

The Book Of Ho Oponopono The Hawaiian Practice Of

The Maui's Journey ??is a unique book?. ?Suitable for all ages?. ??It shows us the values o?f Ho'opopopono and it signes the ?path to ?evolve following the principles of Love. The Hawaiian culture ??contains many teachings. We can understand many explanations of reality only by ?that wonders. ?The philosophy of life "Aloha" ?is the contained value in this beautiful story?. ?This story shows us w perspective of the young Maui Kapua and his friend Kane, this story transports us to an ? adventure never seen before. And this ?adventure teaches us how to live happily and in harmony. The journey of Maui ?tells us ?the hidden wonders of the Hawaiian culture. And it does it with poetic images and with a simple language. It is a small jewels ?with universal value. ?It contains the wonders that This book is a ?reference point ?in educational books?. ?But it is ?appropriate for all ages. For children it teaches the basics of love and respect, the natural ways to grow. For adults and for all those who love the Ho'oponopono.? it is ?a key book to deepen the unknown aspects of the Hawaiian culture from which this ancient and powerful practice originates. It answers many questions that oft Ho'oponopono for a long time.With the contributions of Barbara Randall, representative of the aboriginal culture, and Estrella Apolonia, a Native American woman, with her beautiful drawings.

SIX LITTLE HO'OPONOPONO PRAYERS FROM DISEASE is a small book that collects the prayers of Ho'oponopono that were inspired by me, practicing cleaning with Ho'oponopono, during the period of rapid and definitive recovery from a serious intestinal infection. These short prayers have proved useful to those who want to practice Ho'oponopono when you already have or receive the INSPIRATION TO HEAL. Thank You, I love You. Peace of the "I".

Vind de hemel op aarde met Anita Moorjani's nieuwe boek! In Wat als dit de hemel is? gaat Anita Moorjani in op de sociale mythes in onze hedendaagse samenleving. Gevoelens van angst, schaamte en schuldgevoel worden ons opgelegd door onze cultuur. Moorjani leert je afscheid te nemen van deze gevoelens, leidt je naar je ware identiteit en geeft je zelfvertrouwen. Moorjani bespreekt tien vers verdiende loon Van jezelf houden is egoïstisch Vrouwen zijn het zwakke geslacht Moorjani ontkracht deze mythisch door middel van persoonlijke verhalen en inzichten. Zo leert ze je de betekenis van onvoorwaardelijke liefde en hoe je van jezelf kunt houden. Ook staan er praktische tips en oefeningen in het boek waarmee je aan de slag kunt. Hiermee leer je de hemel op aarde te vinden!
'Anita's verhaal werkelijk bent en hoe je elke angst en zelfkritiek in je leven kunt overstijgen.' Dr Wayne W. Dyer Over de auteur Anita Moorjani werkte jarenlang in het zakenleven tot ze in april 2002 te horen kreeg dat ze terminale kanker had. Haar bijzonder genezing in 2006 heeft haar leven enorm veranderd. Ze schreef haar eerste boek Ik moest doodgaan om mezelf te genezen. Moorjani houdt zich tegenwoordig bezig met het helpen van anderen. Haar laatste boek is 'Wat als dit de hemel is?' dat in 2014 verscheen.
Moorjani kreeg door haar bijna-doodervaring. Op Moorjani's website kun je meer lezen over haar bijna-doodervaring.
Volg ook Anita Moorjani's Facebookpagina met haar inspirerende quotes!

Seven case studies demonstrate how the age-old Hawaiian process of family problem-solving can be adapted in innovative ways and applied successfully today to situations ranging from social work with Hawaiian families to drug abuse.

