

Mindfulness vs Mindlessness

Or Do Words Matter



Remember the scene from Harry Potter as the kids are learning magic incantations? *“Wingardium Leviosa”* You've got to say it just right in order to make the feather float. Mispronounce or put the emphasis on the wrong syllable and it doesn't work.

I have been introduced several times to a Hawaiian technique referred to as Ho'oponopono (pronounced HO - Oh - Pono - Pono). I've read several books and the articles on the internet that seem to have the attitude that if you repeat certain magic words then the will of God can be manipulated in your favor. Some authors are downright giddy that they have discovered these 4 key phrases, when repeated again and again, will force blessings of abundance and happiness in your life. The impression I get from them is that the divine is some mindless cosmic mist that can be coerced into subjection to our desires (or the repeating of certain magic words).

Personally, I am repulsed by intent of this concept. Hoodwinking God to obtain money, fame or other selfish ambitions just doesn't sit right with me. It's like the people who teach the doctrines of Christ to gain wealth. My understanding is that when Jesus talked about abundance it wasn't about living in the big house and driving the fancy car. It seems his attitude about those whose primary focus is seeking after the material things of the world were more on the naughty list than the nice list.

With that said, let's roll up our sleeves and examine the *“magic words”* of Ho'oponopono.

I Love You

I'm Sorry

Please, Forgive Me

Thank You

It is frequently taught with Ho'oponopono that the only requirement to unlocking the powers of heaven and the blessings of the Almighty in your life is to repeat, again and again and again, these four statements. You don't really need to think about what you are saying, just repeat the words. Now the theory behind this is that just by saying these words, you will become more loving, more repentant, more willing and able to let go and more grateful. I suppose there is some truth to this. However, personally I think the person who approaches their challenges and follows Ho'oponopono in this manner is missing a great opportunity.

For me using the four statements of Ho'oponopono in this mindless fashion is quite immature and suggests a lack of understanding of God, His Majesty and intent for our lives. The latest book I read on this had me scratching my head trying to figure out who I am directing these statements to. Am I

saying all of this to the person I am in conflict with for each situation in my life? Am I directing this to situations or circumstances? Or repeating all of this to God? (Kind of like the impatient child repeating something ad nauseum) It just wasn't clear.

When I first was taught EFT (Emotional Freedom Technique), which is essentially repeating positive affirmations while tapping on acupuncture points, I thought it was kind of cool. But the very same conflict began to arise in me. The mindless repetition of what I want in an effort to manipulate the powers of God, heaven and earth to give me what I want, NOW! I soon abandoned this practice (although I know those who swear by it and even suggest that it has turned their life and health around). I suspect this is just me. I am also the guy who doesn't want anything for free. I understand the law of the harvest. I want to reap what I sow. I believe in paying a fair price for a good product or service.

What I finally came to understand with the four statements of Ho'oponopono is that you are directing them to God. We express love, repent, ask for forgiveness and express gratitude to God. As a result, we make changes within ourselves, which opens our lives for growth and change resulting in blessings. Metaphorically, I imagine that God is at the top of a triangle with me at one corner and my problem or concern at the other lower corner. As I heal and improve my relationship with God, then blessings can flow down into the problem corner of the triangle. So if I am having a problem with someone in my life, that problem can be healed.

The understanding in Ho'oponopono is that we are responsible or have a part in every aspect of our life. It doesn't necessarily mean that everything that has happened is my fault or of my doing, but because it is in my life, then I am responsible for dealing with it. The result of this technique can bring us in alignment with God's will and design resulting in healing in my life but also in the other persons as well.

So let's examine each of the statements:

I Love You

We are admonished to love God with all of our heart, might, mind and strength. Jesus taught that this is the first great commandment. In fact, Jesus consolidated the whole of the Law of Moses into Loving God and Loving Others. Brilliant! As Jesus said, "No one can serve two masters" (Matthew 6:24). So how do you love God as he suggested? This means that the love we are called to must be wholehearted, life-encompassing, community-impacting, exclusive commitment to our God. This truth means that every closet of our lives needs to be opened for cleaning, and every relationship in our lives must be influenced. To love God this way destroys any option of being one person at church and another person during the week. What you do on the internet needs to be just as pure as what you do in Bible-reading. The way we talk to our parents needs to be as wholesome as the way we talk to our pastors. Loving God means striving to become more like God.

I'm Sorry

An understanding of repentance is important. Mistakenly, some associate repentance with "Shame on you, you naughty boy/girl". When in actuality repentance is an invitation to Come to Jesus. It begins with an awareness that we are out of step with truth and right, followed by sorrow - hence "I'm Sorry". The issue is that we have separated ourselves from the heart of God. I think the key with this phrase is our desire to return to God. "I'm sorry, please help me come back" should be our intent.

Please, Forgive Me

Forgiveness is letting go. Letting go of pain. Letting go of anger, fear, abuse, abandonment, betrayal, guilt, etc. This does not mean you are letting someone off the hook for their actions or behavior, they still are accountable and will have to reconcile their life with God. This simply means that you are turning them and this experience over to Christ.

Thank you

Thank you – I understand that the miracle of transformation is already underway. I give thanks for what I have received and what will come to pass. I give thanks because, through the power of forgiveness, I am now freed from the negative chains of the past. Gratitude (and love) have the highest energetic patterns. Expressing and experiencing gratitude has the ability to change our physiology - raise serotonin and dopamine levels - the feel good hormones. Gratitude is healing and will soften a hardened heart.

