

Scientific Explanation of the Hawaiian Method of Healing and Life Success Hooponopono



Kuman M*

Holistic Research Institute, USA

Submission: March 27, 2022; **Published:** April 20, 2022

***Corresponding author:** Maria Kuman, Holistic Research Institute, Knoxville, TN 37923, USA

Abstract

The present article offers a scientific explanation of how the Hawaiian hooponopono method heals violent mentally sick patients from a distance. The name of the method is explained as “hoo” -“restore” and “ponopono”-“harmony”, which sums up to a way to restore the harmony. Cleansing the conscious mind until its activity drops down to zero allows reaching the subconscious mind, which restores the harmony. Since the Subconscious is the birthplace of our Emotional Mind and Emotional Spirit, the emotion of Love is sent to the violent mentally sick from a distance to restore their lost emotional harmony. Scientific research did find that meditation on Love made the waves of the brain and the heart more harmonic, and harmonic functioning means health. The article also explains why only by using subconscious guidance, i.e. by letting the Spirit of God in the Subconscious guide us, we can achieve success in life. It is also scientifically explained why beside cleansing of the conscious mind, energy cleansing of the lecture hall was necessary before the lecture on hooponopono method took place.

Keywords: Hooponopono; Healing mentally sick; Healing with Love; Tuning to the subconscious; Success through tuning to the subconscious.

Introduction

Joe Vitale and his Hawaiian co-author Dr. I. Hew Len introduced the Hawaiian hooponopono method to the World with their book “Zero Limit – the Hawaiian System of Wealth, Health, Peace, and More” [1]. The authors describe the ancient Hawaiian method of Healing, Peace, and Wealth, and claim its effectiveness with many testimonies, but could not explain how it works. When Joe Vitale asked Dr. Hew Len: “Who rules the intentions?” - there was a laugh but no answer, which means that Dr. Len wishes he would know the answer, but he doesn't. Probably, the Hawaiian Kahuna Morna, from whom Dr. Hew Len learned the ancient hooponopono method, also does not have the answer - the method survived the time but not its explanation. I have the answer from where the intentions come in my article “Intentions” [2]. When Dr. Hew Len said that he wants to go and cleanse the hall of their pending dinner and lecture, the reaction of Joe Vitale was that he understands the necessity to cleanse the conscious, but not the necessity to cleanse the hall of meeting. I have the scientific explanation of this necessity in Section 6 of this article.

Explaining “Hoo-ponopono” as “Restored Harmony”

In Hawaii, Dr. Hew Len was using hooponopono method to cure violent mentally sick by sending them love from a distance. Research done at the Heart Math Institute in California found

that people meditating on Love have more harmonic brainwaves in their EEG and more harmonic heart waves in their ECG [3]. If Love restores the harmony of the brain and heart waves, and hooponopono method emphasizes on love, in my understanding, the meaning of the hooponopono is “Hoo = “restored” and “ponopono” = “harmony”. If Love can heal the mentally sick, probably Jesus was healing the mentally sick by channeling Love to them. Now, we understand why when the disciple of Jesus, John (the beloved), asked Jesus what was the basis of his teaching that he wanted to be remembered with, the answer was: “Love one another, love your neighbor, and love your enemy.”

Love is essential in our life - we all crave Love - because we are body and Spirit that comes from God and “God is Light woven with Love”. This is what my grandfather Kuman said, who was in a state of clinical death and came back. He said that after his Spirit left the body, it traveled through a long dark tunnel with a light at the end of the tunnel. When his Spirit arrived at the end of the tunnel, it became clear that this was not ordinary light, this was Light woven with Love, and this was the Light and Love of the Creator God Himself. When he was ready to merge to the Big Loving Light of the Creator God, an angel rushed toward him and said: “No! It is not yet your time, you need to go back”. Since the “Creator God” is “Light woven with Love”, the way to stay in touch with the Creator

is through Love - loving yourself, loving each other, loving your neighbor, and loving your enemy.

Now, it is time to scientifically explain what “Zero Limit” means at the beginning of the title of Joe Vitale and Dr. Hew Len’s book [1]. The teaching of hooponopono method starts with cleansing all negative memories and finishes with cleansing of all thoughts and memories. Why all thoughts? “Yoga” means “united with

God”. To get united with God, the Yogi meditate and meditation is turning off the Conscious, so that the Yogi can hear the Creator God in the Subconscious. Indeed, Russian EEG studies and studies of Karl Pribram found that during meditation the conscious is not active [4,5]. Thus, to give us freedom of choice, the Creator God put the Spirit (which is a template of the hologram of the Creator) in the Subconscious.

