

100% Responsibility

3/26/17

Psalm 19:12

But who can detect their errors? Clear me from my hidden faults.

Desmond Tutu, in his book *Made For Goodness* writes this: Evil and wrong are aberrations. Evil cannot have the last word because we are programmed – no, hardwired – for goodness...To be hateful and mean is operating against the deepest yearnings that God placed in our hearts. Goodness is not just our impulse. It is our essence.”

I believe these statements, and at times it appears that we are surrounded by evil and wrong. One concept that I struggle to remember is that there is no ‘out there’. Anything I see or experience is translated into thoughts, images, impressions, and are interpreted by me.

It is like people at a party: some are having fun, some are engaged in conversation, some are sitting by themselves watching others, some are having a miserable time and want to go home, and some have already left - same party, but experienced individually in a very personal manner.

We interpret and judge the people and experiences around us constantly. When we make a judgment, that judgment is within us; that hate, envy, greed, and ignorance is within us. It is not ‘out

there'. In a very real sense there is no 'out there'; there is only 'Me'.

We call this perception; it is our recognition, awareness, consciousness, appreciation, realization, knowledge, grasp, understanding, interpretation, comprehension, judgment, and apprehension of what we experience. It is our emotional and mental impression of what we experience through our senses and thoughts. Yet perception is an active rather than a passive process; it constructs rather than records "reality." We construct how we choose to see the world.

The Christ says in Matthew 6:23-24 - *"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"*

We all see the world from our perspective and each of us chooses the thoughts through which we experience our earthly reality. Since our earthly existence is finite our challenge is to make sense of what we are seeing and experiencing while on this earth, and hopefully, express God's love to the fullest as we live out our choices.

But we've all made mistakes in our thinking, words, and behavior that have hurt others. We've all experienced hurts, insults, and slights from others. If our nature is good, why do we still hurt at times, and see the world as an adversary at times?

Let me make an obvious observation: I have noticed that there is one common element in every frustration and every challenge that I witness or experience ... Me! I am always present.

It may seem self-evident, but it may also be the kernel of an important idea: for us to have a problem, it must be in our thoughts. For many of us, we carry our problems around with us even though we are no longer personally experiencing them. Through our memories we suffer again and again the injustices and injuries of long past occurrences or recent episodes. No one else is responsible for our memories. We alone choose to harbor them, nurture them, and they can bring us great misery and taint the way we see the world around us.

So perhaps part of the answer as to why we see something other than good in the world may be in taking responsibility for our words, deeds, and thoughts, and in particular our memories.

I learned of a new word a few years back – no, not one that I have included in my everyday vocabulary, but one that is poetically descriptive: Ho'oponopono. Simply put, Ho'oponopono means, "to make right," or "to rectify an error." According to the ancient Hawaiians, errors arise from thoughts that are contaminated with painful past memories. Ho'oponopono offers a way to release the negative energy of these harmful memories, or errors, which cause imbalance, disease, and a negative bent on our reality. It is a technique for solving problems, a manner in which we can heal those sore spots in us and bring Light to the darkness.

Dr. Len Hew has written on this technique in his book *Zero Limits*, as has Mable Katz in *The Easiest Way*. According to the authors, the best way to bring healing to every part of our life -- and to the entire universe -- is to take 100% responsibility and work on our perception.

To take responsibility is not to accept blame. Although it is not our fault, we are the cause of the problem. It means that we take 100% responsibility for asking for a solution.

Notice that I say ask for a solution. We cannot solve any problem; we cannot fix anything. It is only the Divine One that can bring forth a solution. All we can do is ask.

Ho'oponopono is really very simple. For the ancient Hawaiians, all problems begin as thought. But having a thought is not the problem. The problem is that our thoughts are imbued with painful memories – memories of persons, places, or things. In other words our life challenges stem from how we perceive what has, and is happening to us.

The intellect, the conscious mind, working alone can't solve these problems, because the intellect only manages. Managing problems is not solving them. We want to let them go! When we use Ho'oponopono, the Divinity within neutralizes or purifies the painful thought. We don't purify the object of our frustration ... the person, place, or thing ... we neutralize the negative energy we associate with that person, place or thing. So the first stage of Ho'oponopono is the purification of that energy.

