

Ho'oponopono of the Heart

Eluña Noelle

- 00:00:01 Good morning everyone. It has been far too long since I have actually gotten to be with you, and I have to say that I have very much had a lot of time in which I have been sitting with different changes, and some of which I want to share with you and pin this for you.
- 00:00:32 So. There has been a lot of shifting in my life, and also some experiences that have really taught me a lot about this time that we're in and really what it means to be human.
- 00:00:53 Actually, more importantly, I want to really say thank you to each and every one of you. I will periodically just tune in to the the field of our community of the circle and without fail, every time it does make me cry. I try to come on here and not cry every time, but it seems that my heart is just moved every time that I am sharing space with you.
- 00:01:21 So thank you for this beauty. Thank you very much for this beauty. And regarding the slow start, I will share a little bit about that. I as I mentioned, I've had a lot of shifts in my personal life and also in my in my work life, and so that has actually meant that I have new people joining my team, which is beautiful and a blessing.
- 00:01:46 And there's still some learning curves that come to all of this live streaming business, which is why it was not, unfortunately, it just would not go through on YouTube today. I don't know why we could not figure that out. So here we are on zoom, which is why it took a moment to come on. So thank you also for your patience with that.
- 00:02:07 And as always, no matter what is it seems to be going on and how chaotic things may be, things always are divinely and beautifully arranged. And so here we are being able to meet today, which is really quite, quite a blessing and really a for me it's it is really a blessing and I hope that you also are receiving a blessing from this and what I really want to talk to you about today, this is I did call this the members meditation because we are going to meditate.
- 00:02:43 And I also have I want to share some things with you, some some a little kind of a brief teaching before we really go into the meditation, because it gives context to why this meditation came through and and what you can expect. So.
- 00:03:05 The really big lesson in for being a human that I have been learning about recently is about forgiveness and forgiveness. It is a a deeply humbling experience to genuinely forgive another person. You feel humbled by it.
- 00:03:28 There there is an interesting experience that some people have kind of described to me just in in a story, not not directly, but I have received the energy and as we've gone into it, they have recognized that this is true, that sometimes when people go to forgive, it actually is almost a process where they feel entitlement or a sense of better than because they say, well, I am forgiving you.
- 00:03:59 And so there's this very strange energy that comes with that, because that means that the forgiveness is it's conditional. And it's also not necessarily coming from a place of genuine sincerity, because there's a sense of, I am going to be a bigger person than you, and I will forgive you, which is very it does make me chuckle a little because it's so counter.
- 00:04:27 It's so counter to what forgiveness is. The practice is supposed to be about. And as I have been reflecting on the life of various saints and masters, I have come to realize that really, forgiveness is maybe one of the ultimate or highest teachings, at least as it

pertains to our human life, because every day we have these experiences in which we do cause harm, like what the Buddhist teachings are about, causing no harm to beings.