ontdek de kracht van universele helende energie

Relax, Color and Practice: I'm Sorry, Please Forgive Me, Thank You, I Love You

The Book of Ho'oponopono

The Easiest Way to Understanding Ho'oponopono

Intrapersoonlijke communicatie

Advanced Ho'oponopono

Hooponopono for Kids and Other People

Ho'oponopono is an elegant and easy ancient Hawaiian healing and forgiveness practice, available to everyone. Although designed for middle grade readers, I Love You, Clowns Are Scary appeals as well to the inquiring minds of college students and their grandparents. **Book One** tells the story of Dakota's dream-like inner quest to save a lost and frightened child and the discovery of a magical way for a very scary problem to be transformed. In **Book Two**, Dakota continues to explore Ho'oponopono at school with the help of some mentors and friends and shares with the reader a fun way, Slo-mo-pono, to have a similar letting go experience. Throughout this introduction to Ho'oponopono, the conscious and subconscious are explored, as well as the superconscious, the spiritual center deep within the mind. The chapter of meditations offers simple ways to clear the mind and strengthen one's Ho'oponopono practice.The Many Teachers section introduces the reader to important aspects of the Ho'oponopono perspective: the freeing gifts of healing energy, meditation, responsibility, letting go, gratitude, and love. The last chapter, the Psychotherapeutic Connection, is for parents, teachers, therapists and students of psychology of any age. Included are the author's journey and an exploration of psychotherapeutic approaches using Ho'oponopono.

De definitieve oplossing van levensproblemen kan simpel en snel. Al lijkt het onwaarschijnlijk, zestien jaar praktijk heeft aangetoond dat in hooguit zes uur levensproblemen voorgoed kunnen worden opgelost. Hoe dit mogelijk is leest u in dit bijzondere boek. De ontwikkeling van deze methode vereiste het loslaten van gebruikelijke rationele mensbeelden, waarin gevoelens en emoties beperkingen opleggen aan ratio en gedrag. Het mensbeeld dat ten grondslag ligt aan de levensbeschouwing van Hawaï (Huna) kent juist een functionele relatie tussen gevoelens, emoties, ratio en gedrag. Intrapersoonlijke (innerlijke) communicatie is daarin de cruciale factor in het afstemmen van deze functionele relatie. Dit maakt intrapersoonlijke communicatie de sleutel tot het voorkómen en definitief oplossen van actuele

levensproblemen. Daarnaast is de Hawaïaanse reinigingsmeditatie Ho oponopono behulpzaam bij het opschonen van oude ballast uit een soms zeer ver verleden. Bevrijd je van problemen in je leven door te communiceren met de drie (wezens)delen van jezelf

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There are books written with the best of intentions by wonderful people, which, precisely because of this, inspire us. But then, after we bought them, why do they inevitably end up on that shelf in our library and we don't read them or, at best, we don't continue reading them, having just started them? So, here is a path of energetic knowledge and reading of a book using (also) Ho'oponopono.

Ho'oponopono Adult Coloring Book

een op Huna gebaseerde therapie

Advanced Ho'oponopono Secrets

The Clearest Answers to Your Most Frequently Asked Questions

Four Phrases to Change the World One Love to Bind Them

Ho'oponopono for a better reality

Quantum-Touch 2.0

Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected — despite feelings of singularity and separation — four tenets are disclosed for creating peace with oneself and others: I am sorry, Please forgive me, I love you, and Thank you. Offering practical exercises, this simple four-step system encourages readers to focus on difficult conflicts within personal relationships and heal the past. By addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into favorable experiences. The final chapters delve into love, relationships, health, career and healing the planet.

This book has been created from a selection of many articles the author has written over the years, which have been given discursive coherence. They are based on her practicing and teaching of Ho'oponopono, and her experiences as a mother, accountant, business consultant, tax specialist, author, lecturer, peace ambassador, and seminar leader. In addition to a variety of topics, such as relationships, money, death, diet, depression, peace and children, the book offers an explanation of the core concepts of Ho'oponopono, a traditional Hawaiian process for group problem solving and conflict resolution.--Publisher.

This beautiful self-help guide leads the reader through the simple "laws" of this ancient wisdom from the Hawaiian elders--repentance, forgiveness, gratitude and love--allowing healing of the self and relationships with others. Simple and practical tools are given for attaining a balanced life, listening and learning, and how to move on from negative experiences or past traumas to a positive future. Full of little gems of wisdom and beautifully illustrated and published in a gifty format, the book makes a lovely inspirational present or an instructional self-purchase.

