

SECTION 1

"Minoru hodo, Atama no hikuki, Inaho kana"

古傳館
植流柔術



Instruction Regarding the Practice of Judo

Henry S. Okazaki Judo Master and Owner of Kodenkan
Honolulu, Hawaii May 5, 1939

The "Esoteric Principles"

Since the fundamental principle acquired through the practice of JuJitsu was elevated to a finer moral conception called "Judo", the way of gentleness. It may well be said then that the primary object of practicing Judo is perfection of character.

And in order to perfect one's character, one must be grateful for the abundant blessings of heaven, earth and nature, as well as for the great love of parents.

One must realize one's enormous debt to teachers and be ever mindful of one's indebtedness to the general public.

As a member of a family, one's first duty is to be filial to parents, to be helpful, affectionate to brothers and sisters.

As a member of a nation, one must be grateful for the protection which one derives as a citizen.

One must guard against self-interest and foster the spirit of social services.

One must be discreet in action, yet hold courage in high regard and strive to cultivate the powers of manhood.

One must be gentle, modest, polite and resourceful, never eccentric, but striving always to practice moderation.

One must realize that these constitute the secret of the practice of Judo.

Anyone who practices JuJitsu should neither be afraid of the strong or despise the weak. Nor should he act contrary to the strength of his enemy because of the art he has acquired.

For example, when a boat is set afloat on the water, one man's strength is sufficient to move the boat back and forth. If, on the other hand, the boat is placed on dry land, the same man's strength is

scarcely sufficient to move it. It is necessary therefore, that the weak should learn this fact with regard to the strong.

"THE BOUGH THAT BEAR MOST BEND LOWEST"

One should never forget the virtue of modesty as one attains proficiency in the art of judo. Make no relative importance between literary and military art.

Within constant motion and change there is tranquillity, and within tranquillity there is motion and change.

Remember always parental love and one's enormous indebtedness to teachers.

Be grateful for the protection of Heaven and Earth.

Be a good leader of younger men. To lead younger men well, would in the long run, mean to attain proficiency in the skill of judo.

Like a drawing in India ink of the whispering of the wind in the pines, the secrets of JuJitsu can only be suggested. It is only through personal experience that one can comprehend the mystic ecstasy of such secrets.

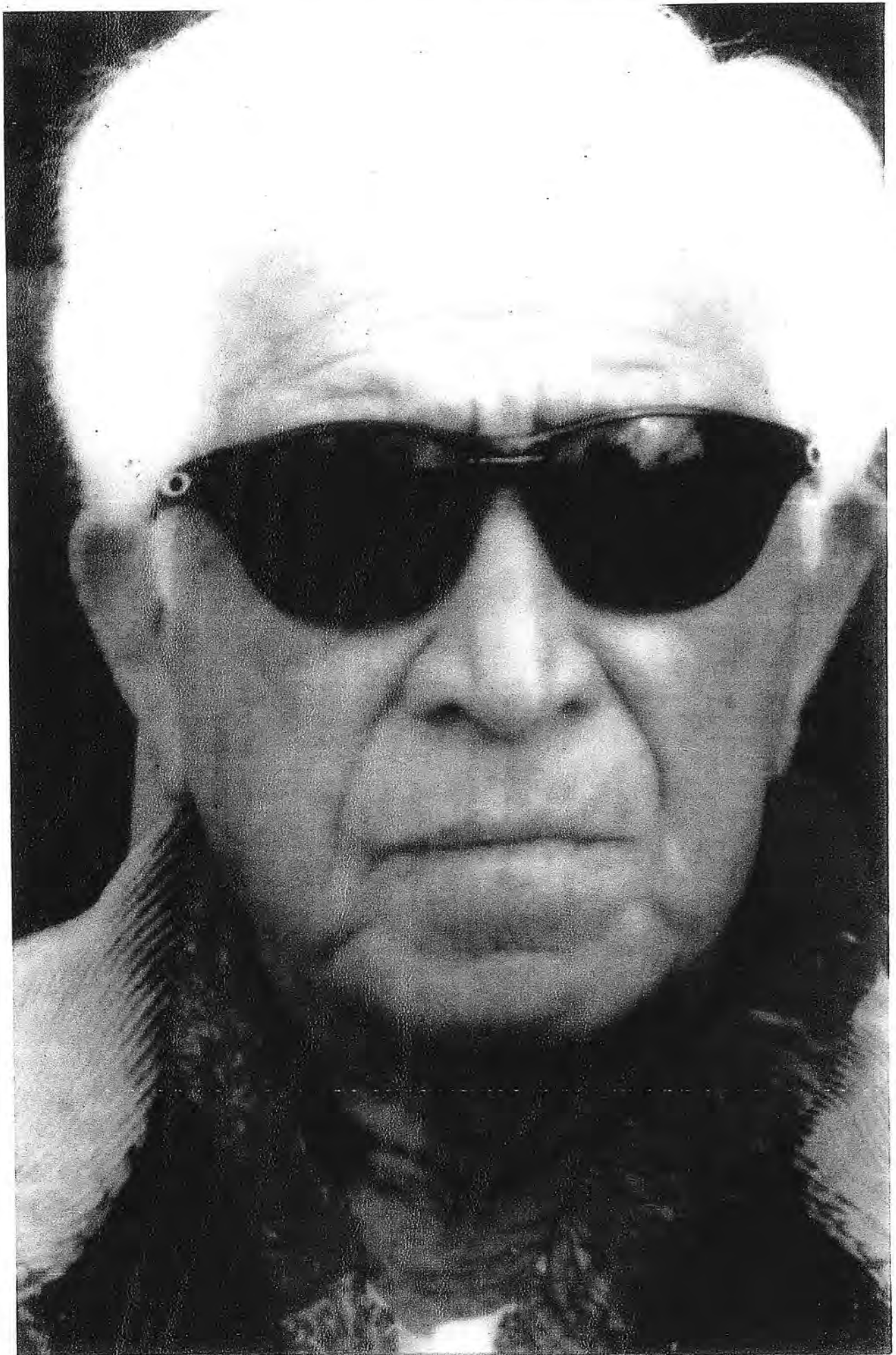
It is said of Jujitsu that it would require ten years of practice in order to win victory over one's self and twenty years to win victory over others. A noted verse reads:

