

## Wednesday Gathering in Rockville - Healing with Ho'oponopono 10/21/09

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This Wednesday [Sandbox gathering](#) we learn about the Hawaiian healing method of Ho'oponopono. I have been using Ho'oponopono for the last 6 months and found it to be healing both of me and external world.

The basic idea is that each of us create all of our reality. The problem isn't with our external reality, it is with ourselves. To change our reality, we have to change ourselves. So if a person or situation is irritating us we can heal that part of ourselves and the "external" world will shift. The basic healing method is to see that person/situation as a representation of the divine and repeat (silently inside myself) the mantra "I love you. Please forgive me. I'm sorry. Thank you.". Or just repeat "I love you" if you want it simpler. I have used it during client meetings if the client was being a pain in my butt and the meeting went better. I have also used it to bring in new clients to my business and to clear old clutter from my business. I use it on my body parts, especially if I have any dis-ease in any of them.

Look at it this way, even if you don't believe the external stuff works the mantra makes the "internal" feel better in "bad" situations. Any changes in the "external" are a bonus! :-)

M/M

You can learn more at the articles at

<http://www.self-i-identity-through-hooponopono.com/articles.htm> or read the books "Zero Limits" by Joe Vitale or "The Easiest Way: Solve your problems and take the road to love, happiness, wealth and the life of your dreams" by Mabel Katz

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.