Ho'oponopono LSP© conflict management based on Lego® Serious Play®Ancient Hawaiian practice to solve problems with LEGO®, assuming multiple forms of perception, of the eloquence of the holistic view, the work dialogues with the reader's intimate, social and spiritual sphere, taking on a life of its own. The most vigilant reader will notice in the work the practices of the author Gilbram Westarb Borgonovo's experience and his innovative business model. The registration of the work's authenticity was done through the Ethereum Blockchain. The author assigns the rights through a certificate of title of “Facilitator” declared for commercial or personal use, use of the content for educational materials of the work in global territory. This means that as a Facilitator you will be able to explore the work commercially, charge for face-to-face and online lectures, consultancies, among others. In the personal area you can enjoy the title for curricula and career promotion and develop educational content with the work and its images. Facilitator LSP© collection was developed to be playful and features 3D images modeled by the author himself, easy to understand reading, and participation in discussions and updates of works through a forum.

hoe onze culturele mythen voorkomen dat we de hemel op aarde ervaren

Blue Ice

Coming Home with Ho'oponopono

The Four Phrases-ho'oponopono Secrets

Ho'oponopono LSP© Personal conflict management with LEGO®

At Zero

The Hawaiian Practice of Forgiveness and Healing

Praise For Zero Limits "This riveting book can awaken humanity. It reveals the simple power of four phrases to transform your life. It's all based in love by an author spreading love. You should get ten copies of it----one for you and nine to give away. It's that good." ---- Debbie Ford, New York Times bestselling author of The Dark Side of the Moon "This book is a game-changer. It's a must-read for anyone who wants to live a more peaceful and joyful life. It's a beautiful book! I feel it will be the definitive personal-change/self-help book for at least a generation and viewed as a watershed event by historians. There is real potential for this book to start a movement that will end war, poverty, and the environmental devastation of our beloved planet." ---- Marc Gitterle, MD, www.CardioSecret.com "This book is a gem. It's a beautiful book that will change your life. It's a must-read for anyone who wants to live a more peaceful and joyful life. It's a beautiful book! 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3 Powerhouse Techniques to Activate the Power of Ho'oponopono
Contemporary Uses of a Hawaiian Problem-solving Process

My Reflections on Ho'oponopono

Ho'oponopono Book Journal - 600 Pages

Angelic Ho'oponopono Manuscript Self-Course

Self I-Dentity Through Ho'oponopono® Mskr SITH® Conversations, Book 7

HO'OPONOPONO FOR BEGINNERS– A Complete Practical Guide To Successful Ho'oponopono Practice:Everything you need to know about the Spiritual Practice that is sweeping the globe & changing the lives of all it touches... **INCLUDES**– –Beginners Guide to Ho'oponopono –Ho'oponopono Origins & History –Ho'oponopono Philosophy –How & Why It Works –Simple Step by Step Instructions –Practical Tips for Success Through Ho'oponopono –Sample Mantras **EVERYTHING YOU NEED TO BEGIN PRACTISING HO'OPONOPONO RIGHT AWAY...**Ho'oponopono (Ho Oh Pono Pono) roughly translated as "to make right", "to correct", is an ancient transformational and healing technique originating in Hawaii. Its simple message of 100% responsibility, repentance, and gratitude has been changing the lives of all it touches. Originally practiced by the native Hawaiians, Ho'oponopono was primarily a group based ceremony, used to solve community based problems and disputes and it has ties and similarities to many indigenous shamanic practices found throughout the world.The Ancient Hawaiians understood the power of the mind. Centuries before mainstream science they identified the distinction between the Conscious, Subconscious, and Super-Conscious minds, and the part they play in forming our present day circumstances.This knowledge was considered so important that they built their whole belief system Huna (The Secret) around it...Huna's main focus was on resolving community based disputes and problems. They discovered the best way to accomplish this was by understanding and controlling the power of the Subconscious Mind– The Ho'oponopono process was one of the most powerful tools they had in achieving this. It was used to clean and 'reset' the mind, leaving it free and open to the positive influences that are constantly being sent to it from theDivine Universal Consciousness.It was updated by Mornah Simeona in the late 90s to better reflect the demands of the modern world. No longer needing a collective the process could now be practised individually.Since then Ho'oponopono has been quietly but steadily spreading around the globe, gathering rave reviews and devotees as it goes.So what exactly is Ho'oponopono? Is it really so easy? Does it work? Why does it work? How do you do it? What can it do for me?This book will answer these questions and many more, examining its origins, development, and the philosophy that underpins it.It will provide you with all the knowledge and information you need, guiding you through the Ho'oponopono process step by step with sample mantras so you can begin practising right away.We'll look at why this deceptively easy, but extremely powerful process, is changing the lives of all it touches.And show you how it can change yours too...