"FOR A LOTUS FLOWER TO FALL IS TO RISE TO THE SURFACE"

It is only by entering into the realm of open mindedness that one is able to acquire or master the secret art of selflessness and altruism,

These are the secrets of Kodokan into which I have the honor to initiate you.

SECTION 2



PEACE IS IN THE VALUES

COMBATIVE MARTIAL ARTS

OBJECTIVE:

In times of conflict, to render opponents senseless

METHOD:

Throw the first punch

Hit a vital point that can lead to death

VALUES:

Selfishness

Pride and Vanity (Egotistical)

Destruction

Dishonesty

Disrespect

Seeking fame and fortune

PEACE MARTIAL ARTS

In times of conflict, to restore harmony and bring about peaceful resolutions

Embrace with warm aloha spiritually and physically

Ask forgiveness for what I may have done to provoke this conflict

Gratitude

Humility

Service and creation of Aloha and peace

Truthfulness

Honoring one's teacher, one's family and Society

Attaining the Divine Light





"I" Am The "I"
`O Wau no ka "Ī"

"I" come forth from the void into light,
Pua mai au mai ka po iloko o ka mālamalama,

"I" am the breath that nurtures life,
`O wau no ka hā, ka mauī oia,

"I" am that emptiness, that hollowness beyond all consciousness,
`O wau no ka poho, ke ka'ele mawaho a'e o nā ike apau.

The "I", the I, the All.
Ka "Ī," ke kino iho, nā Mea Apau.

"I" draw my bow of rainbows across the waters,
Ka a'e au i ku'u pī'o o nā ānuenuē mawaho a'e o nā kai a pau,

The continuum of minds with matters.
Ka ho'omaumau o nā mana'o a me nā mea a pau.

"I" am the incoming and outgoing of breath,
`O wau no ka "Hō," a me ka "Hā"

The invisible, untouchable breeze,
Ka hūnā, he hūnā ka makani nahenahe,

The undefinable atom of creation.
Ka "hua" hūnā o Kumulipo.

"I" am the "I".
`O wau no ka "Ī."

Queen's Prayer (Ke Aloha O Ka Haku) - by Queen Lili'uokalani

`O kou aloha nô
Aia i ka lani
A `o Kou `oia `i`o
He hemolelo ho`i

Ko`u noho mihi `ana
A pa`ahao `ia
`O `oe ku`u lama
Kou nani ko`u ko`o

Mai nânâ `ino`ino
Nâ hewa o kânaka
Akä e huikala
A ma`ema`e nô

No laila e ka Haku
Ma lalo o kou `êheu
Kô mâkou maluhia
A mau loa aku nô

`Âmene



Princess Ka'iulani

Your loving mercy
Is as high as Heaven
And your truth
So perfect

I live in sorrow
Imprisoned
You are my light
Your glory, my support

Behold not with malevolence
The sins of man
But forgive
And cleanse

And so, o Lord
Protect us beneath your wings
And let peace be our portion
Now and forever more

Amen



Queen Lili'uokalani

Source: Composed by Queen Lili'uokalani, March 22, 1895, while she was under house arrest at Iolani Palace. This hymn was dedicated to Victoria Ka'iulani, heir apparent to the throne.

Queen Lili'uokalani Prayer (Ke Aloha O Ka Haku) by Queen Lili'uokalani

'O kou aloha no

Aia i ka lani

A 'o kou 'oia 'I'o

He hemolelo ho'i

Your loving mercy

Is as high as Heaven

And your truth

So perfect

Ko'u noho mihi 'ana

A pa'ahao 'ia

'O' oe ku'u lama

Kou nani ko'u ko'o

I live in sorrow

Imprisoned

You are my light

Your glory, my support

Mai nana 'ino'ino

Na hewa o kanaka

Aka e huikala

A ma'ema'e no

Behold not with malevolence

The sins of man

But forgive

And cleanse

No laila e ka Haku

Ma lalo o kou 'ehu

Ko makou maluhia

A mau loa aku no

And so, o Lord

Protect us beneath your wings

And let peace be our prison

Now and forever more

'Amene

Amen

E Ho Mai

E ho mai ka 'ike mai luna mai e

Calling on the knowledge of the Infinite Intelligence from the vastness of the heavens to come & be in our presence here on Papa Honua (earth); to create a safe sacred space (Wahipana) of spiritual energy for our gathering.

O na mea huna no'eau o na mele e

Calling on of the unseen qualities (Hawaiian Spirituality) of the songs of the winds. (The voices of the protectors, guardians & guides; Na Aumakua; The ancestors.)

