

My recent blog on understanding the motives and intentions of haters was extremely popular. This is no surprise considering how many people are dealing with some level of conflict and confusion in their life. We now have to go a step beyond just understanding, to establish a practical approach that enables us all to heal.

There are all kinds of pain, injuries and dis-eases, and there are as many methods of healing. However, before we can all consciously heal, we need to have an exact definition for 'healing'. Once we know **what** healing is, we will automatically know exactly **how** to do it. So, what does it mean to truly heal? And then, how do we do it?

Healing is everything that enables us to go from a dis-eased state to our Natural State. In my book, I define these two state as follows:

- The Natural State is when a Form possesses the innate qualities of wholeness and completeness, manifesting as an effortless Flow within all Elements of Life.
- Therefore, all dis-ease is the absence or lack of The Natural State, which causes a regression, or, limits or prevents a Form's innate ability to evolve naturally and fulfil its innate potential and purpose.

Now that we have this understanding, we can make the distinction between finding a solution to make a problem go away, and implementing the natural answer to enable a return to the Natural State. If we aren't consciously aware of what healing really is, our efforts are reduced to just finding solutions to make problems go away. If we are simply attempting to find solutions, we will be limited to only changing the existing paradigm. We will completely miss the unknown potentials of sharing in the Natural State and shifting into an altogether new paradigm.

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Knowing what healing really enables us to root out the cause of all problems and dis-eases. In order to truly heal, we must be able to effectively dissolve all internal and external conflict and confusion. Therefore, we need to be aware of the main factors causing them.

The first factors we need to understand are the nature and origin of our thoughts. Every thought word and deed is supernatural in nature or dualistic. When your thoughts are supernatural, they will be radiating Love, Light and Life. When they are dualistic, they will be projecting doubt, judgment and question; guilt, shame and blame. (I explain these in detail in my book and in previous blogs)

The main influences on our thoughts are the culture and religion we are born into, and how they determine our belief systems and worldviews. These influences reflect in all our communication - internal and external - which then determines all attitudes and behaviours. It is the ways in which our thoughts and beliefs find expression that are deemed acceptable or unacceptable. Therefore, the basis of all the issues we face is what we individually and collectively accept and reject. This matter is extremely important for where we are going, so let's explore it a little further.

Most people have black and white opinions on almost every topic you can imagine. The majority of us have our hearts set and minds made up regarding everything we consider to be essential in our life. If you tune into your energies, they either expand or contract with everything you are exposed to - be it a word, sound or object. Be aware of your energies as you read the following list of words: snake, flower, rainbow, bomb, dog, cat, book, politics.

Though the differences may be very subtle, they are undeniably present in nearly everyone. Our energies open and expand towards everything we can accept or welcome, and close off and contract on anything we reject or fear. The most important thing we must realise, and accept, is that our individual responses vary immensely. For example: do your energies expand more on thinking of a cat or a dog? Do you like books?

We readily accept our individual preferences regarding many things, and even celebrate diversity. This is the case with our responses to just a list of words. But what happens when we do the same for a list of people? Feel your energies as you imagine each member of your family - your partner, children, parents, siblings, grandparents - or Hitler, your president, Jesus, Mohammed, Buddha, homosexuals.

Our relationships are predominantly based upon our personal preferences and interests. So what if we are able to change our point of view and look at something or someone from another perspective? This is the basis for many healing and empowerment techniques, but they often focus on the mental, physical, material and financial facets of our lives. The technique we are about to explore addresses the spiritual and mystical elements of our consciousness. So let's take the next leap.

When you look at Life from the Top-down Perspective, we are all One. Most people have no trouble accepting this and agree wholeheartedly. However, there is a great deal of confusion between Unity and Oneness. Unity is a positive Bottom-up experience where you see and feel the interconnectedness of all things. Oneness is a direct Divine Top-down experience, where your consciousness expands to realise and feel everything and everyone is you in another Form. You literally become consciously aware that the Presence within you is the same within all Forms and Beings.