ANGELIC HO'OPONOPONO – THE MANUSCRIPT – SELF-COURSE As a spiritual traveler, I'm sure you are familiar with the Angelic realm and the po wer of Hawaiian Ho'oponopono. I'm sure you've heard of the phenomenal story of Dr. Hew Len, who with Ho'oponopono he has healed mental hospital patients remotely Thus, I hope that Dr. Hew Len's story can help give us an idea of how powerful this Angelic Ho'oponopono will be. What Angelic Ho'oponopono is? It is extremely powerful and effective spiritual tool belt to transform negativity into positivity, to manifest your life purpose, to clean up and ultimately reprogram our book of life, A K A Akashic Records, which are stored on the divine energy frequency level. The primary purpose of Ho'oponopono is to deep clean our Book of life record / data that stored in the universal cloud library on super high frequency level. Just like a computer, Ho'oponopono is the key tool to tidying and rearrange, the entire contents from all kinds of viruses, junk mail, phishing, outdated and useless programs. It doesn't matter where it came from or who sent the virus, the most important thing is we clean it. To achieve this goal effectively,we need to increase our own vibration level by empowering the energetic supra archangel as a vibratory booster. By the end of this Self Course, you will mastered all three elements.The trinity tool to build a superb quality of life holistically,where our Body is Healthy, Mind Mindfulness and Soul is Enlightened. The main pillars of living spiritually. Much Love & Many Blessings What was easy just got easier with the Special Edition of the book that started it all, The Easiest Way, now including this special bonus, The Easiest Way to Understanding HO'OPONOPONO, The Clearest Answers to Your Most Frequently Asked Questions. The Easiest Way to Understanding HO'OPONOPONO, answers the what, where, when and why about cleaning. Cleaning is simply erasing your memories and bringing you back to zero, so that Inspiration (God, Love) can guide you.

Add integrity and power to your Ho'oponopono practice.Advanced Ho'oponopono will take you to the next step of your spiritual quest.If you have read books such as "Zero Limits," by Dr. Joe Vitale, you will appreciate this new book and the new levels it will take you to . Ho'oponopono is the best way to activate "the law of attraction". That is because the law of attraction requires one to be clear on what they are trying to attract, and Ho'oponopono is the best way for one to become clear and clean. In this book, you will learn 3 Powerhouse Techniques to Activate the Power of Ho'oponopono. Whether you are new to the law of attraction or to Ho'oponopono, the simple skills and techniques taught in this book will help you achieve your goals, clear and clean yourself of subconscious limiting beliefs and achieve happiness. We are huge fans of "The Secret" the movie and book that educated the world on the law of attraction more than any single book in the world. They teach that like attracts like, and that you attract what you think about and based on how you feel. But, how do you change your thoughts, and how do you change how you feel? Ho'oponopono is the answer . Using the techniques Ho'oponopono teaches, you can clear and clean your mind and soul, effectively helping you feel better and think better thoughts. And, as "The Secret" teaches, that will activate the law of attraction in your favor, and you will attract more and better things to be grateful for and be happy about, thus continuing the positive cycle. We were inspired to write this book, for YOU. In our Ho'oponopono meditation group, we discovered the techniques that are presented here for you. Invest in yourself by learning and practicing Ho'oponopono. Through this, the Universe and the law of attraction will send you more opportunities to use and profit from your talents, and you will be a continuous contributor to the Universe. I love you I'm sorry Please forgive me Thank you Naomi and John Howard

Maui's Journey

De passietest

Ho'oponopono Images and Inspiration Cleaning Book

Your Path to True Forgiveness

Wat als dit de hemel is?

Reading Faster (Also) with Ho'oponopono

The Secret Code to Recreate Your Destiny

This book is written in Korean. Ho'oponopono is Hawaiian practice of forgiveness and healing. The four phrases used in the practice help us erase and cleanse negative memories and help us live up to our true potentials and possibilities. The four phrases are pathway that lead us to the Divine within us.

