

Who's in charge? (Abridged version)
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Problems can be solved without knowing what the heck is going on! Realizing and appreciating this is sheer relief and joy for me. Problem solving, part of the purpose for existence, is what Self I-Dentity through Ho'oponopono is about. To solve problems, two questions must be addressed: Who am I? Who's in charge? To apprehend the nature of the Cosmos begins with the insight of Socrates: "Know thyself."

Who's in charge? Most people, including those in the science community, deal with the world as being a physical entity. Current research in DNA to identify causes and remedies for heart disease, cancer, and diabetes is a prime example of this.

The Law of Cause and Effect: Physical Model

| Cause | Effect |
|------------|-------------------------------------|
| Faulty DNA | Heart, Disease, Cancer, Diabetes |
| Physical | Physical and Environmental Problems |

The Intellect, the Conscious Mind, believes it is the problem solver and that it controls what happens and what is experienced. In his book *User Illusion: Cutting Consciousness Down To Size*, science journalist Tor Norretranders paints a different picture of Consciousness. He cites research that shows that decisions are made before Consciousness is aware of them. And that the Intellect believes that it decides. Norretranders also cites research that show that the Intellect is only conscious of between fifteen to twenty bits of information per second out of millions taking place below its awareness!

If not the Intellect, Consciousness, then who's in charge?

Memories replaying dictate what the Subconscious Mind experiences. The Subconscious Mind experiences vicariously, mimicking, echoing memories replaying. It behaves, sees, feels, and decides exactly as memories dictate. The Conscious Mind too operates, without its awareness, by memories replaying. Memories dictate what it experiences.

The Law of Cause and Effect: Self I-Dentity Ho'oponopono

| Cause | Effect |
|--------------------|----------------------------------|
| Memories Replaying | Heart, Disease, Cancer, Diabetes |
| Memories Replaying | Physical Problems – The Body |
| Memories Replaying | Physical Problems -- The World |

The body and the world reside in the Subconscious Mind as creations of memories replaying, and rarely as Inspirations. The Subconscious Mind and Conscious Mind, comprising the Soul, do not generate their own ideas, thoughts, feelings and actions. As noted before, they experience vicariously, through memories replaying and Inspirations. It is essential to realize that the Soul does not generate experiences of its own. That it sees as memories see; feels as memories feel; behaves as memories behave, and decides as memories decide. Or, rarely, it sees, feels,

behaves and decides as Inspiration sees, feels, behaves and decides! It is crucial in problem solving to realize that the body and the world are not the problems in and of themselves but the effects, the consequences, of memories replaying in the Subconscious Mind! Who's in charge?

The Void is the foundation of Self I-Dentity, of Mind, of the Cosmos. It is the precursor state to the infusion of Inspirations from Divine Intelligence into the Subconscious Mind.

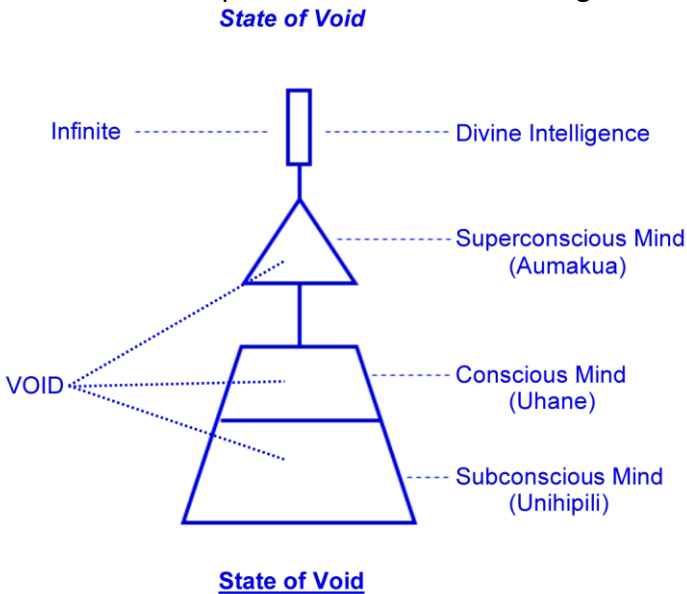


Diagram 1. Self I-Dentity State of Void

Memories replaying displace the Void of Self I-Dentity, precluding the manifestation of Inspirations. To remedy this displacement, to reestablish Self I-Dentity, memories need to be transformed to void through transmutation by Divine Intelligence.

Existence is a gift from Divine Intelligence. And the gift is given for the sole purpose of reestablishing Self I-Dentity through problem solving. Self I-Dentity through Ho'oponopono is an updated version of an ancient Hawaiian problem solving process of repentance, forgiveness and transmutation. Ho'oponopono involves the full participation of each of the four members of Self I-Dentity – Divine Intelligence, Superconscious Mind, Conscious Mind and Subconscious Mind --working together as a unit of one. Each member has its unique part and function in problem solving memories replaying in the Subconscious Mind.