This level of consciousness is like being in a room full of mirrors, where every reflection is you looking back at every form of you. When you awaken to this state, you realise the joke is on you - and all separations are only an illusion, and all divisions are just a delusion. The mergence with all forms brings ecstasy. Realising you have the opportunity to consciously share this state fills you with pure Bliss. It is hilarious how our society causes us to overlook this state within ourselves, and teaches us to deny it within others.

In the awakened state, you immediately see why it is not appropriate to accept one person and reject another. Likewise, it is not fitting to value one species of creature and consume another. All Beings in all worlds are essentially One, which means equal! You will only find true Peace when you can meet everything and thewholespectrum.com

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everyone with equal Love and Compassion - with no exceptions or exclusions. This includes - all demons and Satan himself. I say this because we are focussing on reaching the highest and purest state possible, where we are empowered enough to unconditionally Love all Beings and Forms.

You will know you are living true to your potential and purpose when nothing and no one fazes you out of this state. Until then, you are only living in your head and not your heart. With all this said, let's move on to the practical part where we can consciously put our convictions into action.

The technique I am about to share with you is an expansion of the traditional Hawaiian healing practice Ho'oponopono. Ho'oponopono means "to make right", which is another way of saying to put back the Natural State. I won't go into its history etc. because it won't do it justice. You will need to research the story of Dr Hew Len to fully appreciate the power of this simple, but extremely effective, method. In summary, it is a form of prayer and an offering, usually practised in 4 simple steps of repeating the phrases below.

Step 1: Repentance – I'M SORRY

Step 2: Ask Forgiveness – PLEASE FORGIVE ME

Step 3: Gratitude – THANK YOU

Step 4: Love – I LOVE YOU

There is no real set order or number of repetitions of the steps. As it stands, this method is one of the most effective methods of healing on Earth. However, I would like to share my version of it, Universal Ho'oponopono, having integrated my wholistic model for life and healing into the practice. I present the new model in my book THE NATURE OF LIFE: How to remain at Peace while living in the modern world. This model can be applied to all healing arts and modalities; however, the most practical application is my style of kinesiology, Universal Kinetics.

The main difference between the standard Ho'oponopono and the Universal Ho'oponopono processes is - we are honouring the whole process of healing itself. Universal Ho'oponopono expands the standard 4 step process into 18 distinct steps. which I will explain in detail. However, before taking any steps towards healing, we have to ensure that we are aligned with the highest and purest Truth available to us in each moment. The following procedure enables us to connect with the True Essence within our Natural State. It establishes References Points to ensure we are coming from a Divine place within ourselves in every moment in our lives.

### **ALIGNMENT PROCEDURE**

#### **1. Establish a Divine Connection**

- Stand in solitude before the Source – in absolute stillness, emptiness, silence, solitude
- Experience the Divine Nature – Oneness, Bliss and Immortality
- Feel the purity and intensity of the Divine Love and Light
- Sense Oneness with the Omnipotence, Omniscience and Omnipresence of the Source

#### **2. Establish a True relationship with Creation**

- Establish a True connection to the Unity within the Diversity of the Universal Form
- Establish a True relationship with all things at the point of your/our collective Mergence
- Honour the Evolution of Consciousness – total ignorance to full awareness of the Divine Nature
- Honour the Universal Plan unfolding – the inevitability and effortlessness towards Mergence
- Honour the Play of Consciousness – the appearance of duality/individuality - separation/division
- Honour the Divine Elements at work in, through and around all Forms/Beings, in all worlds

#### **3. Establish Empowerment**

- Be a pure instrument of the Divine Elements
- Be maintain the connection to the Divine Presence within all Form or Being
- Affirm your and their worthiness, deservedness, right, permission to be at One with the Source
- Establish your Heavenly relationship with another Form/ Being, looking back to your time on Earth and your ability to put back whatever was missing

The first three Reference Points are internal. The next one is the main External Reference Point

#### **4. Establish a connection to Nature**

- Honour the Earth/ Realm, Nature and the Universal Form
- Honour all the Laws that determine Evolution and Flow on Earth and in the human experience

You may or may not be able to access all of these Reference Points. Just do the best you can to stay connected to the highest and purest state you can access. You will be able to remain anchored in your Reference Points by staying mindful of your breath and heartbeat. This will enable you to advance to the next stage of the healing process, which may initially appear confusing, but it is very simple once you literally get the feeling for it.