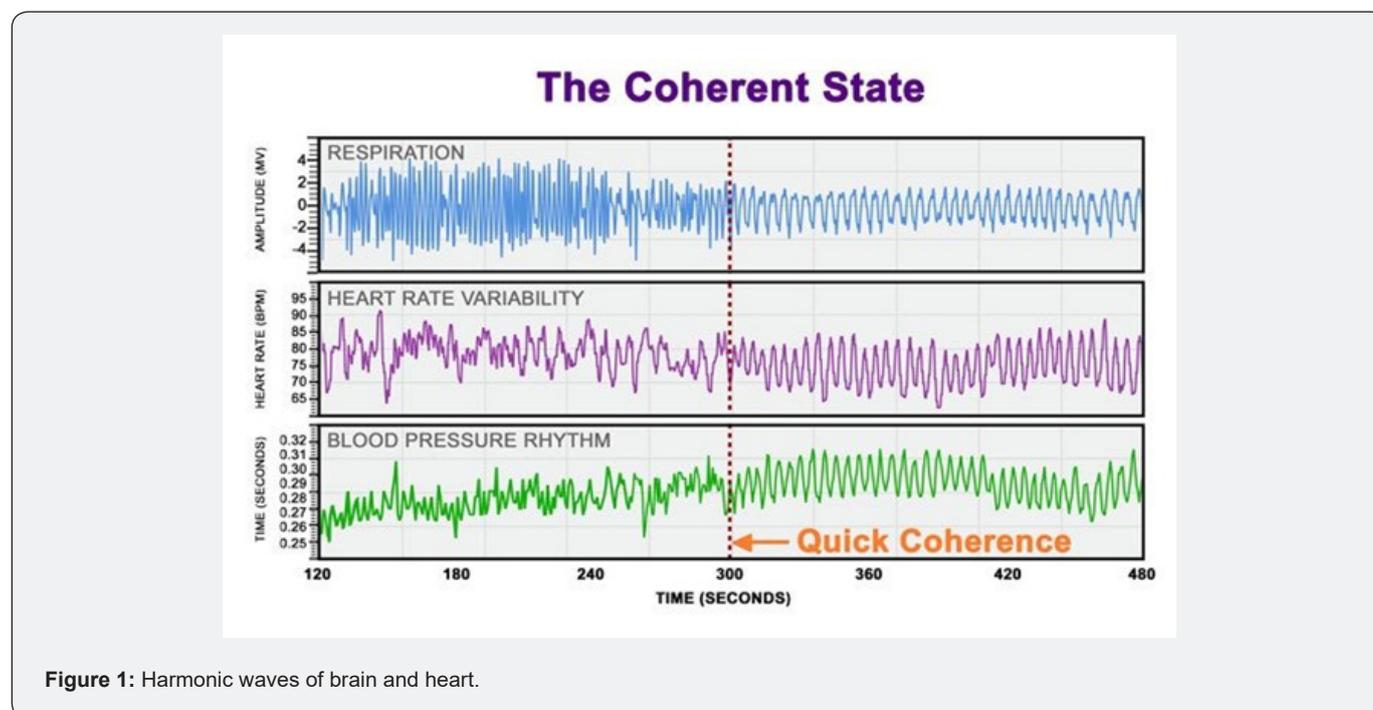


Figure 1: Harmonic waves of brain and heart.

I hope, this explains the required cleansing of all thoughts and all memories from the conscious brain when practicing hooponopono. The cleansing of the conscious brain is done to allow access to the Subconscious and the Quantum Computer in the Subconscious, which operates with the waves of the Spirit. Thus, hooponopono method does the healing of the violent mentally sick by sending them Love from a distance through the Subconscious, where the emotional loving Spirit is, which is a template of the hologram of the loving Creator God.

My 40-year Studies of the Aura (Spirit)

Auras are defined in Collin’s dictionary as energy fields (EMF) that encompass all living beings and nonliving things. My understanding of the core of the Hawaiian method of healing of violent mentally sick from a distance with Love came from my long-term scientific studies of the human aura. Since the field of the aura is very weak, I was first photographing the aura in high frequency electric field that multiply the photons - it is called Kirlian photography. I noticed that positive emotions make the

aura brighter, while negative emotions make the aura dimmer. Since we say we are in high spirit when we experience positive emotions and we say we are in low spirit when we experience negative emotions, I concluded that the aura must be our Spirit. Then I found that the ancient Jewish Cabala was teaching to high priests that the aura is our Spirit [4]. I wanted to be able to measure the weak field of the emotional aura (Spirit) and to have numbers for the effect of positive and negative emotions on our health and wellbeing. Since the field of the aura is 1,000 times weaker than the field created by the biocurrents of the material body, I had to create and patent supersensitive equipment to be able to measure it and I did [6]. With this supersensitive equipment (Figure 2), I found that the aura (Spirit) is Nonlinear Electromagnetic Field (NEMF) and I measured not only the effect of positive and negative emotions, but also the effect of positive and negative thinking because all our thoughts are emotionally colored. I found that positive thinking not only brings energy to the body, it makes the energy more balanced and since perfect balance means perfect health, positive thinking makes us healthier [7].

