

Transmuting Sabotaging Patterns

Transforming the Personal Template

You can actually change the way people treat you by transmuting the patterns in your Personal Template. Doing so will change the energy in you that you give out which attracts negative kinds of people. In this program we'll use three different modalities to do this: Reiki, Yoga Nidra and Ho'oponopono. Below we'll discuss Ho'oponopono, and then I'll share with you my version of this process; edited specifically for my clients.

Ho'oponopono is a practice that was used in Hawaii to heal an individual and family lineages. A healing priest, Mornah Simeona, created a 12-step process that dissolves these bondages. Her process can be used to heal old wounds, break sabotaging patterns and heal Karmic Inheritance for good. In her philosophy she says that "you have to experience by yourself what you have done to others"; noting the things you brought from other lifetimes. Her methods helps one "release unhappy, negative experience in past reincarnations, and to solve and remove traumas" from the personal template across all lifetimes. The karmic bondages hinder the evolution of the mind so that cleansing of this is a requisite for improving one's life and lifestyle and expanding consciousness

Across many cultures there is a belief that if someone does something wrong towards another (against spiritual law) it can cause illness and disease. Karma Inheritance is passed down through the generations and children and grandchildren will carry the illness or disease (of the body, mind or emotions). If it goes unresolved the ailment can be carried throughout many generations from person to person, and the carrier won't understand why they have it. This toxic pattern becomes part of one's *Personal Template* since birth, and perhaps throughout many lifetimes.

People who have experienced this type of thing might find themselves seeking counselling, a psychologist or psychiatrist to try to 'get fixed'. Some get into other healing modalities such as massage, acupuncture, yoga and meditation.

Generational ailments and Karma Inheritance is deeply embedded in your *Personal Template* and often times healing modalities will simply alleviate.

In order to use this process effectively one must realise or at least recognise that there is a Divine Creator (Source Energy) who hears altruistic pleas. When you finish a prayer and make the statement that “it is done” it means you are handing it to the Divine Creator (God Source).

The healing request transforms the old wounds, sabotaging patterns, wrong actions, hurt and pain to *Pure Light* on all levels of existence and the person is “set free” from the toxic pattern. Through this transmutation and transformation the problems of the mind will lose their hold on the person, and healing and balancing has begun. The thread of chaos causing the ailment is transmuted entirely and the person feels “lighter” and “free”.

For example, if a person has attracted narcissistic men in their life, and effectively completed Ho’oponopono with pure faith, their energies will have shifted and these type of men won’t be drawn to them anymore.

Suggested Video to watch (there are 9 parts):

<https://www.youtube.com/watch?v=OL972JihAmg>

12 Steps of Ho’oponopono

1. The Inner Connection
2. Peaceful Connection
3. Breathing (Haaaa), 9 rounds
4. Opening Prayer, I am the I
5. Repentance Prayer
6. Ho’oponopono, choose which one
7. Release
8. Cleanse
9. Transmute
10. Closing Prayer
11. Breathing (Haaa), 7 Rounds
12. Acknowledgements

1. The Inner Connection

Prepare yourself by moving into a quiet space, ideally a meditation room or someplace you consider sacred. Connect yourself to the Divine Creator saying, "Divine Creator will you forgive all my errors in thoughts, words, deeds and actions I have done over eons of time?"

Hear the answer in your heart and mind, *"As your Mother today, I forgive you for all your errors, fears, resentments, insecurities, guilts and frustrations."*

Let the Divine Creator embrace you in the circle of Divine Love.

2. The Peaceful Connection

It's necessary to mention that FEAR must be dealt with in a gentle, loving, warm and understanding manner to remove its hold from the Personal Template.

Do it GENTLY, do not command, but reach the subconscious through a slow, tedious, patient process... surrendering to the unknown.... flowing into the Silence of Source. You will know you have reached it when you FEEL warmth, caring, gentle love.

KNOW THY TRUE SELF

Feel yourself as the Divine Creator, everywhere and nowhere. Be in the Sacred Silence infused in trance state. The idea is to get to the point of letting go of this world and go deeply into your True Self, the Divine Light.