- 00:05:07 But the truth is that just by existing, we actually are inflicting harm, which we could define. What harm is, I suppose. And there are maybe there's a scale of of harm, of genuine harmful behavior. But ultimately we are we are harming the life around us and the world around us by living.
- 00:05:30 Unless we are really not living and existing in a very, a very kind of low energy way, which is the way that some people choose to live their life. I personally know that I am not here to live that way. I've considered it and my guides always talk me out of it. I'm not allowed to go be a monk on the mountain. They've they've told me that. So? So that means that in living my life, I, I am inadvertently.
- 00:05:54 Unintentionally and unconsciously going to to enact harm in some way every single day. That's what's going to happen. And then we have these experiences as humans that are a little more than that on a day to day experience, from from a day to day experience in which we experience some major kind of harm that either we cause to another or that is that is done unto us.
- 00:06:24 And that requires a deeper level of forgiveness, a stronger look at the actions that were taken and what caused it and the harm that was done. And so I've been sitting with that. I've been reflecting on the life of Jesus or Yeshua, for example, and considering what his the what is the meaning of his life?
- 00:06:50 And it really is about forgiveness. Of course, there are many interpretations, many interpretations. And I just want to say again, I have not ever actually read the Bible or the other. A lot of other religious texts. The Bible specifically, I have not read.
- 00:07:10 I have read some other religious texts, but not the Bible. And so I don't think that I will necessarily speak accurately. So I will speak more broadly about my own personal understanding in just reflecting on him and connecting to his energy in myself. That's really the only thing I can speak to. And what I have come to understand is that he chose to take on essentially the the energy of what was what was happening to humanity that was wrong, that that humanity did not want to experience, that was wrong, immoral, unjust, sinful.
- 00:07:50 We could say he chose to take all of that on himself, on behalf of all of humanity, and then forgive it, and then also be forgiven by by God or the creator. That set a new tone, a new standard, and also, on an energetic level, a whole new Earth grid.
- 00:08:15 By the way, was was created from that act of unconditional love that a human chose to take on everyone else's wrong choice mistake. Just doing something that is aggression, violence, whatever it is. Again, sin. I really don't like using that word because there's way there's too much around it.
- 00:08:39 But all of the choices that we make that are not in alignment with our highest good, he chose to take all of that on and then enact forgiveness and be forgiven by God through that. So there is a practice that you might be familiar with that comes from the ancient Polynesian cultures called Ho'oponopono.
- 00:09:01 There's a prayer around this many people know now. There's music actually around around this prayer. And I have been learning more about about what that is. Ho'oponopono actually means to make right in essence or to correct. I really like to make right though more. And it is a it is a practice that initially was done actually in, in more community settings, somewhat like you've, you've some of you who've heard me talk about grief ceremonies that that come from the Dogon tribe in Africa.
- 00:09:35 It is like a bit like that done in a communal setting and a few years ago. But within this century, a mystic, a Hawaiian mystic named Mauna Simeona. Yes, Simeona brought the

Ho'oponopono practice to the West and really kind of popularized it by making it a more individual practice.

- 00:10:02 So now, rather than being in a community, a person is able to use the same principles from that, but just with themselves. Then this was back in the 1920s, I believe, 30s, a man named Doctor Hugh Hen Lue, he came and was a psychologist.
- 00:10:25 He discovered this, this Ho'oponopono practice, and he began to create a mantra that is now really the the prayer that so many people are familiar with. It is, I love you, I'm sorry, please forgive me, thank you. Or some rendition therein.
- 00:10:46 Sometimes people put the words in a different order. I'm actually going to explain why that order and those exact words are important based on the practice. He made that a mantra, and I just love the ingenuity of people and the faith that people have. He decided to start using this on his patients in the ward that he worked in, which was a ward for the criminally insane.
- 00:11:13 So the highest level of kind of derangement in in a person's mentality and the least under the most misunderstood people and really people who have been outcast to a point of there's no hope for them is is the group of people that he chose to work with. And he began to use this mantra, saying this prayer over the files that he had for each person in his ward.
- 00:11:46 And he began to notice that those people changed. Oh, gosh. See? It's going to make me cry. Sorry. I really tried to. He began to notice that those people changed in dramatic ways. Not just a little bit. They changed and healed so much that they were able to be discharged from a criminally insane asylum, which almost never happened at the time.
- 00:12:17 Still, to this day, almost never happens. What he began doing with this mantra is each piece of it. He began to put very specific intentions with it, and that's how he saw these changes. So, because he knew that the Ho'oponopono practice was to make right in relationship to all beings, he began to consider.
- 00:12:45 If I am a reflection of all beings, and all beings are also a reflection of me. Then the internal experiences that I have are going to be reflected in the world around me. Which means on some level, I have the same tendencies that the people in this ward have.
- 00:13:08 Somewhere I have them because if I didn't, then it actually wouldn't exist on our planet. So with each piece of the mantra, he took radical responsibility and with I love you, he used that first to open up and create a sense of unity between him and the person that he was working on.
- 00:13:38 Again, just through their file that he had, he connected us and created through saying, I love you, a sense of unity. Then he followed it up with I'm sorry. Taking responsibility for everything that that person was going through.
- 00:13:59 Everything that that person had experienced in their life. Taking it on like he was the cause of it. Taking on their suffering as if he was the one who had put them into that situation and saying, I'm sorry. And not just saying it. Feeling deeply that really and truly he was part of the cause of what they were going through and not getting overwhelmed in guilt or shame.
- 00:14:33 Just a sense of radical responsibility of I'm sorry. And with or without conscious understanding, there has to be a genuine acceptance in in him that somehow he played a role in the creation of their life, of their suffering, which from the highest level is true because he is part of God.
- 00:14:59 So he did. And so that's the perspective that he chose to take on. Then he followed that up by saying to the divine or to God, to the creator, please forgive me. Asking for forgiveness for the creation of this suffering that he was witnessing.

