

SOUND Of FORGIVENESS

*Discover How it Feels When Fear Slips
Away As You Edit The Movie Of Your Life
Through The Eyes Of Love*

*Includes Over 144 Verses Of The
Hawaiian Call For Grace - Ho'Oponopono*

Colin Hillstrom

Composer/Performer of Crystal Sound Journeys

Copyright © 2020 by Colin Hillstrom

*I'm sorry, God,
for having forgotten how much you love me.*

Please forgive me.

I love you.

Thank you.

What Readers Say About Complete Forgiveness

I work in a third grade classroom, supporting a number of students with special needs. When one of these students had a meltdown the other day after another student said some hurtful things, I made a quick decision not to delve into my usual “support” plan, which is to sit beside him, rub his back, and calmly attempt to talk him down. Having recently begun a morning practice using the ancient Hawaiian practice of Ho’oponopono (as outlined in Colin Hillstrom’s *Sound Of Forgiveness*), I decided to put it to use. The student had made his way into the coatroom and was sobbing uncontrollably. With a wall between us, I sat down and began to say silently to myself:

I am sorry for my emotional pain, please forgive me, I love you, thank you.

I am sorry for my unresolved anger, please forgive me, I love you, thank you.

I am sorry for not feeling lovable, please forgive me, I love you, thank you.

Each time the student revealed another hurt from beneath his sobs of “no one likes me” and “I hate those boys,” I apologized for the hurt that resides within me and asked for forgiveness. These emotional releases are frequent for this student and can take up to an hour to de-escalate using my typical approach.

With Ho’oponopono it took less than five minutes for him to stop crying, come back into the classroom, sit down beside me, and engage in a conversation on how to solve the problem effectively. It was a beautiful experience.”

Satya Grove

So much enjoyed your very well presented, inspiring and helpful book *Sound Of Forgiveness*. It has taught me so much of value; and I had a strong sense to purchase it at the time I was in great need of spiritual assistance. My relationship with my partner had deteriorated and was almost beyond repair. In my prayers, and also as a daily mantra, I repeated the Ho'oponopono phrase and then started employing it as a tool to heal my inner wounds and then my relationship. The effects were only subtle at first, but then I felt a shift in perception not only in my own thoughts but also in those of my partner's response to my efforts. Together we have accomplished much emotional clearing, allowing us to be more mindful, living in the here and now. We still have a way to go, but not as a goal to achieve but as new way of being that continually expands our awareness. I am reminded of something relevant which states that happiness is something you create not seek. And also that there is no way to happiness, since happiness is the way. The same goes for peace and love, which are also the way. I am beginning to feel the potential power within that Our Creator has given to us and has wanted for each and every one of us to embrace. I Thank You Colin.

Bonnie L.

I am very excited by the potential for life-changing results through using the ideas and tools presented in Colin Hillstrom's book *Sound Of Forgiveness*. Colin demonstrates his ability to creatively present powerful healing approaches in new and unique ways. As a practitioner of Ho'oponopono personally and with clients, I have experienced and seen dramatic change from this work. In *Complete Forgiveness*, Colin Hillstrom offers a range of language possibilities to specifically focus on personal life issues and on the "hologram of my eternal existence." Readers can apply these ideas at any level—physical, mental, emotional, relational, and spiritual. Wherever you are on your personal journey, this book will speak to you.

D. Wehner MSW

IN THE STONE

Intro

13: The Long And Winding Road

Part 1

17: What's Going On Perfecting The Mind

Part 2

37: All You Need I Love

Ho'oponopono: Erasing Adverse Thoughts

95: Jesus Is Just Alright: The 12 Soul Powers

101: Stairway To Heaven

The Emotional Intelligence (EQ) Scale

107: True Colors

Ho'oponopono And The EQ Scale

111: Pictures At An Exhibition

Clean Your Hologram With Ho'oponopono

Page 121: Go Your Own Way Become Your Own Guru

Page 161: Like A Prayer

The Ho'oponopono Repentance Prayer

Part 3

Page 171: Do It Again

Your 90-Day Life-Coaching System

Appendix

Page 187: Let's Talk About Me Biography

Page 195: Paperback Writer Bibliography

Page 201: Thank You For The Music Musical References

Note To Reader

Disclaimer:

You are responsible for how you apply this information in your life.

For any health-related applications, you are advised to consult with a qualified healthcare provider first.

Chapter Titles:

I love music. As I started contemplating this book, rock and pop tunes would play in my head. I have therefore incorporated some of them as chapter titles. It's been fun writing this way. There is however no intended correlation between the music and the content of this book. You will find references to composers and performers at the very end of the book.

Professional Services:

For sound baths, singing bowl workshops, hypnagogic light meditation, group coaching, one-to-one coaching, in-house corporate training, keynote speaking, corporate consulting, corporate and personal mediation, or other inquiries, please contact:

colin@colinhillstrom.com

INTRODUCTION

The Long And Winding Road

“When You Change The Way You Look At Things

The Things You Look At Change.”

Wayne Dyer

There comes a point in time on our journey home where there is no longer a fork in “The Long And Winding Road.” Until we reach that final point of choice-less-ness, it is exactly the power of choice that confronts us moment by moment.

Forgiveness is a choice. And a skill. It is also an art and a science. The extent to which you succeed at mastering the art of forgiveness will determine how you experience your past, present, and future state of being.

Our life is all about energy, emotion, and experience. Most people invest a vast amount of energy and emotion to experience the fulfillment of their bodily needs and desires. That used to be me. Yet at some point in our lives we may turn toward the deeper spiritual impulses that reside deep within us.

We dream of perfect peace, harmony, beauty, love, oneness. But how can we experience such exalted states of being while living in a world that seems to be inherently flawed, unjust, even cruel?

The answer lies in the way we look at things:

Are we seeing with the eyes of love or with the eyes of hate?