Say to yourself, "I am Divine Love and Intelligence. I allow Divine Love to move and express in and through me to all areas of my life. I am and will always be in my right place and time for my own individual growth, and to expand consciousness."

3. Breathing (HA) – 9 counts

Make the sound HA when you do the breathing.

- a) Inhale (Divine Energy) for 7 counts.
- b) Hold the breath for 7 counts.
- c) Exhale for 7 counts.
- d) Hold the breath for 7 counts.

Do 9 of these rounds.

4. Opening Prayer – I am all that.

I am Divine Light.

I am the breath that nurtures life.

I am the water that gives life.

I am the earth that nurtures living.

I am the fire that warms and destroys.

I am space between that holds all together.

I am Infinite.

I am Divine Light.

I am all that.

5. Repentance Prayer (Between self and the Divine Creator).

If I _____, my family, relatives and ancestors have offended you in thoughts, words, deeds and action from the beginning of our creation to the present, please forgive us. I'm sorry. We're sorry. I humbly ask for all forgiveness from all my fears, errors, resentments, guilt, offices, blocks and attachments we have created, accumulated and accepted from the beginning of our creation to the present. Let Divine Intelligence include all pertinent information we knowingly or unknowingly have omitted. Will you all forgive me/us?

Cleanse, purify, release, sever, and cut all the unwanted energies and vibrations, unwanted memories, blocks, programming we have created, accumulated and/or

accepted from the beginning of our creation to the present. Please transmute all the negative, unwanted energies to pure light. Pull out of our memory bank and personal template all cords, bonds, contracts and any and all attachments which we are aware of or not. Let the water of life release us from spiritual, mental, physical, material, financial, and karmic bondage. Cleanse, purify and transmute all these unwanted energies to pure light. Fill the spaces these unwanted energies occupied with Divine Light.

I am Free! It is done!

Additional (if needed): If there are any earthbound spirits and/or negative vibrations within, on, or around them or on the premises, objects, transactions, atoms and molecules, families, relatives and ancestors - we humbly ask for forgiveness on their behalf and ask that they be cleansed, purified, and released to the path of Pure Light. No longer will they be earthbound. We release them to the path of Light as they release us. We, including premises, persons, families, relatives and ancestors, objects, rituals, transactions, atoms and molecules are ALL SET FREE! IT IS DONE!

Let Divine Order, Light, Love, Peace, Balance, Wisdom, Understanding and Abundance be made manifested for us all in our affairs through the Divine Power of the Divine Creator in whom we rest, abide and have our being now and forever more.

I/We are set free! It is done!

The phrase "It is done!" is used to indicate that your work now ends, and God's begins.

Feel the Answer Come in Your Heart and Mind: Yes, we forgive you.

6. Release

Divine Creator, I _____, (my family, relatives and ancestors) mentally detach myself/ourselves from all involved in this case. I/We cut all Aka cords. I/We are set free! It is done!

7. Cleanse

Mentally bathe yourself from the top of the head to toe with the following colours (7 times each): Indigo/Purple, Emerald Green, Ice Blue, White.

8. Transmute

Let Divine Intelligence approve the release and transmutation of all toxins and negative vibrations to Pure Light. Let Divine Intelligence manifest harmony, love, wisdom, order, balance, perfect and right relationships, ideas, sources of wealth, sustenance and energies. We humbly ask that we be surrounded with a gold band or circle. We are set free! It is done!

9. Closing Prayer

Peace be with you, All my peace.
The peace that is I, the Peace that is I am.
The peace for always, now and forever and evermore.
My peace I give to you. My Peace I leave with you.
Not the world's peace, but, only my Peace.
The Peace of I.

10. Breathing (HA) – 7 counts each, 7 rounds

- a) Inhale (Divine Energy)
- b) Hold the breath
- c) Exhale for 7 counts
- d) Hold the breath for 7 counts.

10. Acknowledgement

I acknowledge the Divine Creator, the creators and keepers of Ho'oponopono process, our inner family – the father, mother and child, the Divine Forces of all the Universes, the Divine Forces of the mineral, vegetable and animal kingdoms. I give my deepest heartfelt gratitude and acknowledgement.