- 00:15:22 And then saying, thank you to the divine for the experience and the opportunity to get to clear what he was clearing with a genuine feeling of gratitude that he was allowed to do that. So that practice that he chose to do saw dramatic changes in the people who were in that ward and that story.
- 00:15:54 It sounds a lot like the story of Yeshua in a in a very specific way. It's the same choice that Yeshua made to take on all of the suffering and pain of someone else and make it your own. And then beyond that, actually ask and seek forgiveness from the divine for the release of that, and then express gratitude for the experience of getting to release that.
- 00:16:28 And that when I when I was sitting and thinking about this story, considering everything that this man had done and how he had affected people, it made me think about the practice of tonglen, which is also a Buddhist practice of taking, breathing in the suffering and feeling truly the suffering of another person.
- 00:16:53 And then when you, when that is in your heart, you allow that suffering to be transformed through the light of your heart. A lot of people like to imagine it that way, transformed through the light of your heart. And when you breathe out, you're breathing out compassion. The the willingness and the choice to take on suffering in that way, and to take such radical responsibility for what a person is seeing outside of them when he has nothing to do on a human level, he has nothing to do with the people in this ward, but choosing to take that on and transform that suffering.
- 00:17:41 I. I cannot think of another comparison other than Yeshua who would do that. It is very much the same. And so we can be inspired by that story. Just like we are with the story of Yeshua.
- 00:18:01 We can be inspired by that and really consider which is what I have been spending quite a bit of time doing. How are the experiences around me a reflection of me? Really, really rare though not just the experiences that we want to look at.
- 00:18:26 The experiences that are really hard. The behavior from other behavior from other people. That seems inexplicable. What does that actually show about what has not been acknowledged inside. Or maybe it has been acknowledged, but it just hasn't shifted.
- 00:18:46 It has not been transmuted. That is what I have been sitting with for this past month now, going back into September. And it has really, really supported me to practice what I have described, because I know on a cognitive level that every experience is a reflection of me.
- 00:19:16 And so even when something seems so, so chaotic and inexplicable or out of the blue in a in a very unpleasant way, that gives information about something that has not been touched in yet, that still lives inside and or that has not yet been transmuted, that is still inside.
- 00:19:41 And so by me choosing to take on and take full responsibility for what I am experiencing in my life, that means I get to clear whatever is there for me, but also for any other person that is involved. And so what I realized in reflection with all of this is that the thing that makes sense to me right now, at this time, is that doing a practice of Ho'oponopono before bed, at least by the end of my day, feels like the appropriate way to close my day out, because I know that in some way.
- 00:20:24 Like I said at the beginning, there there has to be some being that I have inadvertently and unconsciously harmed during my day. And if I want to live clear, Then I have to consciously clear that and asking for forgiveness.
- 00:20:45 There is it just it brings me into the only way that I experience it is deep humility. And feeling deeply humble is a beautiful feeling. It really is. It's beautiful. There's no other

feeling or experience like it for me, and it just reminds me of my place where I am, where the divine is, and where I am in relationship to all other beings.