The story of our life can be compared a movie, or a TV series. We live in a perceptual world, a kind of virtual reality, where, as *A Course In Miracles* teaches, “projection makes perception.” In a way we make it all

up as our mind interprets the images that our eyes send to the brain, and based on our own current state of mind, we experience life as either hostile or kind, good or bad, boring or fun.

We always have a choice in how we interpret what we perceive. Instead of trying to change the world we don't like, the softer and more empowering approach is to heal our split mind towards perfect wholeness. That is what this book is about.

The reward for the relentless pursuit of healing our mind includes our freedom from all kinds of bondage and disempowering dynamics, including freedom from self-doubt, shame, guilt, and misery. Freedom from blame and self-blame, as well as apathy and depression. Freedom from worry and stress, along with cravings, lust, greed, and fear of lack. Freedom from anger, rage, and hate, together with freedom from the fear of failure, fear of rejection, and freedom from the fear of inadequacy. And let's not forget freedom from the tyranny of false pride (perfectionism), selfish attachments, and freedom from the tiring duality of pleasure and pain.

Sound Of Forgiveness is a book for people who want to leave all that behind. I understand—not everybody enjoys working on themselves, just as fixing a car or tending a garden isn't everybody's favorite thing to do. However, while you can hire a mechanic or a gardener, no one can do your inner work for you. There is no magic pill for personal transformation. We all have to climb the mountain of life ourselves. Our guide can only advise us. As we rise up, our emotional intelligence increases, as you will see in Part 2, *Stairway To Heaven*.

Wayne Dyer's statement hits the nail on the head. However, the real secret in getting the results you truly desire lies in bypassing the nature of the ordinary mind, which habitually judges. When you refrain from programmed judging, condemning, and attacking—as you look at things—and ask for help “from above,” you achieve complete forgiveness.

Why complete forgiveness? Why did Christ command:
“Though shalt not judge?”

At some point in time you will have surpassed the final fork in the road. That is a given. If you have practiced only partial or conditional forgiveness (as is common practice because the ordinary way of forgiving still entails judging!), you will experience the energetic frequencies of your unresolved guilt and grievances that you cannot seem to let go.

It is not uncommon for people who have had near-death experiences to report about the agony of having had to face the painful darker side of themselves before reaching the Light. They often decided to return to complete their forgiveness lessons.

There is an easier way.

I want to share with you several powerful life-skill tools that I have found along my own journey of self-transcendence and have further developed in my capacity as a consciousness coach and teacher.

The key feature in *Sound Of Forgiveness* is an ancient Hawaiian method for clearing mind and emotions, Ho'oponopono. Throughout the book you will find more than 144 verses that I have deliberately crafted to erase from our eternal data banks those hooks that keep triggering our unwanted thoughts, feelings, and behavior. Such thoughts originate from the lower levels of consciousness, which include greed, hate, lust, blame, dread, and fear.

You can speak the Ho'oponopono phrases in this book to any area of your life—your relationship, your family, your career, your finances, or your health.

At the end of Part 1 you will find an introduction to one of the key life-coaching tools that I have used with over 3,000 clients, the Wheel of Life.

You will maximize your benefit from this powerful self-transformation system, which is part of my *3cFlow™ Coaching Systems*, when you consistently apply it. I suggest that you look at your Wheel of Life and read several of the Ho'oponopono phrases for about three to five minutes a day. Part 3 features a 12-week life-coaching system for tracking your daily efforts.

In addition to the life coaching wheel included in this book, you can download the *3cFlow™* coaching pages from my website: www.colinhillstrom.com.

I really urge you to have fun with this book. We all like movies, and playing with the metaphor of a motion picture (isn't that exactly what our life appears to be, one frame after the next?) can become an exhilarating adventure. If you and I were in a coaching session right now I would invite you to consider yourself to be the writer, director, star actor, viewer, and even the critic of the your life story. But... You can also be the editor! You have the power to change the way you look at life as it happens, after it has happened, and even before it happens. I know this sounds freaky, but on some level of consciousness we begin to realize that time is an illusion of the mind, and that somehow everything is happening at once.

The fruit of your labour includes getting into this state of being. That is in essence the self-realized “Power Of Now.” A truly timeless classic is exactly that: Timeless. My promise to you based on my direct experience is that when you apply the Ho’Oponopono verses that you find in the following chapters consistently you will experience the miracle of the (effortless) change that Wayne Dyer is pointing his finger towards.

GOD ONLY KNOWS

What are the practical steps to raise our consciousness?

First of all, what's required is an attitude shift that addresses the opinionated ego, which seems to know it all.

Dr. Hew Len, the master teacher of the ancient Hawaiian problem-solving system known as Ho'oponopono, suggests that we never really have a clue about what's going on. Why? Because in each and every moment there are at least 15,000,000 bits of information surrounding us, and we can only be aware of about 15 of them!

What are the implications?

Chances are, our opinion of what's right and wrong in the world are usually incorrect. At any given moment, we all are pretty clueless. Why don't we admit that *God Only Knows* what's right and wrong? Why don't we let the Infinite take care of it, as we take 100% responsibility for our part in the creative process?

According to author Eknath Easwaran, high-level creativity is the interplay between divine grace and individual effort. When we quiet our busy, rational, thinking mind through meditation, we receive intuition, which is God's whisper. When we erase our negative thought patterns through means like Ho'oponopono, we dissolve those inner blocks that limit our awareness of divine grace.

KNOCKING ON HEAVEN'S DOOR

“Of myself I do nothing; the Father who dwells within me does the work.”

Jesus

The easiest way to transcend the lower levels of emotional intelligence, including stress, anxiety, and depression, is by asking for help where true help can be found. Ho'oponopono teaches that all we need to do is make a petition to the Supreme Power, which you may refer to as God, Creator, Source or other similar terms.

According to Dr. Hew Len, this conversation takes place on various levels of your own consciousness. It's an aspect of our Higher Self that makes the petition to God.