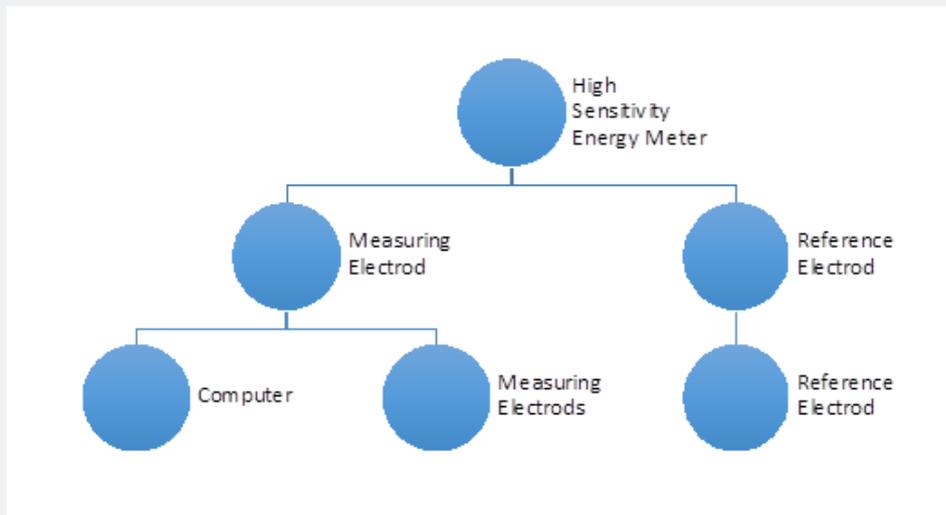


Figure 2: Patented super-sensitive equipment for measuring the aura (Spirit).

I found that negative thinking not only drains energy from the body, it makes the energy more unbalanced because the genetically inherited weak organ drops in energy maximum. This is in perfect agreement with the studies of the Father of Stress, Selye, who studied stress for 40 years and found that distress (negative stress) makes the genetically inherited organ sick. My measurements proved that not only negative emotions, just negative thinking is enough of negative stress to make the genetically inherited weak organ sick [7]. Let us summarize, positive thinking brings more energy and balance and since perfect balance means perfect health, positive thinking makes us healthier. Negative thinking, just as any negative stress (distress), decreases the energy and destroys the balance, leading with time to a disease of the genetically inherited weak organ [7]. Strong emotional distress can even lead to mental disease, especially if the distress is during hormonal rebalancing and emotional

instability (such as teen aging).

Such was the case of my schizophrenic student D. She became schizophrenic after her father committed suicide when she was a teenager (described in article [8]). Measuring the chakras of my schizophrenic student during psychic crisis, I found chaos or full lack of harmony - her chakras were changing every second. (Chakras are located along the backbone - they are a chain of alternating vortices (spinning clockwise) and anti-vortices (spinning counterclockwise) of the Nonlinear Electromagnetic Field (NEMF) of the aura (Spirit) ("chakras" mean "spinning wheels" in Sanskrit). By channeling Love to my schizophrenic student I was able to bring her chakras back to harmony, which brought her back to norm [8]. This is in full agreement with the finding of the Heart Math Institute in California that meditation on love bring harmony - the heart and brain waves become more harmonic [3], which means that love brings harmony (Figure 1).

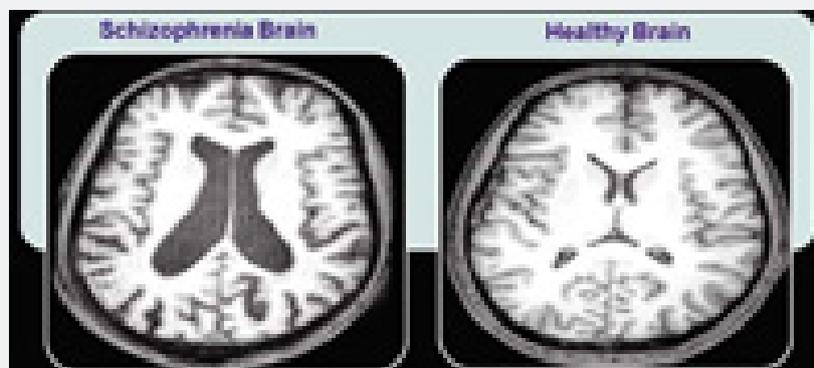


Figure 3: Healthy brain and Schizophrenic brain.