E ho mai, e ho mai, e ho mai e.... (3x)(All in succession going up to a higher register each time)

We are calling onto these things beckoning the call of the heavens (father sky) to meet w/ mother earth to compress & pressurize.

When 2 or more are gathered, the infinite is created & the creator (Akua, Akua Aumakua & Na Aumakua) appears.

Ka Pule A ka Haku

The Lord's Prayer

E ko mākou Makua i loko o ka lani,
Our Father who art in heaven,

E ho'āno 'ia kou inoa
Hallowed be Thy name.

E hiki mai kou aupuni;
Thy kingdom come;

E mālama 'ia kou makemake ma ka honua nei,
Thy will be done on earth,

E like me ia i mālama 'ia ma ka lani la.
As it is in heaven.

E hā'awi mai iā mākou i kēia lā, i 'ai na mākou no nēia lā,
Give us this day our daily bread

E kala mai ho'i iā mākou, i kā mākou lawehala 'ana
And forgive us our trespasses

Me mākou e kala nei i ka po'e i lawehala i kā mākou.
As we forgive our trespassers.

Mai ho'oku'u 'oe iā mākou i ka ho'owalewale 'ia mai
And lead us not into temptation

E ho'opakele nō na'e iā mākou i ka 'ino;
But deliver us from evil;

No ka mea, nou ke aupuni
For Thine is the Kingdom

A me ka mana, a me ka ho'onani 'ia a mau loa aku. 'Āmene
And the power, and glory, forever. Amen

SECTION 3

(intro)

INTRODUCTION

When one is totally cleansed, what is projected are clean mental, physical-emotional and spiritual expressions of Self. How do we cleanse? Is it necessary to cleanse? Not all needs cleansing, however, most of us do.

Through the process of cleansing or making it right, you begin to know yourself.

The process is known as Ho'oponopono. This is our main purpose, to become whole within yourself through the use of ho'oponopono — to reach the spirit within yourself in order to express the true Spirit of Aloha.

The Hawaiian dictionary describes ALOHA as love, affection, mercy, compassion, pity, kindness, charity, greeting, regards, sweetheart, loved one, beloved, loving, to love, show kindness, affection, to remember with affection, to greet, hail.

Who is love? Aloha means love. Your guardian, spiritual self is love. The nature of your spirit are affection, mercy, compassion, pity, kindness, etc., those attributes described in the Hawaiian dictionary.

The dictionary also describes Ho'oponopono as: "Mental cleansing: the old Hawaiian method of clearing the mind of a sick person by family discussion, examination, and prayer, put to right." You need not be sick to do Ho'oponopono. The purpose is to become whole within oneself or yourself through the use of Ho'oponopono.

The Ho'oponopono process that follows is modified and up-dated to meet the understanding and acceptance of multi-cultural and international concepts. Anyone can apply the following process successfully. The process is also based on the Universal concept of Repentance and Forgiveness, even more important it brings cleanliness in the mental, emotional-physical and spiritual realms within yourself.

Ho'oponopono is done with self first, then with family, relatives, ancestors, other persons, places, things, or situations.

It is important to the Hawaiians of old that the individual had balance, right understanding and peace of mind within one self first then with others.

Even more important, Ho'oponopono brings unity between yourself, family, relatives and ancestors. Ho'oponopono can be applied to all facets of life. It is a choice that each and everyone of us must make for oneself. Ho'oponopono is a way of life.

Only you can make up your mind as to how far you want to go with the process. How important it is to you to be whole, balance, having right understanding, peace of mind within yourself. Remember, it is your own choice as to how far you want to develop yourself. Should you question the following process, results will be difficult. Do the process with faith, and you will be surprised with the results. No one can help you but yourself. You will find that it is between yourself and your Maker, and then with others.

It is not easy to know yourself because it requires a great deal of introspection -- to look within yourself, to bring out all past negative experiences, placing it into the process in order to obtain wholeness, balance, right understanding and peace of mind.

It has been said that aloha cannot be taught in seminars. It cannot be caught in some kind of sensitivity session. The spirit comes from the heart, it comes from the soul of a person who loves. True, Aloha cannot be taught in seminars or caught in sensitivity sessions. It is done in your own privacy with a great deal of self introspection.

Many have said in the past "you either have aloha or don't." Everyone of us has Aloha. It is a matter of knowing that it is a part of you -- developing and refining the Aloha within you, then bringing it out of you.

There are not very many people today who truly understand who they are. Only you know who you are, you are the total of your experiences since the beginning of creation.

Remember, it is up to you. The following Ho'oponopono process is an invaluable key to yourself, unlocking the doors to a new consciousness of life, to another way of thinking, a new, positive, loving attitude, living life from moment to moment.

When you are in balance, you are totally integrated of the three selves. it is then possible to demonstrate the Spirit of Aloha in its truest sense. To the compiler, Life itself requires Ho'oponopono.

OBJECTIVES

1. Sift up and dredge out matter that may contribute to "causes" of a problem with yourself.
2. To release and cut ('oki) all "aka cords" or connections with imbalancing, in-harmonious, negative situations.
3. To achieve Balance (kaulike) and Peace of Mind (maluhia), right understanding within yourself, among others, places, things and nature.
4. Healing manifestation: Spiritually and mentally, then ultimately, emotionally-physically and materially.
5. "Exorcism" (ho'omahiki), helps the release of earthbound spirit or spirits from individuals, places, situations, objects.
6. Release reincarnation (ho'okino hou 'ia) of individual, etc., from unhappy, negative experiences in past lives; resolving and removing of trauma from memory and attitude without creating stress. The law of cause and effect predominates in all of life and lifetimes.