In the first of the four-part petition you say, “I'm sorry,” which means, “I acknowledge that I have a problem that I cannot solve by myself. It saddens me and is causing grief. I have sorrow, and my energy is low.”

In the second part you say, “Please forgive me,” which means “please erase it from my life and data bank.”

In the third part you utter, “I love you,” which is an affirmation of your unitive state, your innate oneness with God, your eternal Father-Mother, *the source of everything*.

The fourth part, “Thank you,” is a declaration of your acceptance and your gratitude for God's gift of having removed the problem from your life. In other words, what you've asked for has already been given, even though due to the time delay in our three-dimensional world you may not feel the benefits quite yet. Having said this, often the results are to some degree immediately noticeable.

Saying “thank you” even though you are not seeing evidence in the material realm is what true faith is all about.

ONE LOVE

What intrigues me most about Ho'oponopono is that the application of it demonstrates that *One Love*, collective consciousness and unity, is a scientific fact. What recently brought popularity to this ancient Hawaiian problem-solving system are the results Dr. Hew Len had when he worked at the Hawaii State Hospital in the high security ward for the criminally insane from 1983 to 1987.

During that time, Dr. Hew Len didn't do any therapy on the patients. He reviewed their files and applied Ho'oponopono as if the mental conditions of the patients were his own, helping them return to a greater state of wholeness, back to zero where there is no fragmentation of the self, without personally seeing or working with them. You can read more about this in his book *Zero Limits*.

I still remember the day I was first introduced to the four parts of Ho'oponopono over the phone. It was on a Sunday morning in May, 2008. I immediately began to utter all day long (and ever since):

"I'm sorry, please forgive me, I love you, thank you."

I eventually read the book *Zero Limits* by Joe Vitale and Dr. Hew Len, and purchased a download of a Ho'oponopono live seminar with Dr. Len from www.zerolimits.info. I highly recommend that you treat yourself to this experience if it's still available as you read this.

What makes the Ho'oponopono process so effective is that you don't have to know details. When you have a problem, you no longer have to ask, "Why?" All that you need is to clean it with a Ho'oponopono phrase and get on with your life. The Infinite will take care of it!

When you have sufficiently cleansed the hologram of your eternal existence from negative thought, you enter the upper region of Phase 3 consciousness. Only here can you experience inner harmony, true wisdom, and deep peace.

This is the zone of consciousness that vibrates even higher than unconditional love (beginning level of Phase 3), because unconditional love is the fertile ground from which true joy, serenity, peace, and bliss arise. Those who diligently do their inner work will reap such rewards again and again.

Warning: The zone of true bliss is not a static vibration. Anyone can easily slip and fall from grace and experience Phase 1 and 2 stress,

anxiety, and depression. Sustainability is the name of the game, which means holding oneself in the vibration of higher consciousness with the instant help of spiritual power tools like Ho'Oponopono.

SOUL CAGES

Any stress in your life represents nothing but the dynamics of your own soul cage. Stress is the symptom of the soul in pain, the result of your body, life, and mind not being in the zone of real love, joy, and peace, where you are closer to God.

Our innate desire to break free from the tyranny of our own mental fortress is only natural. Stress, anxiety, and depression are interconnected. Our situational stress provides us with a unique opportunity to complete unfinished business, resolving and clearing our karma by transcending fears, reconnecting with our higher values, and summoning up the courage to live the great mystery. Gradually breaking free from all fear and bondage allows us to truly feel light, grounded, and energized.

All we've got to do to accomplish this is to remove our inner blocks that create current problems. My personal and professional experience also indicates that by clearing our energy field with means like Ho'oponopono, we are in fact taking a preventive approach to conflict. I believe that this idea and practice of conflict prevention will soon be commonly accepted, just like practicing preventive health care is now a means of consideration for keeping healthy and fit for the masses.

In my vision I see a peaceful, vibrant, and creative humanity. Offering a preventive system to internal and external conflict is the main reason I have created this book with the Ho'oponopono-based life-coaching system that you will find in Part 3.

When we deliberately increase our emotional intelligence, we strengthen ourselves mentally, emotionally, and spiritually. We probably already know that when we have a healthy pattern of exercise and nutrition, chances are that we have a strong immune system that protects us from harmful viruses and bacteria. Likewise, when our mind and emotions are strong, we encounter stressful situations with more ease. We become a "soul with stamina" (Caroline Myss). Here's my own life experience with this:

When I became a holistic health practitioner, I was first working on improving my physical health. Once I had gained a certain level of vitality, I became interested in prevention. This motivated me to create a healthier lifestyle. When I discovered consciousness, I

became interested in clearing out my mind. Once I had attained a certain level of inner peace, I saw that in addition to being reactive when addressing a stressful situation, I could also become proactive.