The Superconscious Mind is memory free, unaffected by memories replaying in the Subconscious Mind. It is always one with Divine Intelligence. However Divine Intelligence moves, so moves the Superconscious Mind. Self I-Dentity operates by Inspiration and memory. Only one of them, either memory or Inspiration, can be in command of the Subconscious Mind at any given moment. The Soul of Self I-Dentity serves only one master at a time, usually memory, the thorn, instead of Inspiration, the rose.

State of Inspiration

State of Memory Replaying

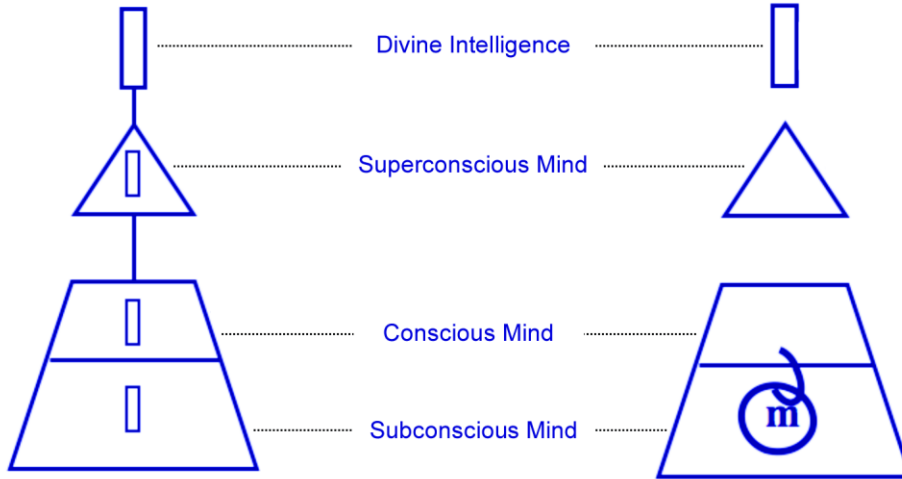
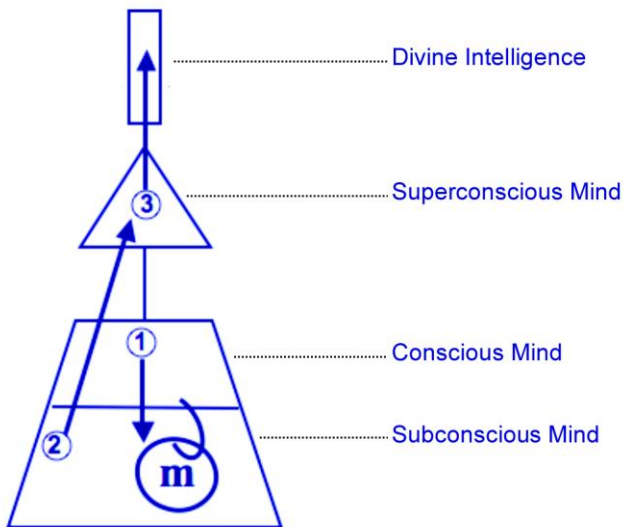


Diagram 2. Self I-Dentity State of Inspiration

Diagram 3. Self I-Dentity State of Memory Replaying

Void is the common ground, the equalizer, of all Self Identities, both animate and inanimate. It is the indestructible and timeless foundation of the entire cosmos seen and unseen. Memories replaying displace the common ground of Self I-Dentity, taking the Soul of Mind away from its natural position of Void and Infinite. Although memories displace the Void, they cannot destroy it. How can nothing be destroyed? The Conscious Mind can initiate the Ho’oponopono process to release memories or it can engage them with blame and thinking.

Problem Solving



Repentance & Forgiveness

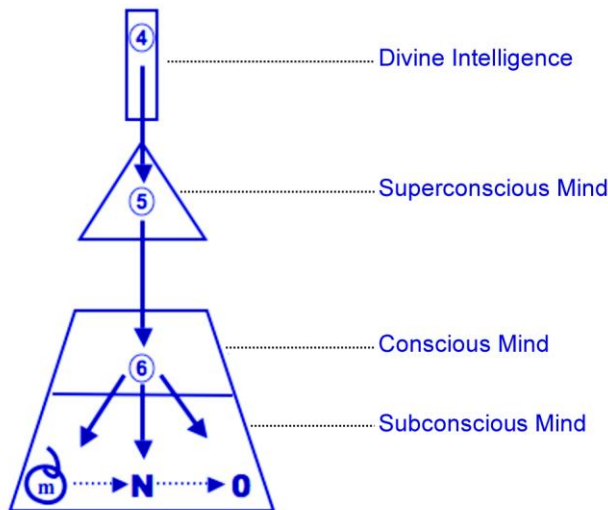
Diagram 4. Self I-Dentity through Ho’oponopono (Problem Solving) Repentance & Forgiveness

Conscious Mind initiates the Ho’oponopono problem solving process, a petition to Divine Intelligence to transmute memories to void. It acknowledges that the problem is memories

replaying in its Subconscious Mind. And that it is 100% responsible for them. The petition moves down from the Conscious Mind into the Subconscious Mind. The down flow of the petition into the Subconscious Mind gently stirs memories for transmutation. The petition then moves up to the Superconscious Mind from the Subconscious Mind.

