

## Clear Out Limiting Beliefs - The Ho'oponoono Way

### I am Sorry

This is simply stating that you acknowledge responsibility for the very thing that you do not want by recognizing that somehow your conscious and subconscious manifested it into your reality. This opens the door for healing to occur. You cannot change what you cannot acknowledge.

### Please Forgive Me

Once you acknowledge responsibility then you must ask for forgiveness. In asking for forgiveness you are acknowledging that you intentionally or unintentionally played a part in manifesting the problem. Asking for forgiveness allows the healing to begin.

### I Love You

This is a statement of emotion and acknowledgment of the love within you to create the world that you want. The best way to improve any situation is to unconditionally learn to love it as perfect.

### Thank You

This is the knowledge that your mantra has been heard and the solution is on its way to you.

## Screen Of The Mind

Very simply, the way screen of the mind works is:

You visualize the situation you do not want, as it is now, inside of a dark border. You should visualize this like a TV screen or a movie screen. To make a dark border you could use any one of a number of mechanisms and there is no right or wrong answer. Some people simply paint a dark border or put a dark picture frame or some people imagine a bunch of lights around the outside and they're all turned off but it's important that it's a dark border and on the screen you see the situation as it is now.

*For example:* let's say you are renting a house and you want to buy a house so, you would picture yourself in the home that you are renting, as it is now, on a screen inside of a dark border. Then, you use something called the law of polarity; these are not man-made laws, they are natural laws like the law of gravity. So, you change the frame from a dark border to a light border or a dark frame to a light frame; there are obviously many different ways that you can do this. Some people flip on all the lights or change the border from light to dark by painting it a lighter color. And after that you will picture on the screen your situation as you desire it to be. So, in the example that I've given you, you would see yourself on the screen actually paying the mortgage and living in the house of your dreams.

### **What does this technique do for you?**

It actually causes you to be like a magnet and draw to use solutions outside of the realm of logic and reason. You do this technique called screen of the mind and strange things will start to happen. You will be talking to someone and they'll say, "hey, I've got some money to invest do you know anybody that has a good investment?" All of a sudden you'll say as a matter of fact, "I wanted to buy a house but I was short of the down payment" and you'll work out a deal. Literally the solutions will come outside of the realm of logic and reason.

Some people will ask:

**“Why do you see the negative side of it as it is now instead of just starting with the positive?”**

The reason is; the way that it is now has the most emotion attached to it. The way that you change your belief system is through repetition and emotional involvement. So if you're living in a home that you're renting then that is where you have the most emotion because that is reality. You will allow your mind to go in that

direction and build up momentum then, you reverse its direction by putting your mind in the direction that you want to go by changing the dark border to light visualizing the new picture of the place you want to be.

### **FACTS YOU SHOULD KNOW ABOUT YOUR SUBCONSCIOUS MIND - Dr. Robert Anthony**

1. Your subconscious is only stable and effective in direct proportion to the quality and clarity of the information supplied to it.
2. Anything you picture vividly with repetition and emotion in your subconscious mind will be brought forth by and become a reality for you.
3. Your subconscious will draw to you what it clearly understands to be your desire.
4. Your subconscious doesn't reason why, but records with high fidelity anything and everything your conscious mind presents to it.
5. Your subconscious will draw to you the circumstances, people and conditions to fulfill your desire.
6. It will not fulfill your goals or desire automatically. You must ask it and tell it exactly what you want.
7. When you ask it, it will alert your conscious mind to recognize the right opportunities, people and circumstance needed to fulfill your desire.