It is essential to realise that nothing and no one else can heal you. This is because all healing must come from within you. All healing is essentially putting back what is missing within yourself, or another form of yourself – until it/they can do it for themselves.

Universal Ho'oponopono often requires us to honour all the factors that caused the deficiency and lead to the excesses. This includes being able to consciously acknowledge ALL factors involved with the original issue, as well as every element required to restore the state of wholeness and completeness.

Healing is never a personal or serious matter, because it is all just a part of the cosmic dance within Consciousness. Ultimately, we can perceive the role of healing as an integral part of the Play of Consciousness, The Game of Life and The Puzzle of Life. In this Light, we can celebrate the journey together.

The initial outcome that you are consciously moving towards is to restore Divinity within yourself. Then, whenever it is necessary, you do the practice on behalf of another Being or Form. The purity of your intent when practising Universal Ho'oponopono carries the same power as the intent behind the Source manifesting into Creation. You are literally an instrument to all the Divine Energies, channelling and radiating them out to the entire Universe. You will end up feeling Oneness, Bliss and Immortality, and sharing that state with everything and everyone in Creation.

However, before you start the process, you must be able to determine with brutal honesty if you are in the State of Grace or not. This state is black or white, all or nothing – so, it is essential that you are able to remain aligned and connected during the practice. If your energies are even the slightest bit disturbed, and not unconditionally radiating Divine Love to All, then you must clear yourself first.

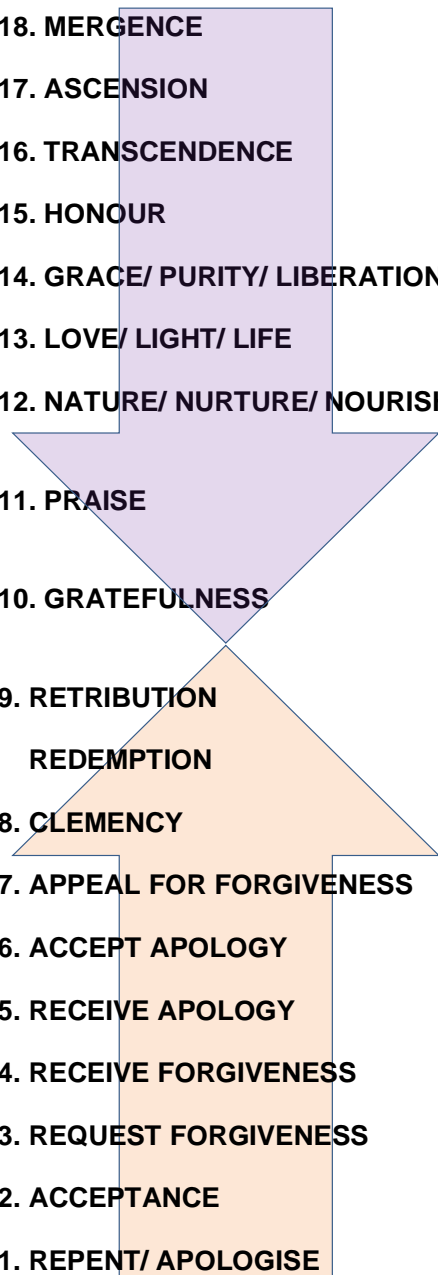
This involves addressing any residue of the ego by going through the processes from the Bottom-up. You begin by identifying the emotion and state the ego is in. You then imagine or sense the ego appearing in the Presence of your Divine Self. You may only be able to identify the ego's issue from this state. You then engage in a dialogue with the ego until you work your way through to the 18<sup>th</sup> step. The whole Bottom-up approach is the process of remembering your true nature and relationship with the All.