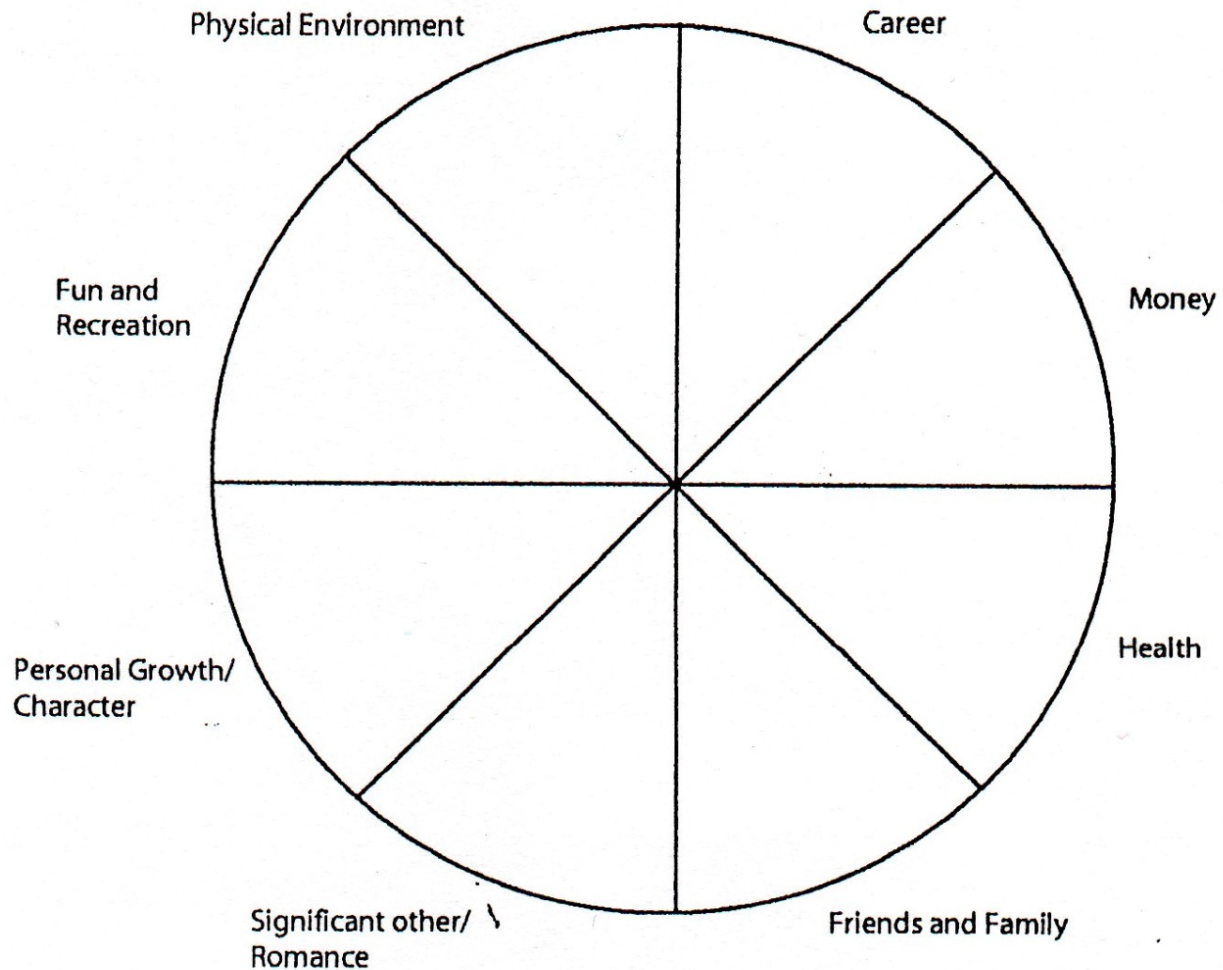
That's what Part 3 of this book is all about. Yes, it really is this simple. Gandhi, who succeeded at moving mountains, lived by these two principles:

“(Diligently) renounce (let go) and enjoy (notice positive aspects)”

Let me introduce you now to the key life-coaching tool I mentioned earlier, the Wheel Of Life.

MY LIFE

When we look at the Wheel of life, we can see that our life is a holistic system. Working with the wheel helps us to spot which areas of our life are plagued with stress, anxiety, or depression, and which areas are more satisfying, fulfilling, and working well. On contemplation, it becomes evident how one area affects all others to one degree or another. When we improve the condition of any one area, we create a ripple effect and our entire life benefits. The opposite is true as well.



For the remainder of this book, the focus is on how to work on your life in a way that is both easy and effective. The idea of working hard on our life doesn't mean being forceful. It means that we take full responsibility for the condition of our life, becoming our own leader who takes pure practical action steps day-by-day, moment-by-moment. Such a person acts with wisdom, diligence, confidence, and deliberate compassionate strength. If we are determined to improve the condition of our life, I recommend we commit to the following eight power steps wholeheartedly:

- 1) Use this wheel as a blueprint for your life
- 2) See yourself as the CEO of your life
- 3) Dream of joyous personal growth and expansion
- 4) Accept that stress and anxiety are temporary
- 5) Speak the Ho'oponopono phrases with gusto
- 6) Do this for about six minutes each day
- 7) Use the 12-week system to keep on track
- 8) Have fun and celebrate your personal victories.

The Wheel of Life is a standard tool I have used in life-coaching sessions since 2001. It firmly embraces the natural law of balance. The rounder your wheel is:

- 1) The easier it is to move through space and time;
- 2) The less wear and tear you experience on your mind and body
- 3) The less energy you expend moving forward
- 4) The less you are affected by challenge and change
- 5) The better you sleep
- 6). The more love you experience in all your relations
- 7) The more you experience inner peace and personal power
- 8) The more playful you become
- 9) The greater is your degree of self-realization

PART 2

All You Need Is Love

Edit the Movie of Your Life Simply by Erasing Adverse
Thoughts With the Ancient Hawai'ian Teaching of
Ho'oponopono

I'M FREE

Christ enlightens us that the truth will set us free. How do we accomplish this? After all, while a child knows when it tells a lie, it still does not know whether what it knows is really the truth. How can we?

For example, I am writing this at the time of the COVID-19 lockdown in May, 2020. There are infinite opinions concerning the origin of the virus, its purpose, and its future, but nobody knows the truth.

You can be honest with what you know, and yet what you know may not be the truth. At the level of ordinary mind as we experience it, our mind, heart, and will are shrouded in the clouds of ignorance and illusion.

The only way to release ourselves from this mental fortress is to keep erasing falsehood from our databank as it happens. According to the evolutionary sage Sri Aurobindo, who was a contemporary of Mahatma Gandhi, humanity is now in the process of making a quantum leap from ordinary mind towards supermind. At this level of the superconscious plane of being, the supermind in comparison to even the other levels of higher mind, which are still blends of light and darkness, is pure truth-consciousness.

