

I teach Ho'oponopono in my customized coaching sessions. I have utilized Ho'oponopono in a constant meditation for the last couple of months and it has proven to heal and self-correct every aspect of my life. My relationships, job, business, and thought process have improved greatly. Just saying, "I love you, thank you", does the same thing. You don't even have to feel anything when saying it in your mind or out loud. I feel that the premise behind this is that if the only thing cycling through your subconscious mind is "I love you, thank you", what else can get through? You are catching all the mind chatter with it and leaving the subconscious with nothing to work with but love.

Everything connected to love is on a higher level of vibration so you start attracting things on higher levels of your being. You don't even have to have an intention. The intentions that you have already stated start to manifest through the love that you are sending out to the Divine. This communication is intended for the Divine within, after which the Divine starts clearing. What's left behind is love being perpetuated through mind, installed in subconscious, and delivered to the super consciousness for manifestation.

I am witnessing this in my life now! I decided to take this to another level when one day I was traveling to work and this chant just came out of the void and I start singing it. I felt high as a kite. Two days later it happened again while I was in a mall, with even more energy and intent to be expressed. I decided to record it.

Dr. Hew Len cleans with these words focused on the Devine with his eyes turned upwards so that there is a delivery utilizing THETA brainwaves to the subconscious mind, bypassing the conscious mind. I contemplated this method and the idea came to mind to let this chant (that was flowing through my heart) ride on a binaural/isochronic tone for faster delivery to the subconscious mind. You know how a particular song can get stuck in your mind and you can't get rid of it.....same principle! If this chant is all that's running, then the only real thing in this world (love, joy, and abundance) can flow through without any interference (fear, doubt, and worry). Makes sense, right?

Caiphus Palm