (Subconscious)
   Exercise 2: - Uhane (Conscious)
   Exercise 3: - Aumakua (Superconscious)

When the body is balanced the three (3) selves are together.
PREPARATION FOR MEDITATION

1. Cleanse room with indigo, emerald green, ice blue and lemon to WHITE LIGHT, each color seven times (7x). Leave pink color with lots of mint fluffs, and puffs of moving white.

2. Lay white carpet sprinkled with tiny gold star flecks in entire room.

3. Mentally open windows.

4. Visualize round circle of light as a mat you are sitting on. Light flows upward. Mat is energized.

5. Sit firmly, yet relaxed on chair on floor—spine erect.

6. Rest back of hands on thighs near knees. Touch tips of thumb and forefinger (thumb symbolizes DIVINITY and forefinger symbolizes you, the individual).

7. Let Divine Intelligence thru “HA” direct and process the energy thru every atom of your body to eliminate, release, construct, revitalize, reenergize and reconstruct.
   a. Do seven (7) rounds of breathing or “HA.”
   b. Beginning of the eighth (8th) round, breathe through nostrils for seven counts, hold for seven counts, exhale for seven counts. Mentally direct breath into left and right palms—Yin & Yang—to establish polarity within your TEMPLE: then, hold for seven counts.

    THEN GO INTO MEDITATION.

Note:

1. **THIS PROCESS CAN BE REPEATED NO MORE THAN 3X PER DAY.** Meditate at least 5 - 15 minutes.
2. Refrain from eating at least an hour prior to meditating.
3. Meditate when you are not tired.
4. Meditate in a sitting position with spine and head erect.

**PLEASE!!! Use no other method of meditation or background music or any prayer at all.**
The Pillar of the Peace of “I” is the ultimate result of Balance in the Individual’s whole being—radiance of the Divinity, “I” within, through the entire body and—attracting like vibrations.

When faced or confronted by a person, place, or thing that is threatening, negative, or imbalanced, mentally imbue self in the Pillar of the Peace of “I” (Divinity’s Peace) and direct the Pillar of the Peace of “I” or Divinity to the subject. When it is directed to an individual, place, or object, it reaches the inner core and that to which it is directed; it brings out the Balance with it. The automatic response will be the melting away of the gross vibrations or frequencies on the subject and the emergence of Peace or balanced attitude after only a mental projection. The result is always positive.

When visiting, interviewing, or traveling to and from various places, people, and situations, The Pillar of the Peace of “I” completely covers the individual and the subject to whom it is projected. The result is always positive, also.

The Pillar of the Peace of “I” allows the expression of freedom and of setting the subject free from vices, negativity, restrictions, limitations, and prejudices. Above all, it brings balance where there was separation of the subject from its own Divinity, which resides within itself.

NOTE:

*In case of radiation, use the Peace of “I”, but add the word radiation to it. An additional element is added to the Peace of “I”.*
MAHIKI — “INDIGO BOWL”

This method is to be used by itself twice a week by anyone. It is best done before retiring.

Place all problems including Self, family, relatives and ancestors, cars, pets, land, animate and inanimate things into an indigo bowl suspended over the center of Haleakala Crater.

They will be moved from indigo to ice blue to white colors.

The Divinity finishes the treatment.