All beings have access to the superconscious plane of being through direct self-evident truth-consciousness and direct self-effective truth-power.

Our ordinary lives, and in particular our relationships, provide the framework for accessing the supermind. We can do this now with these simple three steps:

1. Be honest without compromise—start today
2. When you experience fear, guilt, blame, or any kind of unease, doubt or confusion, use the Ho'Opiono prayer of forgiveness
3. Raise the frequency of your heart, mind, will, and DNA with Ho'Opiono preventatively by working with this book six minutes every day, ideally when you wake up and before you go to sleep.

Our inner being communicates with us via the third chakra, known as the solar plexus, when we spiral towards the zone of fear, guilt, shame, dread, and blame. We feel this right in the pit of our stomach. This is a signal from the superconscious plane of our being to be alert and to re-

align ourselves with thoughts and emotions of a higher frequency. When you utter the Ho'Oponopono prayer of forgiveness, you will cause a shift in how you feel and what you think:

1. I'm sorry for what's causing me to feel this way in the pit of my stomach
2. Please forgive me
3. I love you
4. Thank you

You cannot know in advance what you will feel and think until after you have said the prayer. I suggest that you embark on this inner adventure by working on your life with the creative power of communication.

Remember:

"In the beginning was the Word..." (John 1:1)

Strange as this may seem...

We can talk to our life! For example, you can look at your life and say:

"Concerning the area of *Money*..."

I'm sorry for any excessive thoughts, feelings, and behavior.

Please forgive me, I love you, thank you.

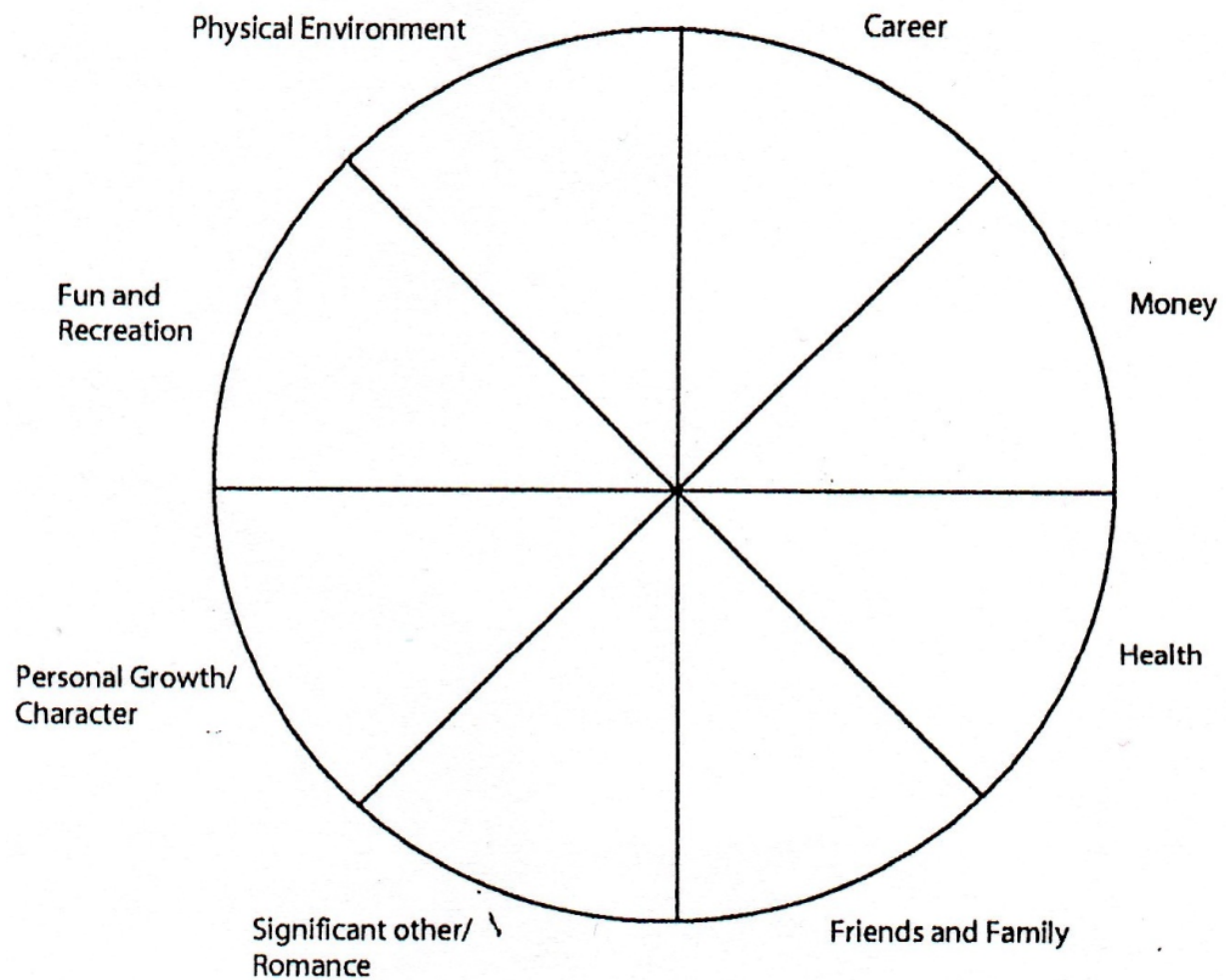
The Ho'oponopono verses on the following pages are deliberately crafted to trigger and bring to the surface any adverse thoughts that are still sabotaging even your best efforts. Occasionally, you might encounter inner resistance as you hit the jackpot. When that happens to me, I immediately clean on the resistance, and watch it dissolve.

I suggest that you take just three to five minutes a day and read through these pages randomly, doing diligent temple maintenance as you work on your life. This way, your past gets cleansed and your future brightens up.