Wat doe je heel graag? Waar ben je goed in? Wat zijn jouw unieke vaardigheden en talenten? Hoe ziet je ideale leven eruit? Leven volgens onze passie is de sleutel tot een gelukkig en voldaan leven, maar hoe ontdek je wat je echte passie is? En hoe laat je je dromen in vervulling gaan? Als je helder hebt wat je echt wilt en je werkelijk verbonden leeft met je passies, kun je het leven creëren dat jij wilt. De Passietest biedt de meest simpele en heldere manier om erachter te komen wat jij wilt. Stap voor stap zul je in dit boek ontdekken wat voor jou écht belangrijk is, wat je echte passies zijn. Aan de hand van interviews met bekende mensen die volgens hun passie leven, leer je hoe jij een succesvol leven vorm kunt geven.

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Ho'oponopono seems like magic, but it is not magic at all. It is real and within your grasp. Return to Zeropoint is our system of teaching how to use Ho'oponopono in an easy and straightforward manner. We take away the pain of learning and get to the nuts and bolts without struggle and strife. Leave your problems and pain behind, and move forward with the life of joy that you deserve. It is within your grasp.

Six Little Ho'oponopono Prayers from Disease

Six little Ho'oponopono prayers from disease

Ho'oponopono

Caring for Our Body

The Final Secrets to "Zero Limits" The Quest for Miracles Through Ho'oponopono

Maluhia - la Ciudad Feliz

Self I-Dentity Through Ho'oponopono® Mskr SITH® Conversations, Book 5: How to Clean

*Being bogged down and feeling exhausted with life is something that everyone can relate to. We experience stress in the form of money issues, problems at work, difficulties with our interpersonal relationships and a number of other stress factors that tend to weigh us down. But what if there was a way to realise that it is not these stressors that are making our lives difficult? What if the reality of the matter is that these situations are created by our thoughts - our own ego-mind? This realisation forms the foundation of Ho'oponopono, which states that we have the power to transmute our problems by re-connecting with the Divine Source within. Ho'oponopono allows a person to develop a relationship with the Divine Source inside of ourselves and ask that our mistakes made in thought, action, or word be cleared and released, providing freedom from the past. It was revolutionised in the twentieth century by Mornah Simeona, a Hawaiian Kahuna healer, to help modern day people reap the benefits. In this guidebook, you will discover Advanced Ho'oponopono Techniques that will allow you to clear erroneous data within your subconscious mind while realising your authentic loving self. Topics Covered In The Book Include: * Ho'oponopono Tibetan Style: This is a special breathing meditation that helps you transform negativity while increasing your courage, love and compassion. * Inner Child Meditation: Discover how to connect to your inner child allowing you to develop a loving relationship with this part of yourself leading to an increased sense of wellbeing. * Higher Self Meditation: Connect with your own Higher Self or Soul which will give you a greater sense of connection with your own source of pure unconditional love, peace and wisdom. * Ho'oponopono Higher Self / Inner Child Healing Process: This is a very powerful process that enables you to align your inner family in a way that allows for harmonious healing and transformation of erroneous data stored in your inner child or Lower Self. * Ideal Partner Manifestation: If you would like help from the Universe to find your ideal partner, this special prayer ritual can help you. It utilises the power of Blessing, combined with the energetic connections we have with other people in the word. * Relationship Shadows Into De-Light: This process enables you to bring your own shadow aspects to light, transmute them with Ho'oponopono, while developing more empathy and compassion for yourself and other people. It can be surprising what's revealed with this powerful technique. * Ho'oponopono Magic In A Bottle: Enjoy preforming random acts of kindness with this fun method that will bless complete strangers while introducing them to Ho'oponopono. * Wrathful Ho'oponopono: Discover how to practice Ho'oponopono even when you are really angry and upset with someone. You can use the magical mantra and transmute your anger into a peaceful state of calm instead. Now you can heal your life, transmute your problems and become a more loving and peaceful person with these advanced Ho'oponopono secrets. So go ahead and download your Ho'oponopono Guidebook today.*

In this book, I share my experiences about the incredible way of Ho'oponopono, and how it turned out to be the easiest and most effective way for me. I sincerely hope it will be that way for you too.

