

Conflict Resolution and Self I-Dentity through Ho`oponopono®

After years of practicing and teaching the Self I-Dentity through Ho`oponopono® process, this phrase made me go back to the very beginning of my learning and choosing to use this process.

I am a simple person and needed to keep it simple.

All I needed to hear was “Peace begins with me” and this is how to do it.

The meaning of the word ‘conflict’ is a ‘mental struggle resulting from incompatible or opposing needs, drives, wishes or external or internal demands. Simply speaking, conflict is a fight, battle or war, a competition or opposing action.

The word Ho`oponopono means to correct, to make right, to rectify an error.

The word ‘mental’ means, ‘of and relating to the mind...thoughts, memories’.

Simple

Self I-Dentity through Ho`oponopono® is an updated Hawaiian problem solving process to release memories that are experienced as problems/stress /fear/conflict.

‘If we can accept that we are the sum total of our past thoughts, emotions, words, deeds and actions and that our present lives and choices are colored or shaded by this memory bank of the past, then we begin to see how a process of correcting or setting aright can change our lives, our families and our society.’—Morrnah Nalamaku Simeona

When we experience problem/stress/fear/conflict in our lives, if we are willing to look closely, we find that the cause of the problem/stress/fear/conflict is a memory. The emotions attached to the memory affect us in our daily lives. Our subconscious associates what is happening in our present life with a memory from the past.

Every thought/memory from when we were first created is stored within our subconscious or what the Hawaiians call the Unihipili or the Child within us. This computer bank is an integral part of the Self.

The Self is made up of the Child/subconscious/Unihipili, the Mother/conscious or Uhane and the Father/superconscious/Aumakua.

In connection with Divinity/Creator/Love, this makes up our Self I-Dentity, our Inner family. Every atom, cell and molecule has an inner family.

The Self I-Dentity through Ho`oponopono® process is a simple way to find Divinity within, develop a working relationship with that Divine part of oneself and learn to ask that errors in our thoughts, words, actions and deeds be cleaned.

Do we need to know what the memory is? No. Our only job is to ask that the memory

within us be cleansed. The Self I-Dentity through Ho`oponopono® process provides simple ways in which to do this on a moment by moment basis.

There is no need to analyze, figure out, solve, manage, cope or control problems. All that is needed is to go directly to the Creator and ask that the error/thought/memory be corrected and cleaned. Only Divinity can do this. Divinity/Creator/Love knows us and what memory is replaying.

What is going on in the world is only a reflection of our thoughts/memories replaying. With the Self I-Dentity through Ho`oponopono®, one only has to ask that the memory being reflected as a problem/fear/conflict be cleansed. Divinity/Creator/Love will do the cleansing and restores Balance, Peace and Love.

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