APPLICATIONS

1. Yourself and others with average disorders, malfunctions, etc.
2. For: Institution, co-workers, superiors or anyone whom you may become involved with; (absentee treatment: Unhappy or traumatic experiences together in past lives can create problem in the present-day association with said individuals)...thus helping to sever "aka cords" and establish or create harmonious and peaceful relations with yourself and others.
3. Your career; removal of blocks that may interfere or create problems mentally, emotionally-physically and spiritually.
4. Disagreement between 2 or more individuals (family, business, associations, etc.)
5. Land, objects, entities.
6. Before going to events, meetings, hospitals, convalescent homes, etc.
7. Tracing one's "roots" or "ancestral tree."
8. Cases of abortion and miscarriages.
9. Misuse of the Laws of God; misuse of the Laws of Nature.
10. Cultural beliefs and practices of negative import and vibrations / frequencies.

11. 'Uhane hele: sleeping sickness.
12. Possessions by "spirits" ... ('uhane noho) exorcism.
13. Deceased.
14. Dying patient, (family get-together: a must.)
15. Victim of a "curse" ('ānai), by individual, group or priest (kahuna).
16. Accident, suicide, drowning victim, combat war victims.
17. Release of earthbound spirits.
18. Preparing for hospital, convalescent home, etc.

You have noted that in the preceding paragraphs that Ho'oponopono deals with yourself and everything else. Yourself or Total Self is the foundation that makes you who you are. Your total self consists of the Mental, Emotional-Physical and Spiritual selves.

SECTION 3

(a)

TABLE OF CONTENTS

INTRODUCTION	1
OBJECTIVES	4
APPLICATIONS	5
QUESTIONNAIRE	7
INSTRUCTIONS FOR QUESTIONNAIRE	9
SELF CHART	11
UNDERSTANDING YOURSELF CHART	12
THE HO'OPONOPONO PROCESS	14
1. The Wholeness or Integration of Yourself	14
2. Breathing (HĀ) - 7 Rounds	15
3. Opening Prayer	17
4. Repentance Prayer	19
5.1 Ho'oponopono - Long Form* <u>Instructions</u>	20
Process - Long Form	22
5.2 Ho'oponopono - Brief Form*	24
5.3 Ho'oponopono - Conception*	25
5.4 Honoponopono - Mahiki	26
6. Release	27
7. Cleanse	27
8. Transmute*	27
9. Closing Prayer	28
10. Breathing (HĀ) - 7 Rounds	29
11. Acknowledgment	29
ACCOMPANIMENT	30
1. Solar Water	30
2. Cause and Effect	31
3. Preparation for Meditation	33
4. Meditation of 1979	35
5. Physical Rebalancing	39
CONCLUSION	44
TESTIMONIALS	46

QUESTIONNAIRE

(Fill in the following spaces)

Use a blank piece of paper - this is a guiding questionnaire:

Name: _____

Address: _____

Spouse: _____

Ex-Spouse: _____

Common Law Spouse: _____

Parents:

Mother: _____

Father: _____

Spouse's Mother: _____

Spouse's Father: _____

Adoptive Parents:

Mother: _____

Father: _____

Spouse's Mother: _____

Spouse's Father: _____

Grandparents: _____

Great Grandparents: _____

Children: _____

Grandchildren and Great Grandchildren: _____

Brothers / Sisters: _____

Nephews / Nieces: _____

Uncles: _____

Aunts: _____

Cousins: _____

Pets: _____

QUESTIONNAIRE

(Fill in the following spaces)

Use a blank piece of paper - this is a guiding questionnaire:

Intimate friends and associations: _____

Occupations: _____

Employers: _____

Staff: _____

Anyone contributing to stress and imbalance of persons, places, objects or things:

Land / Property: Address & Tax Kay; present and former occupants or owner:

Objects (Physical Things): _____

INSTRUCTIONS FOR QUESTIONNAIRE

1. Most of the items, such as name, address, names of sisters and brothers, etc., are self explanatory.
2. For the item on "intimate friends and associations," include any and all social, professional, sporting and special interest groups that you belong to or did belong to at any time, including religious affiliations.
3. Occupations: Include any and all jobs that you have had from the beginning to the present, even those you had as a youngster (newspaper route, yard work, etc.); include any and all equipment used and all connecting companies and organizations associated with your present and past employment; also parents' occupations. Also include all air flights and passengers and baggage you deal with daily.
4. Under "anyone contributing to stress and imbalance," include any and all financial, legal and contractual activities, organizations and people; and all travels; places you have visited or have lived (airlines, buses, taxis, hotels, homes of friends and relatives, schools and colleges); any and all objects and articles – rocks, antiques, clothing, household items, books, products from the earth, plant life, human possessions (human hair and bones) and, particularly, items from sales and swap meets.

5. For "Land / Property," include not only the land but all structures, equipment, objects, plants, animals, people and entities associated with the land from the beginning of its creation to the present.
6. Under "Deceased..." include places, people, pets, objects, plants, animals, instruments and vehicles, especially for those involved in painful deaths.
7. Entities are invisible spirits, frequencies and vibrations in or on land, sea, air, mountains, rivers, mines and people, including the early inhabitants of earth and prehistoric plant life and animals from the beginning of their creation to the present; also space.