You can go to Part 3 and use the daily habits tracking system to monitor your consistency. Another favorite secret of mine is that all we must do in order to rise up is to create better and better habits. It's simple, which doesn't mean easy. The difficulty is our own erroneous thoughts. Remember that you always have a choice. Have fun. Be yourself. Live without fear. Love life.

One last note. On the wheel, physical environment refers to the physical and energetic quality of your home and the place where you work —the quality of the environment where you spend most of your waking and sleeping hours.

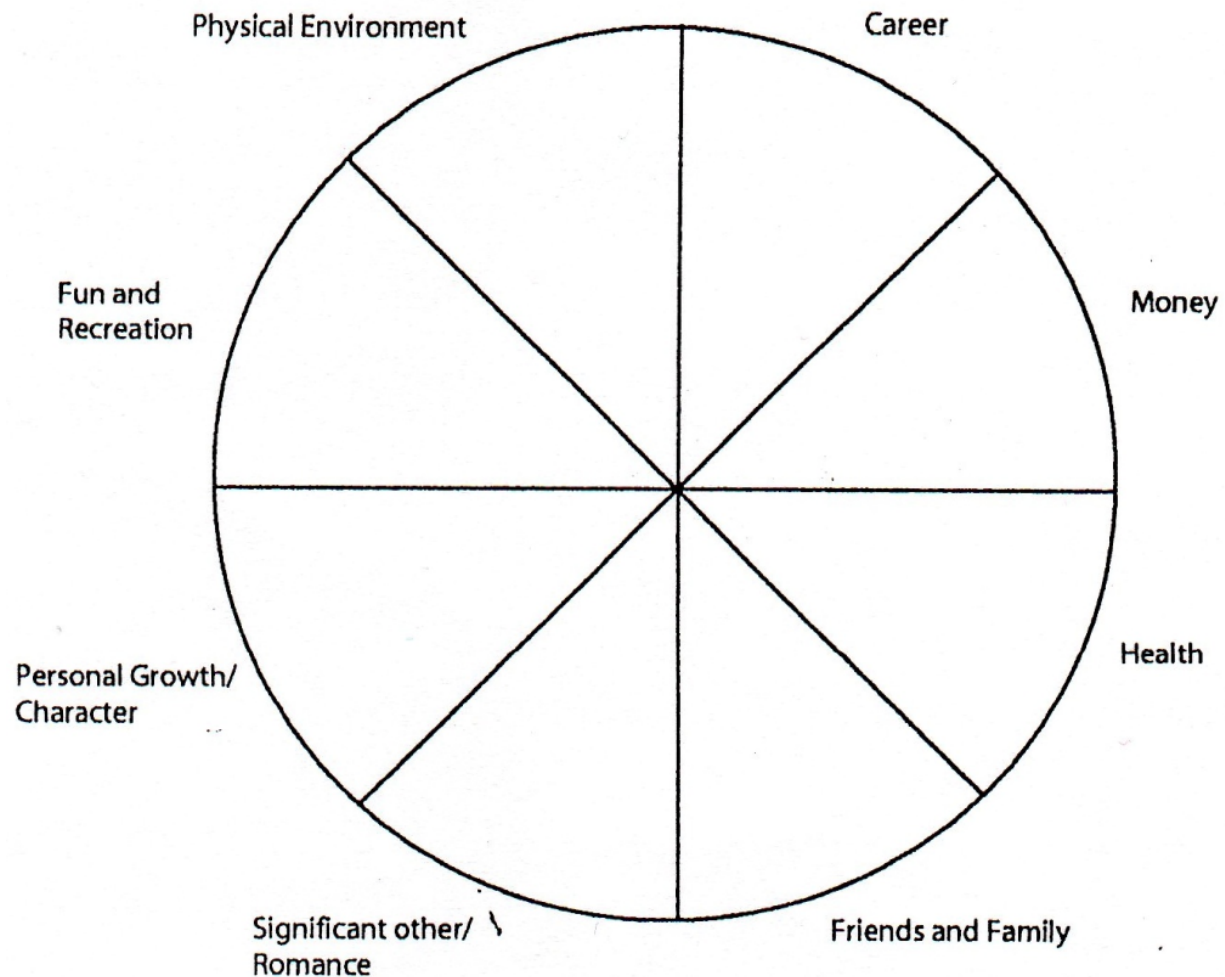
Concerning the area of _____



I'm sorry for any excessive thoughts, feelings, and behavior. Please forgive me, I love you, thank you.

I'm sorry for any condescending thoughts, feelings, and behavior. Please forgive me, I love you. thank you.