If Love can bring back the harmony to the Souls of mentally sick people (Soul is the unity of body and Spirit), we could easily explain the fact that during the convention of Yogi in Atlanta when 200 people meditated on Love, the crime rates in Atlanta dropped down to zero. This means that the people that did the crimes were out of mental balance and the meditation of 200 Yogi on love restored their mental balance and harmony. This is in full agreement with the Hawaiian hooponopono method of cure of violent mentally sick patients from a distance by sending them love [1].

The Role of the Quantum Computer in the Subconscious

Based on my life-long-study of the aura (Spirit) (and the Quantum Computer in the Subconscious working with the waves of the Spirit [9]), I can offer full scientific explanation of how the hooponopono method works. But to explain this, I first need to explain how I came up with the idea that we must have a Quantum Computer in the Subconscious. Hypnotists discovered that their hypnotized patients with sleeping conscious could calculate many thousands of times faster, which meant that we must have in the Subconscious a more powerful computer than our conscious computer. Since the emotional brain is in the Subconscious and our Spirit (aura) is emotional, obviously everything related to the emotional Spirit was put in the Subconscious to give us freedom of choice to believe or not that we are material body and Spirit that comes from the Creator God. Since we are not consciously aware how our organs function, they must be ruled and regulated from the Subconscious. From acupuncture we know that all our organs are holographically represented on the surface of the skin at 5 different places – on the ears, the palms, the feet, the eyes, and the tongue. And the acupuncturists know that they can treat the points of the sick organ on any of these holographic representations with equal success. Since holographic images are created only with laser light, obviously the functioning of our organs is ruled by light. Is this the light of our aura? (“Aura” means “light”) [4]. If the aura (light) rules the functioning of our organs, then the fact that our aura (Spirit) is emotional would explain the modulation of our organs’ functioning by emotions.

If the waves of our emotional aura (light) rule and regulate the functioning of our organs from the Subconscious, and hypnotists discovered that we must have a powerful computer in the Subconscious because hypnotized people calculate much faster, both the fast calculations and the ruling of our organs must be done by the same powerful computer. Since this powerful computer operates with the waves of our aura (light), which is in quants, it must be a Quantum Computer. Since this Quantum Computer operates with the waves of the emotional Spirit (aura), the access the Quantum Computer must be emotional. Indeed, our full intuitive creativity, which is a product of the Quantum Computer, takes place only in a state of emotional ecstasy [9]. The Quantum Computer is the biggest gift of the Creator Hu- to -mans,

which made us Humans. (The Indians sang Hu to get united with their God Hu). However, to be able to access and use the powerful Quantum Computer in the Subconscious, which operates with the waves of the emotional Spirit that comes from the loving God, the person needs to be emotional, i.e. spiritual. As we grow spiritually, the frequency of our aura (Spirit) NEMF grows, our emotionality grows, and our abilities to access and use the Quantum Computer (which works with the waves of the emotional Spirit) grows. The access to the Quantum Computer would allow us to heal the sick and mentally sick, foresee the future and see the past, see the auras of the people, which would allow us to see their spiritual and intellectual level, their type of personality, etc.

However, to grow spiritually and gain access to the powerful Quantum Computer we need to: “Love one another, love our neighbors, love our enemies, forgive, and help others”, as Jesus was teaching.

If Love Creates Harmony, Harmonic Music Should Create Harmony

Probably Jesus was healing the mentally sick by channeling to them the Light and Love of the Creator God, which brings harmony. However, the Old Testament of the Bible says that when King David was in psychic crisis, they will play for him the lute and he will calm down. It seems that the effect of the harmonic classical music on the body is similar to the harmonizing effect of Love. This raises the question: “Why are we not playing harmonic (classical) music in our Psychiatric Hospitals housing the mentally sick?”

Scientific Explanation of the Necessity to Cleanse the Lecture Hall

I published an article in 2019 explaining that everything material is a material body and NEMF [10], which comes from the way the material world was created, and which automatically explains why the particles are particles and waves at the same time. In articles included in my books [11,12], I explained that the NEMF is the primary Space Matrix (ether) from which the Universe was created, and this made the NEMF indelible part of the whole material world. First, a sphere of NEMF was created because NEMFs do not dissipate. Since NEMFs imprint information, the information about the Universe the Creator wanted to create was imprinted on the Space Matrix NEMF... and the Universe was created. Universe means one verse or one frequency. Then the Creator created other Universes with different frequency of their Space Matrix NEMF.