SECTION 3

(b)

SELF CHART

<u>MENTAL SELF</u> Middle Self	<u>EMOTIONAL-PHYSICAL</u> Low Self	<u>SPIRITUAL SELF</u> High Self
'Uhane	'Unhipili Inner Self	'Aumakua Spiritual
Reasoning power, no memory	Memory and emotions reside	Trustworthy parental spirit
Will power and imagination	Unconscious Mind	Superconscious Mind
Conscious Mind	Illogical, forming exact, literal deductive conclusions	Guardian Angel
Can sin	Controls body functions and "aka" threads and thought-forms	Connection between total self with Cosmos, Creator or God.
Discriminates	Responds to suggestions	<u>Guardian</u>
Analytical	Seat of Conscience	
<u>Teacher</u>	Relies on the five senses	Father
Mother	Attitudes	
	Child	
<u>Thought - Word:</u> Aloha Ho'okipa Ola Koa 'Ohana Kokua	<u>Internalize:</u>	<u>Through Heart:</u> 'Imi Na'auao Laulima Pa'ahana Aloha 'Aina Ho'oponopono

UNDERSTANDING YOURSELF CHART

YOURSELF	FUNCTIONS (Job)	OPERATIONS (Relationship of the Selves to Each Other)	ATTRIBUTES
'AUMAKUA Father Spiritual Self High Self Superconscious Mind	1. Guides and protects individual.	1. Receives pure Mana from the Divine Creator. 2. Links Man with the Divine Creator through prayer. 3. Directs Mana through prayer.	1. Highest vibrations. 2. Shows love and concern. 3. Allows freedom of choice.
'UNIHIPILI Child Emotional-Physical Self Low Self Unconscious Mind	1. Stores the Mana from the Divine Creator for use. 2. Provides the Mana for the "I" process. 3. Acts as a memory bank / computer. Records, stores, catalogs and retrieves Mana upon instruction. 4. Directs and oversees the operations and functions of the physical body.	1. Links to 'Aumakua. 2. Receives Mana from 'Aumakua. 3. Directs Mana or "I" process to Aumakua. 4. Receives instructions from 'Uhane to carry out tasks.	1. Reflects dominating Mana. a. Thoughts / Ideas b. Emotions / Feelings c. Attitudes / Beliefs d. Actions (body cells)
'UHA NE Mother Mental Self Middle Self Conscious Mind	1. Instructs, directs, and programs the 'Unhipili. 2. Makes choices for the 'Unhipili. 3. Expresses Will Power.	1. Requests for and directs the HA and "I" processes. 2. Directs Mana to Divine Creator from 'Aumakua and 'Unhipili.	1. Needs to be caring, loving and concerned about the 'Unhipili.

The I-Dentity of Man is in unity, balance and harmony when (1) each self 'Aumakua, 'Uthane and 'Unhipili carries out operations and functions as a unit of one; (2) when the three selves are linked as one as follows 'Uthane to the 'Unhipili; 'Unhipili to the 'Aumakua.

The I-Dentity of Man is separated, imbalanced and inharmonious when (1) the 'Unhipili dominates and overpowers the 'Uthane; (2) there is separation among the three selves. Causes for Separation are (1) drugs, (2) anesthetics or (3) when the 'Unhipili feels burdened or threatened.

Once you understand Yourself or the Selves, you are ready to do the process of Ho'oponopono. Again, this process being shared is updated and based upon the Universal Concept of Repentance and Forgiveness. Before doing the process, you must be whole or integrated. How do you do this? Through your heart where lies the divinity or spirituality in all of us, mentally or orally, speak with Yourself or the Three Selves. Use your first name for your mental self, your middle name for your emotional-physical self, and your last name for your spiritual self. If you do not have a middle name, find an adjective that best describes your personality or an adjective you would like to represent. Speak to Yourself or the Three Selves with sincerity, honesty, truthfulness, patience, and kindness, be humble when you do this. You will know when you are whole or integrated. For some of you who might questions whether you are whole or integrated, come and see me and I can show you how you can physically confirm that you are integrated through the use of the pendulum.

You are now ready to go into Ho'oponopono of Yourself and in relationship to a person, place, thing, or situation — even more important in relationship with your spirituality whose nature is the Spirit of Aloha.

SECTION 3

(c)

THE HO'OPONOPONO PROCESS

1. THE WHOLENESS OR INTEGRATION OF YOURSELF **(MENTAL - Conscious Mind)**

DIVINE CREATOR, Father, Mother, Child as ONE: Oh my Child within myself ... 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 reverently, ask the Father, our Guardian, 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. Make us whole as one and integrated.

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

2. BREATHING (HĀ) - 7 ROUNDS

INSTRUCTIONS

1. Inhale (Divine Energy) for 7 counts.
2. Hold the breath for 7 counts.
3. Exhale for 7 counts.
4. 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.

PROCEDURE OF BREATHING (HĀ) PROCESS

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

3. Exhale: Release of impurities, poisons and blocks from the system for seven (7) counts.
4. Hold the breath for seven (7) counts. This is considered one round.

The process requires seven rounds. The process of "HĀ" is a method "Accumulating Mana or Vital Energy." Mana or Vital Energy is sent to the Child (unconscious) where it is either stored or utilized, depending upon the need at the moment. If healing or treatment is needed, then the Mother (Conscious) sends the request to the Child (unconscious), who, in turn, collects the energy or mana and all the needed ingredients or colors, feelings in the memory bank, etc. and joins forces with the Mother (conscious) and the Father (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."