Concerning the area of _____

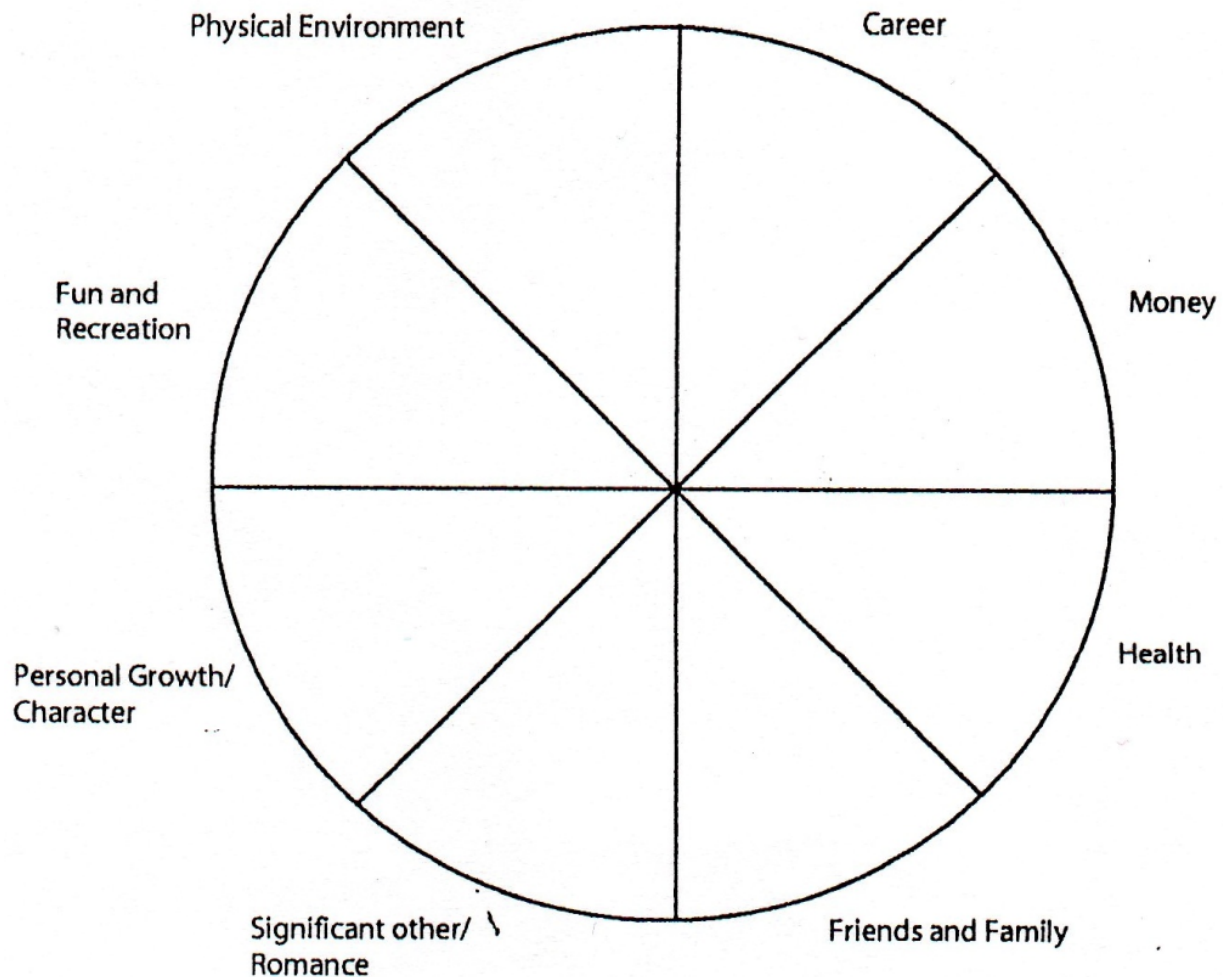


I'm sorry for any controlling thoughts, feelings, and behavior. Please forgive me, I love you, thank you.

I'm sorry for any envious thoughts, feelings, and behavior. Please forgive me, I love you, thank you.

I'm sorry for any critical thoughts, feelings, and behavior.
Please forgive me, I love you, thank you.

Concerning the area of _____



I'm sorry for any extreme thoughts, feelings, and behavior. Please forgive me, I love you, thank you.

I'm sorry for any dogmatic thoughts, feelings, and behavior. Please forgive me, I love you, thank you.

I'm sorry for any thoughts, feelings, or behavior of entitlement. Please forgive me, I love you, thank you.

LIKE A PRAYER

I recently came across the Prayer Of Repentance by Meher Baba. I had initially discovered Meher Baba through Pete Townshend of The Who. Meher Baba has had a profound impact on Pete, who's lyrics and music have impacted me since 1969. I was 10 years old when I fell in love with the rock opera *Tommy*.

Repentance is the same as renunciation, the 11th soul power (See "Jesus is Just Alright"). Meher Baba was (is) an avatar, and I would describe his mission to be about increasing humanity's capacity for love and oneness.

Pete Townshend has produced a film about Meher Baba that you can watch for free at: <http://www.meherbabafilm.com/>

My second encounter with Meher Baba was through Swami Sivananda Radha's book *In The Company Of The Wise*. I sure felt a transmission of that vibration when I read about her personal encounter with the Avatar. Even though I knew of Meher Baba since the early 70s when Townshend released his first solo album *Who Came First*, it wasn't until reading Swami Radha's book that I became aware of the spiritual power of Meher Baba, although I may have felt it through the music of Pete Townshend and The Who since age 10.

After seeing the documentary film I searched online and found the website of the Meher Baba Trust: <http://www.ambppct.org/>

When you search the archives and messages, you will find the Prayer Of Repentance. I took the words and created the following Ho'oponopono Prayer Of Repentance.

I'm sorry for all my sins.

Please forgive me. I love you. Thank you.

I'm sorry for every thought that was false or unjust or unclean.

Please forgive me. I love you. Thank you.

I'm sorry for every word spoken that ought not to have been spoken.

Please forgive me. I love you. Thank you.

I'm sorry for every deed done that ought not to have been done.

Please forgive me. I love you. Thank you.

I'm sorry for every deed and word and thought inspired by selfishness.

Please forgive me. I love you. Thank you.

I'm sorry for every deed and word and thought inspired by hatred.

Please forgive me. I love you. Thank you.

I'm sorry most specially for every lustful thought, and every lustful action.

Please forgive me. I love you. Thank you.

I'm sorry for every lie.

Please forgive me. I love you. Thank you.

I'm sorry for all hypocrisy.

Please forgive me. I love you. Thank you.

I'm sorry for every promise given, but not fulfilled.

Please forgive me. I love you. Thank you.

I'm sorry for all slander and backbiting.

Please forgive me. I love you. Thank you.

I'm sorry most specially, also, for every action that has brought ruin to others .

Please forgive me. I love you. Thank you.

I'm sorry for every word and deed that has given others pain.

Please forgive me. I love you. Thank you.

I'm sorry for every wish that pain should befall others.

Please forgive me. I love you. Thank you.