The Superconscious Mind reviews the petition, making changes as appropriate. Because it is always in tune with Divine Intelligence, it has the capacity to review and make changes. The petition is then sent up to Divine Intelligence for final review and consideration.

Problem Solving



Transmutation by Divine Intelligence

Diagram 5. Self I-Dentity Ho’oponono (Problem Solving) Transmutation by Divine Intelligence

After reviewing the petition sent up by the Superconscious Mind, Divine Intelligence sends transmuting energy down into the Superconscious Mind. Transmuting energy then flows from the Superconscious Mind down into the Conscious Mind. And transmuting energy then flows down from the Conscious Mind into the Subconscious Mind. The transmuting energy first neutralizes designated memories. The neutralized energies are then released into storage, leaving a void.

Thinking and blame (See Diagram 3) are memories replaying. The Soul can be inspired by Divine Intelligence without knowing what the heck is going on. The only requirement for Inspiration, Divine creativity, is for Self I-Dentity to be Self I-Dentity. To be Self I-Dentity requires incessant cleansing of memories. Memories are constant companions of the Subconscious Mind. They never leave the Subconscious Mind to go on vacation. They never leave the Subconscious Mind to go into retirement. Memories never stop their incessant replaying! To be done with memories once and for all, they must be cleansed to nothing once and for all.

The purpose of life is to be Self I-Dentity as Divinity created Self I-Dentity in its exact likeness, Void and Infinite. All life experiences are expressions of memories replaying and Inspirations. Depression, thinking, blame, poverty, hate, resentment and grief are “...fore bemoaned

moans,” as Shakespeare noted in one of his Sonnets. The Conscious Mind has choice: it can initiate incessant cleansing or it can allow memories to replay problems incessantly.

Consciousness working alone is ignorant of Divine Intelligence’s most precious gift: Self I-Dentity . As such, it is ignorant of what a problem is. This ignorance results in ineffectual problem solving. Poor soul is left to incessant, needless grief for its entire existence. How sad. The Conscious Mind needs to be awakened to the gift of Self I-Dentity .

Self I-Dentity is indestructible and eternal as is its Creator, Divine Intelligence. The consequence of ignorance is the false reality of senseless and relentless poverty, disease, and war and death generation after generation. The physical is the expression of memories and Inspirations taking place in the Soul of Self I-Dentity . Change the state of Self I-Dentity and the state of the physical world changes.

Who’s in charge...inspirations or memories replaying? The choice is in the hands of the Conscious Mind.

Here are four Self I-Dentity through Ho’oponopono problem solving processes that can be applied to reestablish Self I-Dentity through voiding memories replaying problems in the Subconscious Mind:

1. “I Love You.” When the Soul experiences memories replaying as problems, say to them mentally or silently: “I love you dear memories. I am grateful for the opportunity to free all of you and me.” “I Love You” can be repeated quietly again and again. Memories never go on vacation or retire unless you retire them. “I Love You” can be used even if you are not conscious of problems. For example, it can be applied before engaging in any activity such as making or answering a telephone call or before getting into your car.
2. “Thank You.” This process can be used with or in place of “I Love You.” As with “I Love You,” it can be repeated mentally again and again.
3. Blue Solar Water: Drinking lots of water is a wonderful problem solving practice, particularly if it is Blue Solar Water. Get a blue glass container with a non-metallic cover. Pour tap water into the container. Place the blue glass container either in the Sun or under a lamp for at least an hour. After the water is solarized, it can be used in several ways. Drink it. Cook with it. As a rinse after a bath or shower. Fruits and vegetables love being washed in blue solar water! As with “I Love You” and “Thank You” processes, Blue Solar Water voids memories replaying problems in the Subconscious Mind. So, drink away!
4. Strawberries and Blueberries: These fruits void memories. They can be eaten fresh or dried. They can be consumed as jams, jellies and even syrup on ice cream!

I wish you Peace beyond all understanding. Ka Maluhia no me oe. Peace be with you,
Ihaleakala Hew Len, Ph.D. Chairman Emeritus The Foundation of I, Inc. Freedom of the Cosmos