3. OPENING PRAYER

You may do your own opening prayer or do the following prayer. The "I" is the Divine Creator, you are a part of the "I."

"I" AM THE "I"

'O wau no ka "I"

"I" come forth from the void into light,

Pua mai au mai ka po iloko o ka mālamalama.

"I" am the breath that nurtures life,

'O wau no ka hā, ka mauli ola,

"I" am that emptiness, that hollowness beyond all consciousness,

'O wau no ka poho, ke ka'ele mawaho a'e o nā 'ike apau,

The "I", the I, the All.

Ka "I", ke kino iho, nā Mea Apau.

"I" draw my bow of rainbows across the waters,

Ka a'e au i ku'u pi'o o nā ānuenue mawaho a'e o nā kai apau,

The continuum of minds with matters.

Ka ho'omaumau o nā mana'o ame nā mea apau.

"I" am the incoming and outgoing of breath,

'O wau no ka "Hō," a me ka "Hā,"

The invisible, untouchable breeze,

He hūnā ka makani nahenahe,

The undefinable atom of creation.

Ka "hua" hūnā o Kumulipo.

"I" am the "I."

'O wau no ka "I."

4. REPENTANCE PRAYER

Between Yourself / Group and the DIVINE CREATOR

DIVINE CREATOR, Father, Mother, Child as ONE: If *1

_____, 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!**

When the phrase "AND IT IS DONE" is used –

it means Man's work ends and GOD BEGINS.

*Use plural form, "We _____ our families, relatives ..." when two or more are used in blank space.

5.1 HO'OPONOPONO - LONG FORM*

(Cleansing Yourself and Problem Solving)

INSTRUCTIONS

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

	<u>1st Time</u>	<u>2nd Time</u>
Part I	You	Them
Part II	Them	You

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 people).

Line 2 - party or parties with whom process is being done, name of 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 Child (unconscious) of those concerned about the Process., e.g. if the individual has been accustomed to manipulating, etc., others, the Child or unconscious mind becomes confused.

CLARITY IS A MUST

5.1 HO'OPONOPONO - LONG FORM*
(Cleansing Yourself and Problem Solving)

Part 1. 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 pres-
ent, 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 2. 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 to-
gether.

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, WE ARE SET FREE! AND IT IS DONE!

5.2 HO'OPONOPONO - BRIEF FORM*
(Cleansing Yourself and Problem Solving)

DIVINE CREATOR, Father, Mother, Child as one:

I _____ (1) _____ my family, relatives and ancestors wish to do a
Ho'oponopono with _____ (2) _____, including all of my fears, errors, re-
sentments, 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 be-
ginning 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 (yourself).
Line 2 - party or parties with whom process is being done, name of parties on question-
naire.
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.

5.3 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 all 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.

Line 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 total ho'oponopono.

5.4 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 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, ancestors, ob-
jects, 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 question
naire.
Line 3 - (a) name of deceased parties on questionnaire.
(b) anyone in the universe who is permitted to go at this time.

6. 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!

7. CLEANSE

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

8. 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 Father (superconscious) 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.

9. CLOSING PRAYER

You may do your own closing prayer or do the following prayer. The Peace of "I"

(Ka Maluhia O Ka "I.")

Peace be with you, All My Peace

O ka Maluhia nō me 'oe, Ku'u Maluhia apau loa,

The Peace that is "I," the Peace that is "I am,"

Ka Maluhia o ka "I," 'O wau nō ka Maluhia,

The Peace for always, now and forever and evermore.

Ka Maluhia nō nā wā apau, no ke'ia wā a mau a mau loa 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,

A'ole ka Maluhia o ke ao, aka, ka'u Maluhia wale nō,

The Peace of "I."

Ka Maluhia o ka "I."

10. BREATHING (HA) -- 7 ROUNDS

1. Inhale (Divine Energy) for 7 counts.
2. Hold the breath for 7 counts.
3. Exhale for 7 counts
4. Hold the breath for 7 counts.

This is considered one round. Do 7 rounds.

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

11. ACKNOWLEDGMENT

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, All 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.

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.

ACCOMPANIMENT

1. SOLAR WATER

1. Description: Solar water is water that has been placed in a green or clear glass container and set in the sun for a full day. (On rainy or cold days, place water under lighted lamp all day.)
2. Purpose: To allow the sun's rays to add needed energies, colors, frequencies and elements to the water.
3. Uses: To drink, cook with, water house plants or healing on advisement. Rinse body after bathing (cleans etheric body; skin seems softer, cleaner).
4. When solar water (green or plain) is needed but not available, 'image' it.

2. CAUSE AND EFFECT

Man wants to experience the muchness of all around him, yet, when he does, it is too traumatic for him to handle. He is only experiencing the gross part of it, 1/3 of it is in the subtle levels which are more traumatic to physically and mentally bear.

Man must be able to gauge his true drives from his emotional ones. Each must weigh, through trials and errors, for there are no short cuts to life. Each step is a growing, experiencing one ... to learn, earn and gain knowledge and above all, wisdom.

Release all of your hang ups, and you will know when you look at yourself from moment to moment. Then and only then will you be able to keep abreast with the flow and opportunities that Life brings, for it can easily pass you by.

You cannot stop the river to retrieve an object. Take advantage at the moment or it will be too late. Life and advantages can easily pass you by.

When order is brought to the fore, then the flow of supply, ideas and responses are possible. Your orderliness makes it possible to save energy and patience on the side and allows them more energy to expand in another area.

