



## HOT ACTION

Finding Inspired Solutions By Undoing Re-action  
By Alicia E. Kwon

**Ho'oponopono** - *Thank you. I'm sorry. Please forgive me. I love you.*

*Ho'oponopono is a method of removing information and programs from the personal and collective conscious and unconscious mind so that inspired solutions may occur.* Self-Identity Through Ho'oponopono is an updated form of an ancient Hawaiian conflict resolution tool, which has been adapted by Morna Simeona & Dr. Stanley Hew Len, a psychologist who facilitated the complete transformation of a psych ward for the criminally insane - so much so that since all but two patients recovered and were discharged - the facility had to close. Ho'oponopono can be used to handle any challenge or conflict without involving any second or third parties. It is an entirely intrapersonal process that can transform individuals, populations and organizations from the inside out. Here's a simple way to apply Ho'oponopono:

When you or others in your sphere of influence perceive a problem, recognize it is a perception. Perceptions can shift. Conduct a mini body scan while inhaling and exhaling 3X. Take your first slow inhale, noticing the air entering your nose. Sense the bones in your feet. Shins. Knees. Thighs. Hamstrings. Exhale. While you are exhaling, notice the sensation in your hip bones, abdomen...lower back. Let go. Allow yourself to feel peace. Inhale #2: Observe sensation in your belly, heart, lungs, elbows, wrists and finger tips. Exhale #2: Feel the air above your shoulder blades and on back of the neck. Let the air relax you. Let your jaw and all the tiny muscles in your face let go. Inhale #3: Allow your whole body to sense your in-breath, as if the breath is breathing you and filling you up with itself. Exhale #3: Let your whole body gently watch and sense the out-breath flowing out. Allow your entire body to smile and let go...a little more. Watch your breath flowing in and out of your nostrils, breathing a sense of effortlessness in and out of your entire body as you call to your attention the so-called "problem" or unresolved difficulty. Notice the counters of your thoughts and the sensations in your body. Understand that your inner energy is the blueprint for your outer "real world" experience. Inwardly say, Thank you. I'm sorry. Please forgive me. I love you." In doing so, you intend that the conscious and unconscious information that caused you or someone in your perceptual reality to experience a problem is cleaned out from your system. You may begin to notice shifts in your body and perceptions, or simply more relaxation and openness to new possibilities. When perception changes, you open up to experiencing something else that feels lighter, freer and more potent as you flow toward a solution that is effective.

**Ownership** - *The world - including every work opportunity, issue or challenge is showing up in response to the energetic charge of unconscious information stored inside each of us.*

By clearing out the outdated charged information through Ho'oponopono and other supportive practices, we wipe the board clean. When our consciousness is clean, solutions once unavailable or obscured from view come front and center with ease. "Why didn't I think of that before?" is a typical response to an inspired solution that presents itself.

**T**ransformation - *As the individuals participants in a team, or organization transform their inner landscape, the outer landscape of an organization and the dynamics that operate within it change in profound ways.*

When even one individual takes responsibility for cleaning out their own re-actions and “charges” from old information stored in their conscious or unconscious mind, the entire group dynamic upgrades. As finding collaborative, effective solutions become easy, uplifting and unifying. This model functions as a chrysalis that contains the entity that is transforming from caterpillar into butterfly, while also calling forth the “Imaginal Cells” that contain that blue print for the team or organization’s formation into a butterfly. The steps may be uncomfortable at times, but just as a butterfly must do the hard work of freeing itself from the chrysalis in order to pump its wings to full strength to fly, so too it is in doing the inner work of transformation that both an organization and the individuals within it can soar to new heights of effectiveness and joy in the execution of a purposeful shared mission.

**A**llow yourself to observe and feel into what is happening inside of you when you focus on \_\_\_\_\_

**C**lean on the feelings, perceptions and thought forms you have about \_\_\_\_\_ using Ho’oponopono or other similar methods that are effective for you and your group or team

**T**ell the story of an ideal outcome. Begin “Once upon a time.” Operate with the assumption that unseen solutions, resources and helpful characters will present themselves in perfect ways, at perfect times, through the perfect means.

**I**nquire from a centered place. “What questions need to be asked at this time to move us toward our ideal outcome?” is a good place to start! Explore “Who” “What” “How” “When” and “Why” questions.

**O**pen up the floor for solutions.

**N**ext steps must include at least one fresh, useful & important concept from or IIB (Idea inspired by) every participant in the process. A coach, facilitator, consultant or team leader integrates the inspired, new information into an action plan and invites each participant to take ownership for a piece that fits his or her interests, skillsets and enjoyable growth edge. Participants commit to doing their own Ho’oponopono as things arise inwardly or outwardly between meetings.

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