Richard Gordon tilt zijn Quantum-Touch-methode naar een nieuw level: hij leert ons nu genezen met behulp van hartenergie en door met een andere blik naar onze wereld te kijken. LET OP!: Dit e-book is NIET geschikt voor zwart-wit e-readers. Stond 'Quantum-Touch 1.0 voor 'helen met je handen , in 'Quantum Touch 2.0 tilt Richard Gordon zijn methode naar een heel nieuw level: hij leert ons nu genezen met behulp van hartenergie en door met een andere blik naar onze wereld te kijken. Bijzonder hierbij is, dat Gordon er hierbij vanuit gaat dat mensen alleen zichzelf kunnen genezen. Degene die Quantum Touch 2.0 aan een ander geeft, helpt diegene zichzelf te genezen. Het is wetenschappelijk bewezen dat wij met echte, diepe, liefdevolle aandacht zaken kunnen beïnvloeden. Richard Gordon laat zien dat het door met liefdevolle aandacht naar iemand te kijken of aan iemand te denken mogelijk is om pijn te verlichten en mensen te verlossen van lichamelijke en geestelijke klachten. Het is mogelijk verschillende gezondheidsklachten en zelfs de houding van verschillende cliënten tegelijk op een veilige en zichtbare manier te corrigeren. Het idee dat wij afzonderlijke individuen zijn en dat onze gedachten de werkelijkheid niet zouden beïnvloeden wordt door dit boek volkomen op losse schroeven gezet Het bijzondere aan de Quantum Touch methode van Richard Gordon is, dat iedereen het kan leren, ongeacht opleidingsniveau of achtergrond. Dit boek geeft alle handvatten om succesvol met Quantum Touch 2.0 te werken.

There are already many books on Ho'oponopono out there. This one is a very user friendly self-help workbook to assist and focus on the cleansing of ancient programmed memories, or help identify new thoughts to clean. Each image in this workbook was inspired, even though I was taking them long before I knew I was going to write this therapeutic tool. I created this self-help book because I wanted to share, with as many people as possible, how easy and beneficial it is to create space for inspirations in your life enabling you to do what you are called to do and (or) like to do. I wrote this in the same way that I would explain to a client in my office, encouraging them to help themselves sharing self-help tools, for a better well-being. It is set-up to be a simple but effective tool, so whether you spend a minute or a day on it, at home, at the beach or in the bus going to work, you can enjoy it and erase those ancient programmed memories, no matter what your spiritual beliefs are.

I'm Sorry Please Forgive Me Thank You I Love You

I Love You, Clowns Are Scary

Ho'oponopono Workbook

Fly Love, Fly

Path of Energetic Knowledge and Reading of a Book Using (also) Ho'oponopono

An Introduction and Our Three Minds, How Ho'oponopono Works

Power Ho'oponopono

Do you think you can make friends with the idea that you are fully responsible for everything and everybody that is occurring in your life? And can you imagine that exactly this realization can bring you into a state of total freedom and happiness? Christine and Robert Salopek, in their second book Power Ho'oponopono', bring together the traditional Hawaiian shamanic healing method of Ho'oponopono and the power of the symbols and present this combination in a new and vibrant form more appropriate for our times, with uniquely formulated powerful sentences of forgiveness. Totally new and yet in keeping with the original practice - as freely and diversely as it has been applied for many centuries in Hawaiian families - the authors show you a way to bring about a conscious change in your life with the help of the four steps of Power Ho'oponopono (assuming responsibility, acceptance, gratitude and love) and so obtain wealth, health, freedom and happiness. The rest is trust in the Divine that healing does happen. In the United States Ho'oponopono is an approved treatment modality. Everything, without exception, is in you. And that is your chance.