- 00:21:17 So that is something that I have been practicing, and it really helps in the remembrance that we are not victims to our circumstances, no matter how convincing the circumstance seems to you.
- 00:21:38 and I can only say this really and truly, as someone who has gone through a lot, a lot who has both enacted a lot of harm on others and also has received a lot of harm in my life, a lot it is I have was just saying this to a friend the other day.
- 00:21:59 It is apart from like a few select very extreme things such as like physically harming another human being. There is probably not something that you could name that I have not done or been involved in in some way. I am almost certain, and so many people, very likely who who want to be in this community might hear that and say, wow, but how?
- 00:22:28 How then how can you how can you sit here and talk about forgiveness or how how can you talk about what it means to be a good person? Yeah, Because I have chosen very consciously. And when I was going through all of this when I was younger, I knew it was very conscious that I was going into the darkness, going as far as I could without losing myself to know exactly what it is to be deeply humbled.
- 00:22:57 There is no there. It makes me laugh. There's no high horse for me to sit on. It would be completely inauthentic and false. There's no I am right there in the mud next to you. And for years I spent a very long time splashing around in my own mud pile, blaming other people for it, blaming my my family for it, blaming my past for it, whatever it was, and not taking radical responsibility for myself, for my choices, for my life.
- 00:23:35 Until finally I did. And I just want to say, I finally started taking radical responsibility. And I still made choices that you would shake your head and say, why would you do that to yourself consciously? To be even more deeply humbled.
- 00:23:57 There was something that I had to learn. There was some experience inside of me that was being reflected outside of me. And now that I can genuinely feel what it is to move through this practice of Ho'oponopono, I know that everything that I have wanted to forgive, whatever is still lingering in me, that I just am unconscious to, I know that I will be able to clear it, consciously clear it, being in touch with individual beings.
- 00:24:30 I have done this every night now. For the past while since I really started to move into it and maybe a week time has been strange. And the tears, the release, the clearing and the lightness that I can feel when I then tune back into whatever the relationship is or the experience.
- 00:24:53 Because this also works with past versions of yourself. There is plenty that I have worked on forgiving myself for. And in fact, because we all know that we live in a quantum world that is our universe.
- 00:25:16 Anytime that we experience and express something that relates to the past, you are changing the past. The past is not something that's in stone and it just stays that way. Which is why it's very interesting to be in Akashic Reader, because I can look at different things and it will change if the person changes.
- 00:25:41 So for you, for me, for all of us, we get to have this practice of changing our past and changing ourself in this moment from being a victim to being one who chooses to remember the truth, that we are an infinite creator.
- 00:26:06 We are the author, the producer, the director of the life that we are living, and we are actively creating the story around us. And some of you are asking, but we can't control the behavior of other people. That is true. You can only control your behavior and your thoughts affect the behavior of other people.

- 00:26:33 That that is the truth. Because we we create. You are a thought of God. And so in this world, your thoughts also create the world around you. I did a little experiment the other morning in which I tuned in to a reality in which the whole world, every human being, had the calmest, most peaceful and least active mental state.
- 00:27:11 And so the way that that showed up energetically was a very small, light blue orb in the very middle of everyone's head. And that is how everyone walked around. And the world was peaceful because everyone's mind was peaceful and calm.
- 00:27:34 And I realized from that, wow. That's why the more that we change our mentality to being peaceful, not just the idea of living in peace on earth. Not like that. Just peace. As in calm, not anxious, not overly active, kind, compassionate, non-judgmental.
- 00:28:01 When we change that and that becomes our mentality that that is how world peace happens. It is actually extremely simple. It's not just, oh, we have to treat people more kindly. Yes, that will make a difference. And it's truly just our mind.
- 00:28:24 If every single person on this planet had a peaceful, loving mind. The entire planet would be peaceful and loving. And so the more that we change our mentality and take responsibility for what we are experiencing and seeing around us, we are able to bring peace here.
- 00:28:45 And again, not in the shameful, guilt ridden way of oh my, I'm the reason why this person did this and that. Not in that way, just in an empowered, responsible way. So. What I want to do with you today is bring you a meditation that is this forgiveness meditation with the practice of Ho'oponopono.
- 00:29:17 And I want to leave this with you so that you are able to use this anytime that you wish, and of course, once you have moved through this, you can lead yourself through your own, through your own version of this meditation. But I want to give you this opportunity.
- 00:29:39 And if there is not a person that comes to mind that you think, I actually feel really quite at peace with everyone in my life. First of all, really blessings. And I'm grateful that that is how you feel. And so if that is the case, then I would say offer this forgiveness to any beings that you are unaware of, that you that you don't know that, that you are wanting to forgive, to take on and then and then apologize to essentially and ask for forgiveness from.
- 00:30:12 In this meditation, we are going to use the mantra that Doctor Lynn came up with. So just to remind you, the order and then what each piece is supposed to do is carrying a specific intention. So I love you is to create unity.
- 00:30:34 I'm sorry. Is taking responsibility for the part that you played? Unconscious or not, you're taking full responsibility because you are God. So you're taking responsibility for your creation. Sounds like a really good thing to do right now. I love you to create unity.
- 00:30:54 I'm sorry for the part that you played, and you really do have to feel it just to say that it won't mean anything if you don't actually feel this. And it might take practice to get to a place where you feel enough humility to actually take responsibility for it, just to say, and that's okay if that's where you are. Years ago, I don't think I would have been able to do this without entering into a shame spiral.
- 00:31:17 It would have taken time for for me to it would have taken until right now for me to be able to feel self-empowered enough to not enter shame. and also humble enough to to actually be able to feel this. The next piece is asking for forgiveness. Please forgive me. And that is actually you asking the divine.
- 00:31:39 And so when I have done this practice, there have been times when I have said, please forgive me directly into the heart of the divine in the person that I am envisioning in this