The clock of time has moved and today we are at the Crossroads of an Age which knows no race. Man, animal himself, in his quest for greed, supremacy, tainted glory and self aggrandizement has created a separation.

Today, Man no longer can say "I belong to my Tribe, my Clan, my Ancestral Fold, for he has moved from the heart of his Origin to the periphery of Life."

The intellectual mind reasons all aspects, while the one who by passes this area as not being too necessary, just accepts the statements or prayers and begins to learn, understand and truly experiences and allows him to validate the experience through "result." That is all that matters, result or EFFECT; for he has created the CAUSE and experienced the RESULT.

3. 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 flex 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 through "HĀ" direct and process the energy through every atom of your body to eliminate, release, construct, revitalize, re-energize and reconstruct.
 - a. Do seven (7) rounds of breathing or "HĀ."

- b. Beginning of the eighth (8th) round, breathe through nostrils 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 3 X 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.

SECTION 4



FORGIVE IN OUR DAILY LIFE

Ancient Hawaiians believed to be very spiritual people. They believed that within Living and non- living earthly forms there is a living spirit. They believed that when they spoke, nature could hear them. Ancient Hawaiians spoke to plants with Aloha and asked for permission and forgiveness when gathering. This process was done daily moment to moment. This process was performed in the form of a prayer, chant or asking in reverence to Ke Akua and ancestors.

Ohana (family) and individual relationships in ancestral Hawaiian periods had beliefs and practices to lay foundation for a wholesome and unified practice. Our entire existence embraced a formal practice to align Self with Divine Creator. In this present time we continue our ancestral teaching of forgiveness in the process Ho'oponopono. A Holistic healing process for oneself, between two people, family and community.

Each One of us can offer forgiveness in our daily life. Four easy phrases expressing our inner Peace. Most times we only say one phrase, "I'm sorry". And that is all that is said. To also say, "Please forgive me". This is a powerful spiritual connection of One's self to Divine Creator. To say, "I Love you". This is connected to One's Heart. The fourth phrase to say in your thought, "and it is done," Man's work ends and Divine Creator begins. It is cast off and "remembered no more".

This process can be conducted between (I)ndividual and Divine Creator (your preference of name), (I)ndividual to nature, (I)ndividual to (I)ndividual, (I)ndividual to more than One (I)ndividual.

This Forgiveness process is available to all cultures, faiths and thoughts.

This process begins with an example to One's Mother:

Taking a few breaths of "Ha" breathing, collection, gathering and centering of Mana (power, Aloha). Allow the Divine White Light to appear in its fullness.

"I am sorry" or I apologize. mother for arguing with you. (earthly self)

"Please Forgive me." Mother Forgive me that I harmed our Love (spiritual)

"I Love you". Mother I Love you. (spiritual)

"And it is done".

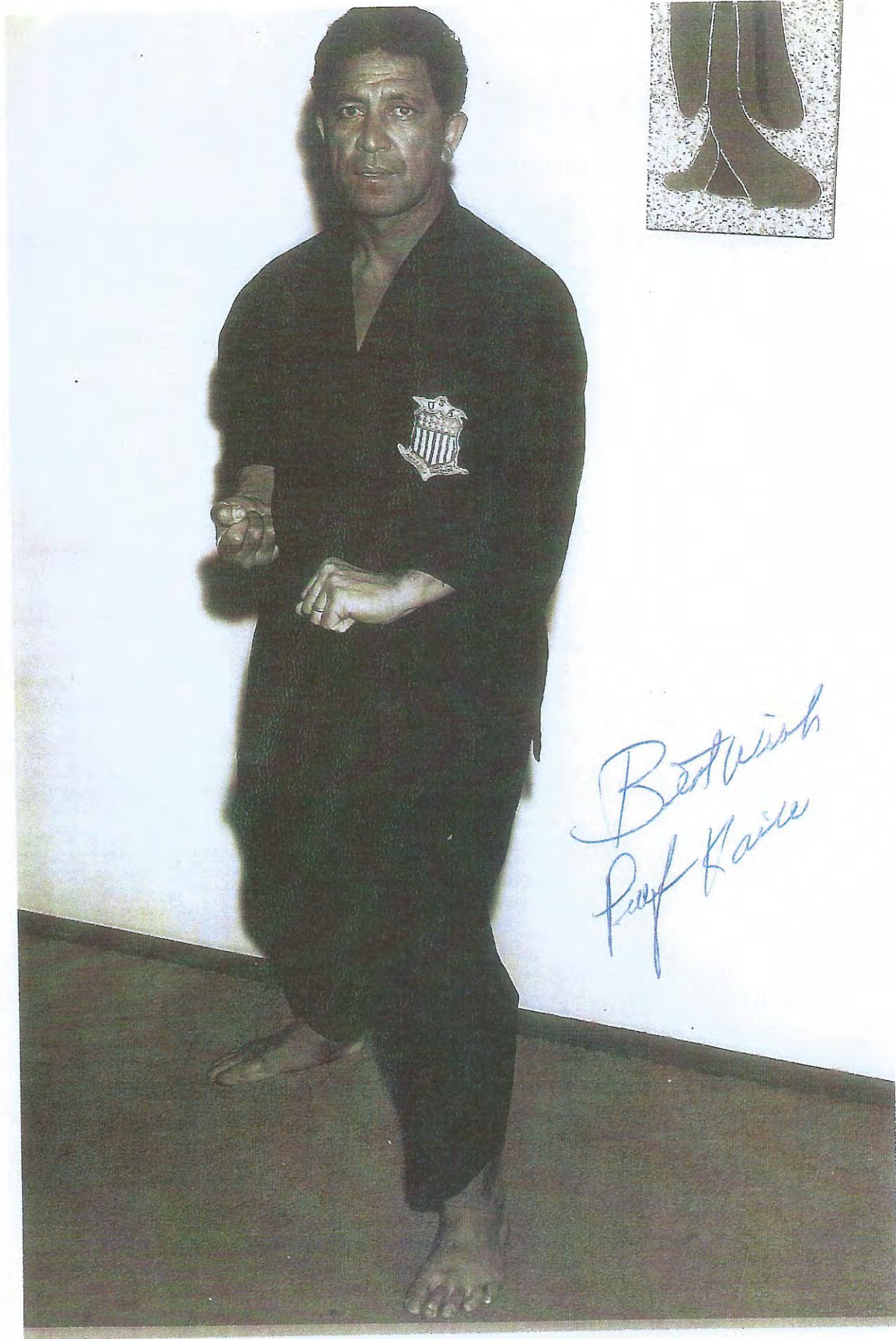
Breath "Ha", I am sorry (optional). Please Forgive me. I Love you.