Ho'oponopono is not about the other person. It's about you. Ho'oponopono is known as the ancient Hawaiian forgiveness process. But, according to Dr. Matt James, that's not quite accurate. "Ho'oponopono is about release. Releasing pain from the past that enslaves you in the present. Releasing old perceptions of those you love, so your relationships are alive and fresh. Even releasing those who have died so your grief can shift into a new appreciation." Through consistent use of practices like ho'oponopono, ancient Hawai'ians were almost completely devoid of mental and emotional diseases. They knew what modern medical science has since verified: that holding a grudge affects you not only emotionally, but is also related to physical issues like heart disease, compromised immune systems, and increased stress. This book will show you: - Why emotional baggage is so toxic physically, and how to remove it - How holding grudges sabotages your dreams, and how to release any resentment - Why your relationships become stale, and how to bring vibrancy back to them - How to bring grieving into love and joyful acceptance "Now that science understands the importance of forgiveness and release, many teachers and trainers are promoting ho'oponopono. Their intentions are good, but they miss the mark. It's not just about the words. For true healing, you need to understand how to tap the energy of ho'oponopono." Modern teachers often streamline the process of ho'oponopono, but in doing so, they leave out elements that ancient Hawaiians knew were critical. In Ho'oponopono: Your Path to True Forgiveness, Dr. Matt reveals those elements, and shows you step by step how to use them for total healing. Few teachers who talk about ho'oponopono have the extensive background Dr. Matt James has in the practice. Dr. Matt is privileged to carry on the 28th generation of Huna- the ancient practice of energy work, empowerment and flexibility of the Spirit, Mind and Body- and its teachings. He also wrote the dissertation for his doctorate in psychology on ho'oponopono and its effectiveness. He has practiced ho'oponopono and taught it to thousands of students for over 20 years.

BLUE ICE: Caring for Our Body, Mskr SITH® Conversations, Book 7: This book is the seventh in a series of books on the use and application of Self I-Dentity through Ho'oponopono (SITH®), an ancient Hawaiian problem solving method, updated by Kahuna Lapa'au Mornah Nalamaku Simeona. SITH® can be used by any individual to release stress and bring about freedom and balance. BLUE ICE: Caring for Our Body is a compilation of discussions from an ongoing radio program called Mskr SITH® Conversations between Kamailelauli I Rafaelovich and Dr. Ihaleakala Hew Len about SITH®. In the book these two master practitioners discuss how SITH®, as a way of life, has transformed their lives through moment-by-moment cleaning and what they do when problems arise. This book focuses on ways to clean with our thoughts and experiences with our body.

Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected--despite feelings of singularity and separation--four tenets are disclosed for creating peace with oneself and others: I am sorry, Please forgive me, I love you, and Thank you. Offering practical exercises, this simple four-step system encourages readers to focus on difficult conflicts within personal relationships and heal the past. By addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into favorable experiences. The final chapters delve into love, relationships, health, career and healing the planet.

Zero Limits

The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment

My First Book

The Sovereignty of Love

The Ancient Hawaiian Practice of Gratitude and Forgiveness

How can just saying the words I Love You entirely transform your your life? The Sovereignty of Love guides you on an authentic journey to fully realizing your own essence, the inexhaustible nectar of Love. Alaya DeNoyelles elegantly strings together pearls of ancient wisdom and modern science to deliver the Harmonizing Practice, based on the Hawaiian healing art of Ho oponopono. Our illusion of separation from Love is the root of our suffering. As we harmonize our daily life with love, we come to know our self as the consciousness of love. We give ourselves the great gift that we are always longed for: unconditional loving presence. This is Self-love. This is Sovereignty. from the book

Ulrich E. Duprée legt in Ho'oponopono, het Hawaïaanse vergevingsritueel op een eenvoudige manier uit hoe dit sjamanistische ritueel werkt. De basis: iedereen is met elkaar verbonden, ondanks gevoelens van onthechting of eenzaamheid. En er zijn maar vier zinnen nodig om tot jezelf en tot elkaar te komen: het spijt me, vergeef me, ik hou van je, dank je. Met behulp van Ho'oponopono leer je

moeilijke relaties en gebeurtenissen uit het verleden, maar óók onvoorwaardelijke liefde te accepteren. Zo kun je nare situaties ombuigen in leerzame ervaringen. Ho'oponopono is in opmars in de westerse wereld. Steeds meer mensen maken er kennis mee, en gebruiken het voor hun persoonlijke ontwikkeling, net als bijvoorbeeld Ayahuasca.