experience. Sometimes it's only directly to God. Sometimes it's both. So I just want to leave you with that.

- 00:32:00 Feel into what happens for you and what is right for you. And then the final piece is saying thank you. Expressing genuine gratitude, not just saying thank you. Expressing genuine gratitude for the opportunity to clear. Internally, what has happened?
- 00:32:22 Clear what has taken place in this creation. So that is it. That's the order I love you. I'm sorry. Please forgive me. Thank you. And I will repeat that again in the meditation when it is time. But that is what we are going to do. So I will truly be as on time as possible.
- 00:32:48 We started a little bit late, so we might go just a little bit over. And I apologize for those of you who have to leave right away, but know that this meditation will be played again or sorry, the recording will be made available so you are able to play the meditation again. And for now, find a comfortable seat for your body.
- 00:33:17 Let your body relax. Deepen your breaths long and slow. Let your face muscles relax.
- 00:33:39 Let your shoulders drop. Let your belly relax. Bring your attention to your heart. Center the very middle of your chest.
- 00:34:01 Allow your breath to move in and out of this space.
- 00:34:22 Inhaling and allowing energy to fill you from the front of your heart. Exhaling and allowing the breath and energy to exit out the back of your heart.
- 00:34:55 On your next inhale. Hold at the top. Exhale. Slowly. Relaxing. Inhale slowly. Hold at the top.
- 00:35:19 Exhale. Fully Relaxing. Inhale. Hold. Feel the energy of your heart. Exhale.
- 00:35:40 Relax. Breathing in. Hold. Feel your heart. Exhale. Letting go.
- 00:36:03 Breathing into your heart. Hold. Exhale. Letting go. Breathe into your heart.
- 00:36:24 Hold. Feel your heart. Exhale. Letting go. Breathing in. Hold at the top.
- 00:36:46 Exhale. Letting go. Keep your focus on your heart. Welcome. And invite your angels to be with you.
- 00:37:09 Ask them to be present. Keeping your awareness in your heart center. Enter into this place in your heart.
- 00:37:33 The place that feels sacred and secret. The place that is between just you and the divine.
- 00:38:00 Feel the presence of your angels around you.
- 00:38:23 Bring forward a person or a past version of you that you would like to forgive. Today, in this moment.
- 00:38:44 Allow their presence to be with you. And if you see them, allow them to join you in this inner temple of your heart.
- 00:39:14 Keep your attention on your heart. As you feel their presence joining with your own. Notice any changing energy.
- 00:39:36 Remembering your angels whenever you need to call on them. Feel deeply into this person's energy.
- 00:40:04 This being that you have brought forth for forgiveness. Feel their energy in your heart. Feel their heart in your heart.

00:40:52 Feel the energy of the divine in their heart. Feel the love of the creator as it moves through you.

00:41:17 So too does it move through them. Feel this love in your heart. From them.

00:41:55 Welcome it deeper. Allowing your love and their love to become one.

