

## About h'o pono pono

This releasing technique is Hawaiian, 'Huna', and it is called "h'o pono pono". It involves visualizing the "aka" cord that attaches itself between us and all things that we have come into contact with in this life (though can be from other lives too), and benevolently releasing all unwanted energy from it. From the Huna perspective, you can have an aka cord from reading someone's handwriting, seeing someone's picture, hearing someone's voice, and of course by sharing proximity and discourse with a person. The intention of the h'oponopono ritual is to allow the release of imbalanced or misplaced energy that exists between you and someone else, as well as to re-call your energy from that attachment, or aka cord, back to yourself. "Releasing" does not mean condoning an act, invalidating an experience, or even accepting a person into your life. It merely means in this technique to release the energy that blocks you where this person is concerned, and to bring the relationship back into balance energetically, or spiritually. To bring a relationship into balance doesn't mean you have to interact with this person if you no longer wish to. It means that you have at the soul level addressed and released an imbalance between you.

Ideally, you would not choose this person, but let Spirit choose this person to come to you in journey. Spirit would choose the person with whom you most needed to bring your relationship back into balance. If you do this technique with a specific person in mind, it's fine. The idea of allowing someone to come over choosing him/her is so that you will have let your true healing ability discern where healing is most needed in your life and relationships. However, choosing who to focus on in the ritual does not diminish



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its powerful effect. Repeat the ritual as often as you want to, to release negative energy with others. Sometimes it is necessary to do it more than once, and that does not indicate that the first attempt failed, but that:

- 1) it must be released in layers, so to speak, like an onion, and/or that
- 2) the energy of this person recognizes you are releasing the energy, and some aspect of that person does not want the tie to be broken.

At the end of this exercise, you should return to waking with the aka cord to that person gone.

### **The h'o pono pono ritual**

Visualize yourself in a safe place in your middle world (or peaceful place), with bright light surrounding you. Ask your guides, as well as your High Self and Higher Power to be present during this journey. Allow the image of the person to come forward, or ask Spirit to bring the person to release forward, so that you can release what is necessary and heal the relationship. See the aka cord that you share with this person and note its attributes. What color is it? How thick is it? What type of material is it? How does your body physically respond to seeing it? What emotions does it bring up for you? Each of these details may indicate the nature of the relationship itself, as well as how strong the tie is.

Using these words, state, "I (name), release you (name) of all the hurts both real and imagined, intentional and unintentional, seen and unseen, that you have done to me from the beginning of time to the present. I release you from all of these."



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Notice the cord(s) drop away, and allow this until it is completely gone. If the cords do not drop away or the person puts them back do what you must to sever them. Imagine using big cosmic scissors or an axe to cut them—whatever feels right. Ask your guides or High Self to cut them for you. The intention of this ritual is not to cause harm to the person, but to detach the cords. Repeat cutting them if they come back, until they are gone. Where the cords are released, spaces are left in your etheric body. Ask your High Self to fill the vacated spaces in your body with his/her light. It is imperative that you fill the spaces with light; otherwise, these are just vulnerable points for the person (or other similar people, energy or situations) to re-attach.

When the cords are successfully gone and you have filled in the spaces, say to the person, "I release myself of the hurts, both real and imaged, intentional or unintentional, seen or unseen, that I have done to you from the beginning of time to the present and I accept this release of myself for all of these."

Be sure to do this second part so that any misplaced energy from the person or bad will from the person that has been held against you can be healed. Notice more cord(s) dropping (or needing to be cut by you), and fill the spaces with light. **\*\*DO NOT\*\*** attempt to do anything with the spaces left in the other person's body. That person must seek his/her own healing. If the person attaches more cords, continue to release them. Stay as long as it takes to drop all cords. If the situation becomes threatening, call in your guides to do what is best for you. You can also ask your guides to lead you back to waking at any point. Do not bring anything back to waking from this person.

### **Thoughts on Releasing**



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It is not possible to require another person to forgive you, or release bad feelings against you, but you can accept their forgiveness when/if it happens. In accepting it, the ties are resolved on your end and in some cases on that person's end, as well. If this acknowledgement does not happen in waking, that is fine--the focus of this ritual is that YOU drop your misplaced feelings against this person, and that you not continue to carry them around, or any of theirs that have been left in you. In doing so, you reclaim the energy (power) that had been spent toward a relationship that has become a drain. Remember that this ritual is not condoning any past deed on your part or the other person's, it does not mean that past the deeds never happened, or that apology is needed. It just means that you have let go of that energy and brought it back into balance. When possible, take special care to allow the person most needing to be addressed to come to you. Do not specify who is to come. Spirit knows.

The Huna belief in forgiveness, or releasing, is that when you do not forgive someone of something, your energy turns to vengeance, and their karma becomes your karma. When you can forgive and release the energy, you allow the Multiverse to extract that person's karma (return their karma to them, and you to yours), as it should be. It leaves you no longer responsible for that person, or for feeding that person's energy by giving him/her yours.

H'o pono pono is an incredibly powerful technique that brings results not only in healing yourself and balancing relationships, but because of its power creates great change in all your relationships. If you have any questions about shamanic journey in general, or \*this\* journey I would be glad to respond to them.



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