And it is done.

Another simple prayer can be done in the morning (as you awaken) and the evening (before going to bed).

"Please forgive me" and "I forgive you"

SECTION 5



Best wish
Ray Kasse

Hawaiian Values

Alaka'i- Leadership

Aloha- Love

Aloha 'Aina- Deep love, respect & admiration of the land for the land;
Papa Hanaumoku- Mother Earth.

Aloha Kekahi i Kekahi- Love one another; Do on to others as you want done on to you; Mutual respect.

Hana Maoli- Native, indigenous & genuine work, function, practice, procedure, process, action, act, deed, task, service & behavior that pertains to Kanaka Maoli.

Ha'aha'a- Humility

Hau'oli- Happy

Ho'āmana- To assign a value or power; To give authority, authorization; to empower, authorize, commission

Ho'omanamana- Empowerment

Hō'ihi- Respect

Ho'ohana- Work with intent and purpose

Ho'ohānai- To nurture

Ho'okipa- Hospitality

Ho'olauna- Friendliness

Ho'omana- Spirituality

Ho'omanawanui- Patience

Ho'omau- To continue; perpetuate

Ho'onanea- Relax

Ho'opa'a- To make firm, support

Ho'opihoihoi- To cause excitement

Holuholu- Flexible

Huikala- Forgiveness

'Imi ola- To seek life

'Ike Hawai'i- Hawaiian insight, intuition

'Ike loa- To seek knowledge & wisdom

Ikaika- Strength

Ka'analike- Share

Kaikaina, Kaikua'ana: Younger sibling, Older sibling; to act as a kaikaina, to address and treat as kaikaina, as from affection; to address a kaikaina as kaikua'ana as a means of showing great respect.

Kū i ka nu'u- Achievement

Kūha'o- Self-reliance, confidence

Kuleana- Responsibility

Kūpono- Honesty, fairness

Kolohe- Rascal Koa- Courage

Kuleana- One's personal sense of responsibility; accountability

Launa Aloha- Fellowship

Launa 'ōlelo- Communication

Laulima- Cooperation, joint action; group of people working together;
Community food patch; to work together, cooperate; many hands;
ho'olaulima- To cooperate

Le'ale'a- Fun

Lōkahi- Balance, collaboration & cooperation

Lokomaika'i- Generosity

Ma'ema'e- Cleanliness

Mahalo- Appreciation, thankfulness

Maiau- Neat and careful in work; skillful, ingenious, expert; correct, careful, as in speech; thorough, meticulous tidy; pololei- correct

Mākaukau- Preparedness

Mālama- Caring

Mālama 'ana- Preservation

Mālama pono: Reciprocal caring.

Mālama 'Āina: Respect & care for the land.

Mana'o'i'o- Faith

Mana'olana- Hope

Mo'okū'auhau- Genealogy; Mo'olelo mo'okū'auhau-Genealogical story.

Na'auao- Knowledge

Nani- Beauty

'Ohana- Family

Ohohia- Enthusiasm

'Oia'i'o- Truth

Ola- Health

'Olu'olu- Gracious, courteous

Pa'ahana- Diligence

Palekana- Security, safety

Po'okela- Excellence, to constantly seek improvement

Ulu Pono- To grow well; progressive, successful

Wiwo'ole- Brave, courageous

Hawaiian Values (*Kumu Waiwai Hawai'i, Cultural 'Ike Curriculum Aid & Haumana Assessment Tool*):

Kōkua: Help, aid, assistance, relief, assistant, associate, deputy, helper; Counselor, Comforter, co-operation; to help, assist, support, accommodate, second a motion, to aid in; Mea kōkua: helper, benefactor, useful, helpful.

Ma Ka Hana Ka 'Ike: The knowledge is in the work being done; The inspiration comes from the breathing, moving, thinking & opening up intuition, the true access to infinite intelligence.

Mālama 'Āina: Respect & care for the land.

Aloha 'Āina: - Deep love, respect & admiration of the land; for the love of the land; Papa Hānaumoku- Mother Earth.

Hana Maoli- Native, indigenous & genuine work, function, practice, procedure, process, action, act, deed, task, service & behavior that pertains to Kanaka Maoli.

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