00:42:20 Allowing your heart and their heart to become one.

00:42:51 Feel gratitude for this merging. Feel gratitude for this remembrance of oneness.

00:43:50 Express your love for this being. I love you. Feel the connection deepen with this person.

00:44:39 Apologize. For the role you played. I'm sorry.

00:45:00 Letting go of any need to understand.

00:45:23 Asking the God in them or the creator. For forgiveness. Please forgive me.

00:46:02 Feel. This release. In asking for forgiveness.

00:46:46 Express your genuine gratitude to the divine for this experience to heal and clear. Thank you.

00:47:21 Stay present with your heart. Feeling deeply. Allowing this to be released.

00:47:44 Allowing your angels to support you in this process.

00:48:05 Share your prayers. your blessings, your gratitude over the body of this being that you have called forth. Showering them with your love. With your gratitude.

00:48:36 Thanking them and the creator within them for the gifts that have come from the experiences you have had.

00:48:57 Thanking them for the blessings that have come from the experiences you have had. And blessing their life and their path in return.

00:49:38 Express a final gratitude to the divine for this experience. And to the divine within them.

00:50:02 Slowly bringing your hands to your heart. Feeling your energy. Your love. This release.

00:50:29 Thanking your angels. Thanking your heart. Slowly deepening your breaths.

00:50:51 Coming back to your body. To the room you are in. And when you are ready, Slowly opening your eyes.

00:51:20 I would like to offer you just a minute or two to write about your experience so that it is fresh. Even if you don't have your journal. Just taking a moment to write down what you experienced, what you felt, if you saw anything.

00:53:00 Thank you all for allowing me to lead you in that. So that is a meditative practice that can be used anytime. I have been doing that at nighttime and it can be used anytime there is something happening.

00:53:22 I have also used it in real time if I have been out and about, and maybe I have noticed a person at a cafe who works there, maybe they're having a hard day. But the first thought that comes to my mind is, wow, gosh, you know, she's upset.

00:53:44 Or that was she was really short with me just then, whatever it is. And then I have remembered, oh, that's actually me. And so in that moment, I will move through this practice just internally on my own. I will move through this practice.

- 00:54:06 And again, it's very similar to Tonglen in that it can be done anywhere that you are. I think that this practice has been particularly meaningful for me at this time because because I have been having a lesson with forgiveness and what that means and, and really taking radical responsibility for my life.
- 00:54:31 And so it has been a blessing to be able to practice this and to bring it into my life as a daily practice. I have already noticed significant shifts in myself and just in the way that I am moving through relationships. So that is why I wanted to share it with you.
- 00:54:52 It is a gift that my my learning gets to also be a teaching for others And it is why I. I am transparent as a person because it's the only way to show up for for me, it's the only way that I can show up as a feeling like a genuine support in this world is that my lessons become the lessons for others, so that we can learn and support each other, and clearing away the the density of of past experiences and clearing away the the experiences of guilt that either we are holding ourself to or that we are holding another to, are so important right now because of what we are moving into, moving through and moving into and preparing for.
- 00:55:52 I know that, you know, there's a lot coming up in our, in our life, in, in this reality. And the more that we can bring ourself into a state of alignment where we are having a peaceful mind, a calm, a calm inner experience, the more that we are going to be aligned to the changes that are happening, we will not be so rocked and bothered by them.
- 00:56:20 And I just want to say that, as always, I will be right beside you practicing this as well. I want to experience world peace and I am still practicing it, and I must practice it every single day and make that what is the most important thing for me.
- 00:56:41 And that is part of what this experience that I've been going through, that's part of what it has been teaching me, is what that actually means. Our will. Will I really be impeccable with my word and hold myself to that? That is what I have been learning. And this practice with the Ho'oponopono mantra and prayer has been deeply supportive for me.
- 00:57:03 So I wanted to share it with you. And the final piece that I would like to say is I love you. And I'm sorry. Please forgive me.
- 00:57:27 And thank you. Ashay. Thank you all for being here. You will hear from me again very soon for our next live event together. Sending you my love and blessings always.
- 00:57:51 Bye for now.