

Beyond Traditional Means: Ho'oponopono®

An interview with ...

Mornnah Simeona and Dr. Stan Hew Len*

by Deborah King — frequent contributor to the New Times

“We can appeal to Divinity who knows our personal blueprint, for healing of all thoughts and memories that are holding us back at this time,” softly shares Mornnah Simeona. “It is a matter of going beyond traditional means of accessing knowledge about ourselves.”

The process that Mornnah refers to is based on the ancient Hawaiian method of stress reduction (release) and problem solving called Ho’oponopono. The word Ho’oponopono means to make right, to rectify an error. Mornnah is a native Hawaiian Kahuna Lapa’au. Kahuna means “keeper of the secret” and Lapa’au means “a specialist in healing.” She was chosen to be a kahuna while still a small child and received her gift of healing at the age of three. She is the daughter of a member of the court of Queen Liliuokalani, the last sovereign of the Hawaiian Islands. The process that is now brought forth is a modernization of an ancient spiritual cleansing ritual. It has proven so effective that she has been invited to teach this method at the United Nations, the World Health Organization and at institutions of healing throughout the world.

How does Ho’oponopono work? Mornnah explains, “We are the sum total of our experiences, which is to say that we are burdened by our pasts. When we experience stress or fear in our lives, if we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced.”

She continues, “The main purpose of this process is to discover the Divinity within oneself. The Ho’oponopono is a profound gift which allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past.”

Every memory of every experience, since the first moment of our creation, eons ago, is recorded as a thought form which is stored in the etheric realm. This incredible recorder/computer is also known as the subconscious, unihipili or child aspect within us. The inner child is very real and comprises one part of the Self.

The other aspects are the mother, also known as the uhaue or rational mind and the father, the superconscious or Spiritual aspect. The three comprise the inner family, which, in partnership with The Divine Creator, makes up one's Self I-Identity. Every human being in creation, every plant, atom and molecule has these three selves and yet each blueprint is completely different.

The most important task for people is to find his or her true identity and place in the Universe. This process allows that understanding to become available.

The purpose of Ho'oponopono is to: 1) Connect with the Divinity within on a moment-to-moment basis; 2) To ask that movement and all it contains, be cleansed. Only the Divinity can do that. Only the Divinity can erase or correct memories and thought forms. Since the Divinity created us, only the Divinity knows what is going on with a person.

In this system, there is no need to analyze, solve, manage or cope with problems. Since the Divinity created everything, you can just go directly to Him and ask that it be corrected and cleansed.

In the area of problem solving: the world is a reflection of what is happening inside us. If you are experiencing upset or imbalance, the place to look is inside yourself, not outside at the object you perceive as causing your problem. Every stress, imbalance or illness can be corrected just by working on yourself. It is important to mention that this system is fundamentally different from other forms of Ho'oponopono. In traditional methods, everyone who is involved in a problem needs to be physically present and work it out together. In Mornah's system everything can be handled by you and the Divinity. You don't need to go one inch outside yourself for answers or help. There is no one who can give you any more relevant information than you can get by going within yourself.

Mornah especially recommends Ho'oponopono for those in the healing profession: "It is important to clear Karmic patterns with your clients before you start working with them, so that you don't activate old stuff between you. Perhaps you shouldn't be working with that person at all. Only the Divinity knows. If you work with a person and it isn't your business, you can take on the person's entire problem and everything associated with it. This can cause burnout. The Ho'oponopono gives the tools to prevent that from happening."

Mornah wished for our Western society that everyone would do things to reduce the stress. "Western people have great difficulty in putting the intellect behind. It is difficult for the Western mind to get a grasp of a Higher Being because in traditional Western churches, the Higher Beings are not made evident." She continues, "Western man has gone to the extremes with his intellectualism it

divides and keeps people separate. Man then becomes a destroyer because he manages and copes rather than letting the perpetuating force of the Divinity flow through him for right action.”

Mornah works with her associate, Dr. Stanley Hew Len, who spent several years as a consulting clinical psychologist at the Hawaii State Hospital. He has had profound results by using this process with the most dangerous, violently “mentally ill” criminals in Hawaii. Yet he never talks to them, in fact, he never even sees them. He writes down their name and then just works on himself. He cleanses his judgments, beliefs, attitudes and asks the Divinity what he can do for the person. As those attachments and memories are cleansed, the patient improves. “The Divinity,” comments Stan, “says it is time to bring all the children home.”

[* also known as Dr. Ihaleakala Hew Len]

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