Not only does that energy get neutralized, it also gets released; everything is zeroed out. Buddhists call it the Void. The final step is that we allow Spirit to enter and fill the Void with light and love.

To perform Ho'oponopono, we don't have to know what the problem or error is. All we have to do is notice any problem we are experiencing physically, mentally, emotionally; anything that makes us feel 'out of sorts'. Once we uncover it, our responsibility is to immediately begin to clean that memory away by saying, "I'm sorry. I love you. Please forgive me."

For instance, we notice a problem with our body. We must accept 100% responsibility for our condition. It's not the environment; it's not the air, not the government. We must accept responsibility.

I know this will be a stumbling block for some of us: taking responsibility for something that clearly we have no control over. But remember, if we weren't there, there would be no problem. We are the common element in all of our challenges, so take responsibility for it and not point fingers and cast blame.

Then we engage God and say, "I don't know what I've thought or done to create this condition, but I love You and I'm sorry; please forgive me. Thank you." Then we release any expectation of what the result will be. We cannot know the right and perfect solution, only God can know that.

This works for people that we meet and they are unwell in some area. We must accept 100% responsibility for their condition and think to our self: "My God, please, whatever is going on in me that

I have caused the pain in this person, I am sorry. I love You. Please forgive me and tell me how I can rectify it."

Apply whatever information we are given indefinitely, until we observe that their pain is gone. It's not so much the effect that is important as getting to the problem that is key.

As soon as we engage the intellect, the process stops. When some kind of healing doesn't seem to be working, what is important to know is that there may be multiple errors, multiple problems or painful memories that are causing the pain. We know nothing! Only the Divinity knows what's really going on.

100% knowing that we're the cause of the problem. 100% knowing that we have the responsibility, then, to rectify the error. This is walking the path of the spiritually mature, a tough path indeed. We move forward in faith and love and leave the ego behind.

If we want to solve a problem, we work on our self. If the problem is with another person for example, we ask God, "What's going on in me that's causing this person to bug me?" Some people only show up in our life to bug us! If we know that, we can alleviate the situation, and release any negative reaction by thinking, "I'm sorry for whatever's going on. I love you. Please forgive me."

And remember, our thought is directed toward the negative energy that we are holding – not toward the person that is bugging us. Clearly, the person who is bothering us has no problem. They are happily going on their way. We have the problem because we perceive them in a negative light.

When we say, "I'm sorry please forgive me," Divine Love within erases the memory, so the right and perfect can come forth. We cannot erase problems: only LOVE can do that.

Just the thought "I love you" is enough to handle many problems we face. We can use this tool when any problem comes up. These words are helpful when someone is really pushing our buttons. Simply have the thought 'I love you', and Love will erase the memory, so that what is right and perfect can flow.

In summary, the main Ho'oponopono cleaning tool is the mantra; "I love you, I'm sorry, please forgive me, thank you." These thoughts are directed toward the problem. By saying this repeatedly we are clearing the data cache or memories in our mind. If we are having a problem, for example money is scarce, we say to our self, "I accept responsibility for having no money. There is something inside me causing this problem. I am sorry, I love you, please forgive me, and I thank you." Repeat this over and over to clear whatever memories or feelings we have regarding money.

"I'm sorry. Please forgive me. I love you. Thank you." This is to be repeated throughout the day and when we face any conflict or difficulty in any area of our life. It is based on the principle of 100% responsibility, taking responsibility for everyone's actions, not only for one's own.

When we take complete responsibility for our life, then everything we see, hear, taste, touch, or in any way experiences is our

responsibility because it is in our life. The problem is not with our external reality. The problem is not ‘out there’; it is with our self.

Wayne Dyer has said that if we change the way we look at things the things we look at change. To change our reality, we change our perception by changing our thoughts. Incorporating the Ho’oponopono method is to erase our thought-errors, and to invite inspiration and guidance from the highest source.

When we use Ho’oponopono, we *let go*. We don't dictate or direct; we don't manage it with our intellect. We release ego expectations, and allow our self to be carried down a gentle loving stream of gratitude to what is right and perfect for all.

Let us pray....