I'm sorry, God, for my constant failures to think and speak and act according to your will.

Please forgive me. I love you. Thank you.

APPENDIX

LET'S TALK ABOUT ME

Biography

In the early part of 2001 I finally saw a doctor to check me for ADD. I had had some suspicions for a while but never took the step to address it. In my first book I titled my biography *Papa Was A Rolling Stone*. You might get the drift. When reading books like *Think And Grow Rich*, I could check off most states of mind that success teachers consider being the mother of all failures, including indecision and procrastination. Focusing on anything to bring my desires into manifestation was generally difficult. Even though I could accomplish certain tasks and goals, motivation often ran low and many projects remained unfinished.

Like I said, I had known about ADD for several years. In 1987 I had started paying attention to my health, and by 1994 I was operating my own wellness center. During that time I was practicing yoga, tai chi, and meditation, but it was not until the turn of the century that I was ready and willing to zero in on my specific mental and emotional 'parasites'.

The doctor who assessed me was a specialist in ADD/ADHD. He told me that I scored as high as anyone could score on his test: 99%. Wow! Rarely in my life had I done so well on tests! He contemplated hospitalizing me immediately, but I assured him that I would not end my life. He obviously considered me to be highly suicidal and mentally unstable. He prescribed Welbutrin, which I took for a week. I remember disliking the feeling in my head: *The tightening of screws*.

A year earlier I had completed the solution- focused coach training at Erickson College, and I suddenly remembered a brief conversation about archetypes from the book *King, Warrior, Magician, Lover* by Jungian teachers and psychoanalysts Robert Moore and Douglas Gillette. My inner guidance had led me to Wellbutrin, and now to Jung's four archetypes.

The four archetypes helped me get a map of my mind and discover the root cause for my mental and emotional instabilities. What I saw was a

long standing pattern of pendulum/mood swings within each of the four archetypes. Robert Moore and Douglas Gillette suggest in their book that pendulum swings are attributable to lack of maturity, and that the solution is 'growing up'. I already had gained a huge appetite for personal- growth and Self-development, and therefore my 'condition' was now an opportunity for new learning and growth in the next phase of my life.

And truly, vision became reality. I have been consistently inspired to evolve and I have diligently acted on the time-proven principles taught by several enlightened masters. I have therefore been harvesting the fruits of my labor in terms of real personal change. If I were to distill what has helped me brighten my inner light and thus gradually reduce my shadow I would point to the principle of 'renunciation' and 'alignment'.

Eating organic foods, doing yoga, and many other aspects of positive lifestyle choices and changes, including a name change through Kabalarian Numerology, have been valuable contributors to growing my inner light, but I first had to let go of less health-promoting habits to make room for better ones. I also discovered that I had to be ready to accept an idea as a possibility before I was willing to try it out for myself, and that this attitude is just a natural aspect of human nature. I experienced that my inner power increased with each and every 'aha' that I gained when I shone the Light of Truth on something that was a problem or a concern.

In 1998, subsequent to an amicable divorce and separation from my three children, I drifted into the downward spiral of a deep depression. I was not prepared for the implications of separation. By the summer of 2002 I had survived 'death'. The teaching of the late Australian spiritual master Barry Long had helped me create a relationship with God outside of theological doctrines. Within the context of love, joy, peace, and enlightenment, I was now starting to sense God as the Divine Source of Everything in anyone, and everywhere. Through Barry Long's practical approach to spiritual enlightenment I had gradually connected with my own immortality. In conjunction with the coaching tools that I had learned and the spiritual wisdom that I had gained, I was now better equipped to help others work on their lives with a solution-focused approach.

In the fall of 2002 I was invited to join a team of natural health care professionals to build the coaching wing of a new wellness centre in Vancouver that would become one of the most successful wellness centers in Canada.

Within the next seven years I had the privilege and the joy of coaching thousands of people to better health. This environment became

not only my professional practice but also my laboratory where I could develop new coaching tools and systems. I would always try new ideas on myself first, and if they worked well, I would then apply them in coaching sessions with my clients.

In 2005 I was trained by Dr. Reimar Banis, MD, ND to practice Psychosomatic Energetics, which he had developed for identifying and dissolving 'emotional parasites'. It is my belief that if every human being were to receive the benefits of clearing their energy field (aura), humanity would make a quantum leap in consciousness in "A Holy Instant," quoting *A Course In Miracles*. When I look at the *Emotional Intelligence Scale* as a means to understand the hidden determinants of human behavior I feel the deepest gratitude for having been exposed to effective tools for clearing my body, emotions, and thoughts.

Since 2008 I have been working on composing a song cycle that reflect the main spiritual influences of my life, including *The Dhammapada*, *The Upanishads*, the *Prayer of Saint Francis*, and of course, Ho'Oponopono. Here's the first verse of the song titled *I Love You*, which could be seen as the theme song for this book, and a metaphor for the Human Journey in Consciousness:

A long time ago
I had a plan,
To come to earth
And to do what I can,
To lift up my soul
And reach a higher goal,
But then I forgot the reason why I came,
Lost myself in the human game,
Of pride and glory
Guilt and shame,
Anger and fury
Dread and blame and blame and blame,
And I say...
I love you,
And I'm sorry,
Please forgive me,
Thank you,

I love you,
And I'm sorry,
Please forgive me,
Thank you...

There are two more verses which you can find on my website. I finally recorded the song in the spring of 2019 in Vancouver as a demo, hoping that someone like Sting, Rod Steward or Michael Buble would record it. You can possibly still hear my version on Spotify.

During all this time I have kept on using the Ho'Oponopono phrases to clean on the hologram of my eternal existence. When I assess my life wheel today, it is rounder and fuller than it has ever been. My take-away from all this self-improvement work?

“Just do it.”

When we keep cleaning, we remove the inner blocks to universal love. When we heal the split mind we transcend discord and division towards our final destiny, perfect oneness.