

Sum and Substance: The Book of Ho'oponopono by Luc Bodin, Nathalie Bodin Lamboy, Jean Graciet

Sum & Substance posts are notable phrases to give readers an idea of themes surrounding certain books.

The Sum & Substance of Luc Bodin, Nathalie Bodin Lamboy, Jean Graciet's, *The Book of Ho'oponopono*.

"It is only with the heart that one can see clearly; what is essential is invisible to the eye."
-Antoine de Saint-Exupery, *The Little Prince*

"...we are weighed down by our memories. The object of Ho'oponopono is therefore, to free ourselves of these memories and beliefs so that, by getting rid of the veil they form, we can discover the divinity within each one of us."

"Dr. Len [then] explained that he had cleansed the memories he had in common with each patient when he was studying each one's case file, by simply saying "I'm sorry, forgive me, I thank you, I love you." Dr. Len explained that he had healed the past of himself the had created them. He added that everything in our lives, everything that happens to us, is our responsibility. This means that everything we perceive with our five senses - the world surrounding us - is our creation. Consequently he perceived that it was his responsibility to heal the memories within himself that had created this particular situation."

"Your memories cause irritation because they give you no respite. They rule your life at the unconscious level and prevent you from expressing your free will."

"They cause you to believe that you are different from others, but in reality, they are the sole cause of the illusion of separation."

"...your memories prevent you from being yourself."

"...everything that appears on the outside that disturbs you, sets you off balance and causes you pain is a memory. The suffering you witness in another person is a memory that is being reactivated inside your own being."

"Memories are not intrinsically bad or good: make that judgement about them."

"I'm sorry, forgive me, I thank you, I love you." Or "Sorry, forgive me, thanks, I love you." You have nothing to do or understand other than just to say these words."

"The mind always refers back to them before making any decision, which ensures that you conduct your life according to patterns dictated by the past."

"It is no longer necessary to seek understanding or have expectations for any result."

"Once the mind seizes control, the soul will withdraw and nothing will happen. From that moment on, the mind will be working to block the process."

“Those who direct and influence our lives encourage us to keep our gaze continuously trained on the outside world. This leads us to see ourselves as victims and believe that danger always comes from outside. Consequently we shed our responsibility for everything, and this is why doctors, teachers, lawyers, and neighbors are constantly being dragged into court for trivial matters. In health matters we have extremely practical scapegoats, such as viruses, tobacco, pollution and many other things. Christian religions laid the groundwork long ago by inculcating in the faithful the idea that we are sinners at birth and live under the probing eye of a merciless god ever ready to punish us. The archetype of the victim has been deeply rooted in us, and this is convenient for such external powers as politicians and political leaders not to mention politicians with a religious agenda. But what happens when you keep looking outside of yourself for the one responsible for your discomfort? You give away your power! Because the guilty party is somewhere else, you are giving that party your power and no longer have control of your life.”

“... we continually place our power in the hands of others.”

“If you think you are the creator of everything that happens to you, then you have the power to change it.”