Don't pray amiss! Or as James teaches (James 4:3), don't pray for the wrong things. This can be tricky until you understand that the most important thing to pray for is to ask God what you should pray for. Too many of us get stuck into the routine of going through our checklists as we pray. Rather, we ought to begin our prayers by simply asking: "who needs my prayers?" "How shall I direct my thoughts and pleadings today?" Then go with what comes into your mind. The true order or direction of prayer is praying for what is given to us by the Holy Spirit. Prayer that is guided by divine intent will teach, guide, inspire and build our faith. As we surrender our will, in essence praying not my will, but Thy will be done. Our lives will come in harmony with the desire and designs of God in and for our life. What we truly seek is not power, fame or riches, but that the will of God become fully manifest through our lives. We must have the hope and confidence that God has a plan for us. That God knows what is best for our life and that we cannot comprehend or see the world or our individual life as God does.

The four statements of Ho'oponopono should not be viewed as magic words to bend or manipulate the will of God, but as yearnings or strivings from the heart.

It is no mistake that these four statements encompass the totality of what it is to be a disciple of Christ; Love God and others, Repent, Forgive and constantly express gratitude. There should be emotional intent behind words of these statements. Mindfulness rather than mindlessness. Those who do approach Ho'oponopono as they would recite some magic spell or incantation will not be able to stick with it, unless they begin the shift towards humility and internalize the implication of each statement.

So here's how I see it in actual practice. Visualize the person or situation you have an issue with. The person could be living or have long since passed away. In your minds eye, face this person and look them in the eye. Let's say you have a wayward child in your life. They are making poor choices that are affecting not only themselves but many others. They are not willing to listen to logic, reason or the plethora of good and loving advice that comes to them. Try as you have to help, they are stubborn, selfish and seem to be determined to make a mess of their life and the lives of those who care about them.

Find a quiet place where you will not be disrupted, sit comfortably, take several deep breaths and begin. You can read through this prayer to get you started, but as stated earlier let the Spirit guide you.

I Love You. “God - Heavenly Father - Jesus, I Love You. Help me to love. Open my heart to receive love. I put my trust in your wisdom, your timing and your plan for each of us, including those who are off the path. This is not between me and them, but between me and You. And between You and them. I love you. Open my heart to love you with my whole heart, all of my energy, all of my mental ability and all of my spiritual yearnings. I love you.

I’m Sorry. I know we are all connected. I apologize for my role in this problem and every problem, challenge, trial and setback in my life. Please, change my heart. Soften the hardness, the pride, the anger, frustration and anything else that is separating me from your love, light and wisdom. I give myself to Christ, fully and completely. I give my heart that has become so wounded, damaged and broken. I give my heart to Jesus to be washed clean with his precious blood, to be healed, covered and protected through the power of His blood and atonement.

Please, Forgive me. Dear Jesus; Judgment, dishing out rewards or punishments is not mine to give. Help me to let go of the anger, the bitterness, the hurt, and the pain that has infected my soul. I willingly and freely give it all to you. You suffered for my sins, my broken body, my broken heart, my broken mind and my broken soul. Your shedding of great drops of blood atoned and paid the price for all of it. And because of this, these burdens are not mine to carry. I am no one’s savior. You are the Savior of all. Infinite and eternal. It is not my role to save, rescue or change anyone. I desire only to be an instrument in Your capable and loving hands to be guided and directed by the Holy Spirit to share Your love and direction in Your way, and in Your time. Please, Forgive me. Cleanse, purify and sanctify my heart and soul as you help me let go of the fear, the worry and the pain that has enveloped my life.

Thank You. Dear God, only you can fill my heart and soul until it overflows with gratitude and joy. I thank you for the subtle and tender reminders of your love. I thank you for the hardships and bad times because I have faith in your promises that these will refine my soul and life which is the way back to you. I know I did not sign up for the easy life, but the life that will bring me back to you. The pathway to heaven surely does go right through hell. And it is not just my life but all of your children who must tread this path. I thank you for the health I do enjoy. For safety, protection, for air to breathe, water to drink, food to eat. Warm covers on a cold night and the cool breeze at the end of a hot day. Thank You.

You will notice that the focus of this meditation or prayer was NOT the person or problems I am facing. Rather, the focus is my relationship with God. My connection with divinity is opened, becoming less cluttered with the cares and worries of my life. This better allows God to work and heal the aspects of my life that are so distressful. As I begin to realize that I am not in charge and it is not my job or responsibility to force changes in the lives of others, I can truly “let go and let God”. I may even be the problem that needs to get out of the way. But in your life with God, you are still a necessary part in His plan in touching and blessing the lives of others. Often this will require tough love and withholding money, time or support to others. At other times, you may be required to rescue (especially when young children are involved). But let the guidance and prompting of the spirit direct you.

Once you have accomplished some of this background understanding of the four statements of Ho’oponopono, then as you repeat them again and again, they should carry a much deeper meaning that will convey depth and power. The key, as I see it, is to make these four simple statements triggers for the much deeper meaning and understanding behind each phrase. Each phrase should activate powerful emotions. The mindless chattering of phrases that have not been deeply pondered and explored will not be nearly as effective. This can be repeated multiple times throughout the day. Stick with it for at least 3 to 4 weeks. This is about transformation. Transformation of your life, but also many of the lives that are touching yours.

I am certainly not saying this is the right way or the only way to do Ho’oponopono. But for me, this is what I have found as I have poured through the available information. *If you want to change what is going on around you, change what is going on within you – Billy Cox*