It is important to note that you can go through the steps at any speed. You may go through very slowly but surely if the issues that come up are not clear. Other times, you can go through at the speed of thought or Light. You may even be able to skip steps when the energies are clear quickly or instantly. It may be different each time. When you are super-naturally clear, you can begin from the 18<sup>th</sup> step and work from the Top-down. This will enable you to feel the Divine Grace triggering Growth towards your true potential and purpose.

Once you are completely clear, you can then begin to share the process with another Being or Form. The way to determine if you work from the Top-down or Bottom-up is if your energies contract in the slightest way when you imagine the Being or Form in your Presence. If there is any slight freezing or contraction, then you begin with yourself in relation to the Being or Form. Once you are clear, you then do the process from the Bottom-up addressing the Being or Form directly. If you are clear to start with, you begin from the Top-down and celebrate the Being or Form's Presence in your Life and honour all they are contributing to the All.

This is the entire process is summarised below:

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18. **MERGENCE** – Sharing on a Universal scale - *"I celebrate your/my mergence"*
  17. **ASCENSION** – Affirm your/their ascension - *"I celebrate your/my ascendance"*
  16. **TRANSCENDENCE** – Affirm your/their transcendence - *"I celebrate your/my transcendence"*
  15. **HONOUR** – Acknowledge the infinite/eternal/perfection within the Being/ Form/ Self/ All
  14. **GRACE/ PURITY/ LIBERATION** – Share in the Grace, Purity and Liberation - sense the unlimited manifesting
  13. **LOVE/ LIGHT/ LIFE** – Share Love/ Light/ Life - sense the Being/Form reciprocating the Essence
  12. **NATURE/ NURTURE/ NOURISH** – Draw from Nature's Elements/ Nurture the Soul Elements/ Nourish with Food. Sense synergy within the above enabling Love/ Light/ Life to manifest
  11. **PRAISE** – Acknowledge all gifts, passions, talents and skills being shared/experienced  
*"I celebrate all the beauty, goodness and freedom in your expressions"*
  10. **GRATEFULNESS** – Appreciate all experiences and expressions in the past, present and future  
*"I celebrate all the contributions you make in Life"*
  9. **RETRIBUTION** – Return another to wholeness - Repay/ restore/ return/ revive/ renew/ reinstate
  - REDEMPTION** – Return Self to wholeness - Recover/ reclaim/ repossess/ absolve/ free/ purify
  8. **CLEMENCY** – You forgive them/self - *"I forgive you"*
  7. **APPEAL FOR FORGIVENESS** – You are asked to forgive. They ask - *"Can you please forgive me?"*
  6. **ACCEPT APOLOGY** – You accept the apology. You say - *"I accept your apology"*
  5. **RECEIVE APOLOGY** – They apologize for the part they/self played. They say - *"I am sorry"*
  4. **RECEIVE FORGIVENESS** – You are forgiven by another/self. They say - *"I forgive you"*
  3. **REQUEST FORGIVENESS** – You ask for forgiveness - *"Please forgive me?"*
  2. **ACCEPTANCE** – Your apology is accepted by another/self. They say - *"I accept your apology"*
  1. **REPENT/ APOLOGISE** – You apologise - *"I am sorry"*

The Top-down Approach is where you already have the feeling of Being at One with the Source and you celebrate the opportunity to bring the Truth into the Earthly realm and share the fullness of it. The Bottom-up Approach is where you believe in Unity, Oneness and Wholeness, but don't actually feel the fullness of it. The Bottom-up Approach enables you to work towards healing and growing, by giving you the opportunity to consciously bring into your awareness the Highest Truth you can currently access.

We will now explore the Top-down and Bottom-up Approach to each step, Each brief definition includes an example of what to visualise, say or affirm. We will start with the last step and work backwards so all previous stages can be seen in relation to the ultimate outcome.

