



SUPERHEROTRAINING

“Ho O’Pono Pono”

What is Ho O’Pono Pono?

Ho O’Pono Pono is an ancient Hawaiian practice which essentially distils down to maintaining an attitude of humility with an empowered mind set, focused in a very specific way. It is a practice which needs to become integrated into a way of being.

We can **FEEL** this way of being by practicing this very simple mantra:

**I am sorry
Please forgive me
I love you
Thank you Thank you Thank you**

It is as simple as that.

The audio file included with this PDF is taken from the Amazing Grace Audio Book and is chapter 9 on Forgiveness. Listen to it carefully.

How Ho O’Pono Pono Works?

As we repeat, over and over, silently and audibly to ourselves the words, our internal attitude shifts.

This internal attitude defines the way we are: consciousness, spirit or soul, interface with the substance of creation. We all have storehouse of negative attitudes in the psyche, like a vibrator reservoir which keeps us stuck like glue in a dysfunctional orientation towards life and the consequence is “negative” karma ie disharmony.

Ho O’Pono Pono dissolves the glue which keeps us stuck. Once dissolved, consciousness is liberated and that gives us freedom feelings of lightness inside.

It is this diminished sense of freedom which causes so much frustration for so many souls.

Ho O’Pono Pono is a practice. You need to be proactive in this practice. In other words, DO IT.

Repeat over and over the words. Say them all the time in any situation to everyone and everything and feel the difference it makes in your life.

You are not a physical person, you are a spirit being. Your energy is a flow and that flow is supposed to be flowing freely through life in wondrous creativity. All your pain and fear, frustration and anxiety come from a sense of being stuck or imprisoned. The prison is a mindset reinforced by negative emotions. Only you can dissolve the prison.

Ho O’Pono Pono is the method. It’s up to you to practice it.

Listen to the audio file and your homework is to practice this attitude constantly from now on and be aware of the feelings it engenders. Your goal in life is to exist in that feeling state.

Life really is very simple. It always boils down to my awareness and attitude. This alchemy creates a feeling state. The feeling state magnetizes reality. You can change your reality by dissolving old patterns and residual vibrations through Ho O’Pono Pono.

Simply practice ALL THE TIME.