Since the Space Matrix (ether) NEMF has the ability to imprint information, this explains the so-called “phantom effect” described and explained in my books [13,14]. The fact that we can still measure the electromagnetic characteristics of the object after the object has been removed is called “phantom effect” [13]. If the Russian super-sensor Kulagina can still determine the color

of the object that has been removed, this means that the NEMF of the removed material object has left imprint on the NEMF of the material under it [14]. If so, the people who sat on the chairs in the lecture hall must have left imprints on the chairs' NEMFs, which need to be cleansed.

Conclusion

My extended studies of the aura (by photographing it with Kirlian photography and then measuring it with my super-sensitive energy meter) revealed that the aura is weak informational NEMF, which is emotionally sensitive. Since at positive emotions, when the aura is brighter, we say we are in high Spirit, and at negative emotions when the aura is dimmer, we say we are in low Spirit, I concluded that the aura must be our Spirit. The understanding that we are a material body and Spirit allowed me to understand how the Hawaiian hooponopono method of healing works. The hooponopono method of healing could only be explained if we embrace the idea that we are not just material body - we are a material body and emotional Spirit that makes us emotional. It comes from the Creator God, who put everything related to the Spirit in the Subconscious to give us freedom of choice. For this reason, we are not consciously aware of the existence of the Spirit in the Subconscious and the existence of Quantum Computer in the Subconscious, which operates with the waves of the emotional aura (Spirit).

Thus, we are not only material body with Conscious Mind, which is a product of a build-up set of neurons in our brains. We are a material body and Spirit, and we have in the Subconscious superb subconscious Quantum Computer, which operates with the waves of the Spirit, and our Intuitive Mind is a product of it. If so, we can stop the activity of our Conscious Mind through meditation, prayer, or cleansing everything from it (as the hooponopono suggests). This would allow us to reach the Subconscious and its powerful Quantum Computer operating with the waves of the Spirit, and use the power of the Spirit to heal or succeed in life because by doing this we are following God's will and power (not our own will) and this is the key to success. The hooponopono method of healing suggests tuning to the mentally - sick person, who needs help, and by cleansing yourself you cleanse the other who needs cleansing most. The cleansing is done with repeating the words: Love you, forgive me and Excuse me, Thank you. I think

if you see yourself shining with the Light and Love of the Creator God and see the person needing help shining with the Light and Love of the Creator God, the harmony in both of you will be restored, and you will both enjoy state of full harmony, perceived as vibrant health and happiness.

The roots of this health and happiness are in your choice to follow the will of God through the Spirit of God in you, and not your own will, which is ruled by the instincts of survival of your material body.

References

1. Vitale J, Len IH (2008) Zero limit - the hawaiian system of wealth, health, peace, and more, John Willey and Sons Inc., New Jersey, USA.
2. Kuman M (2021) How our way of thinking influences our intensions, J Clin Case Rep Clin Studies 3(5).
3. HeartMath
4. Kuman M (2021) Let there be light. Health and Happiness Books.
5. Kuman M (2008) Yoga - health benefits, wisdom and science. Health and Happiness Books.
6. Kuman M (2017) Measuring reiki healing - mystery, placebo, or real energy healing. Acupuncture Electro Therapeutic Res 42(3-4): 163-173.
7. Kuman M (2019) The Key to health and happiness - not only is it important what you eat and drink, it is equally important what you think. Curr Trends Biomedical Eng & Biosci 18(1): 555980.
8. Kuman M (2022) The harmony (order) perceive as health and disharmony (chaos) perceive as disease of living beings. MAR Case Report 4(4).
9. Kuman M (2020) Glimpse to future science - our quantum computer in the subconscious. Health and Happiness Books.
10. Kuman M (2019) How was the material world created? Origin of Its NEMF. Open Acc J Theor Math Phy 2(2): 34-38.
11. Kuman M (2020) The mystery of ether revealed. Health and Happiness Books.
12. Kuman M (2020) The Mystery of the Universe Creation. Health and Happiness Books.
13. Manaka Y, Itaya K, Birch S (1997) Chasing the Dragon's Tail. Paradigm Press.
14. Kuman M (2020) Explaining the unexplainable. Health and Happiness Books.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/CTBEB.2022.20.556043](https://doi.org/10.19080/CTBEB.2022.20.556043)

**Your next submission with Juniper Publishers
will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats

(Pdf, E-pub, Full Text, Audio)

- Unceasing customer service

Track the below URL for one-step submission

<https://juniperpublishers.com/online-submission.php>