

# Creating Peace in a Hectic World

By Melinda Young



Kahuna Mornnah Simeona

Once in a great while you meet someone who radiates calm and tranquility – a walking personification of a sunny Saturday afternoon. You want to follow this person around forever in hopes a little of the peace will rub off. Mornnah Simeona is such a person. And she insists that everyone can be that way.

The 73-year old Simeona is a kahuna lapa’au, a healer. Since she was two years old she has helped thousands of people with problems ranging from asthma to “unexplained phenomena” rearranging furniture. In recent years, she has taught the process she uses, a revised version of the ancient Hawaiian *ho’oponopono* – “to correct an error,” “to restore a balance.”

She grew up in Waikiki, the old Waikiki of taro patches and dirt roads. It was also a Waikiki filled with the old Hawaiian religion. Her mother was a healer (but not a kahuna) and Mornnah herself demonstrated her gift for healing at the age of two when she healed her father’s broken leg that wouldn’t mend.

A startling lesson in the power of the spirit world shaped Mornnah’s philosophy for life. “When I was a child,” she recalls, “I could see spirits flying through the air. People were afraid of them. I asked my father about them, and he said, “if you see those lights, always tell them to go back where they started.”

“One day I saw one of them and I called out, “Wherever you are going, you don’t have warm clothing and you don’t have food, go back to your master.” The following morning my next door neighbor died. I was upset because I found out he was a sorcerer and was sending out the spirits to kill children in the neighborhood so he could capture their souls, too. I had sent back the spirit he sent out, and because it couldn’t do his bidding out there, it did it on him and killed him.

“That’s when I vowed never to send anything back where it came from, but instead to transmute it to light and send it back to the Creator.”

As Mornnah grew up, she realized to her surprise that others couldn’t see this other world around them. So she quietly studied healing herbs and became an expert in *lomilomi* massage. She taught mentally retarded children. For years she kept her identity as a kahuna private. Then Hawaii rediscovered its native past and it was time for Mornnah to “go public” again.

She started the Foundation of I, Inc. in 1980 to teach the revised *ho’oponopono* process. She says the process is one of prayer, repentance, forgiveness and transmutation and its objective is to “find one’s own identity, one’s own connection to the Divine Source.” The process requires no go-between teacher or guru. It also doesn’t require faith, so it’s even effective for skeptics.

Ho’oponopono involves erasing negative memories from the subconscious and removing blocks that cause discomfort and disease, she says. She explains that everything consists of three parts: the subconscious, conscious and superconscious. The subconscious is the memories and

emotions, the conscious is the rational part and the superconscious is the guardian that is the connection with the Creator.

Morrnah continues that the subconscious, or *unihipili*, acts like a computer memory bank that remembers everything from the grades on your first report card to what you were thinking the other day when that car cut in front of you on H-1. It also remembers all past lives. Cleansing the negative parts of those memories, she explains, can free you of unproductive patterns and bring a balance and rhythm to your life.

Everything has this memory bank, she states, not just people. Cars, food, even lawn mowers remember everyone that ever touched them, everything said about them and everything that ever happened to the *materials* they're made of.

One of Morrnah's most dramatic cases of cleansing with *ho'oponopono* involved a McCully family. In the 1970s the Parker Pen Company manufactured a limited edition of pens made from gold and silver of a sunken Spanish galleon – metals plundered from Central American Indians. The father of the family had bought several pens, putting one in the room of his young son.

Immediately (although at the time no one noticed the connection), the wife and son both developed startling problems. The wife was hit with chronic back pain and the son grew ill and experienced anxiety attacks every morning. The family suspected nothing and fell into an uneasy acceptance of their misfortune. The wife made weekly visits to the chiropractor and the son got used to being sick every day.

Then the father attended a *ho'oponopono* class and brought one of the pens. When Morrnah touched it, she could see the galleon sinking and hear the people screaming. She saw that the man's wife and son had been Indian slaves on board the ship and both had died when it sank. She told the husband what she saw and told him to look at the wife's back when he went home because he would see the marks made by the Spanish galley master's whip three hundred years earlier. She also said that when one pen has been cleansed, the others were cleansed also.

At home, the man saw the marks on his wife's back. But he said nothing about any of it to his son, who was by now a young man. When the son came down to breakfast the next morning, he remarked with amazement that for the first time in years he didn't feel sick. The wife's and son's mysterious illnesses vanished completely.

Morrnah is a popular lecturer with an impressive list of speaking sites – Johns Hopkins Hospital, The United Nations, the international Peace Conference in Copenhagen, to name a few. She travels the world while a group of hand-picked instructors teaches the *ho'oponopono* process in Honolulu through the Foundation of I.

She says it is a simple and thoroughly effective way to eliminate problems and bring a calm rhythm to life. The answers to all of our dilemmas are inside every one of us, she says – all we have to do is learn how to listen.