### 18. MERGENCE

**TOP-DOWN:** This state is where you experience everything within Creation as another form of your Divine Self. You stand on the threshold of Consciousness in a state of Oneness and look back through all time as the simultaneous Now, and all space superimposed into Here. You honour the inevitability of every Being and Form - within all worlds, in all dimensions, in all Universes - awakening to our true Nature and consciously merging back with our Source. You honour all Divine Elements at work in and through all Elements of Consciousness, and the whole process of the Formless Divine separating itself into infinite Forms in order to Love itself. Affirm - *"I AM ALL."*

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BOTTOM-UP: Grace enabling the completion of the journey of awakening and the moment you attain, or share, the above state, and merge with the Source. State - "We are One."

### **17. ASCENSION**

TOP-DOWN: Your Divine Self descending into infinite physical and non-physical realms and taking on of infinite Forms within all time and space. *Affirm - "Everything is the One Self manifesting into the All"*

BOTTOM-UP: You connect with realms beyond the dualistic levels of Consciousness. You connect with or share the Grace flowing in and through all Beings/Forms in all worlds and dimensions. State - "I celebrate your/my ascension."

### **16. TRANSCENDENCE**

TOP-DOWN: You celebrate manifesting into Form and embrace duality as the basis of The Play of Consciousness, which sets the stage for all other Elements of Consciousness. *Affirm - "I am/You are beyond duality"*

BOTTOM-UP: The transcendence of all duality and sense of individuality. Transcending the appearance of separation and division and connecting with the Oneness within the All. State - "I celebrate your/my transcendence."

### **15. HONOUR**

TOP-DOWN: Honouring the infinite and eternal nature of everything within Creation. Honouring all the Divine Elements at work in each moment, the Law of Repeatlessness at work within every Element of Consciousness. *Affirm - "I AM/You are perfect."*

BOTTOM-UP: Honouring every Being/Form has their own unique path and feeling the Grace unfolding into Perfection. State - "Everything and everyone is exactly as they are meant to Be."

### **14. GRACE/ PURITY/ LIBERATION**

TOP-DOWN: Being a pure instrument that is free to be all that you have been made to be. The pure experience and expression of all the Divine Qualities. *Affirm - "I AM unlimited in every way to share the fullness of the Divine Nature with All."*

BOTTOM-UP: Removing any and all impurities or limitations in your/their experience and expression. State - "I AM/You are pure and free without limits."

### **13. LOVE/ LIGHT/ LIFE**

TOP-DOWN: Being the Source of absolute Divine Love, Light and Light, and unconditionally radiating them the All. The Formless Nature being experienced within Form – "As above, so shall it be below". *Affirm - "I AM the embodiment of Divine Love, Light and Life."*

BOTTOM-UP: Connecting with the absolute nature of the Divine Essence. State - "I AM/You now unconditionally receive the purest Divine Love and healing"

### **12. NATURE/ NURTURE/ NOURISH**

TOP-DOWN: You are at One with the distinct properties within every Form of Nature and the unique qualities within every Being. You are at One with the infinite diversity within all Beings and Forms. Everything and everyone receives the Grace necessary to fulfil the innate potential and Purpose. *Affirm - "Providence and Grace flow for All."*

BOTTOM-UP: You consciously apply the Law of Synergy within Nature, Soul and Food. You draw upon **Nature's** Elements, **Nurture** each unique Soul's Elements, and **Nourish** yourself/another with the appropriate Food to manifest and share Love/ Light/ Light. State - "Everything and everyone are equally worthy of fulfilling their true potential and purpose."

### **11. PRAISE**

TOP-DOWN: You honour the uniqueness of every Being's/Form's role and contribution in the Divine Play unfolding within Consciousness. *Affirm - "Everything is in service to the All."*

BOTTOM-UP: You acknowledge all the Soul urges, skills, talents, gifts and passions that you or another shares or experiences. State - "I celebrate all the beauty, goodness and freedom in your experiences and expressions."

## 10. GRATEFULNESS

TOP-DOWN: You honour the perfection of everything and everyone's reality - past, present and future as it is all working towards the inevitable Mergence. *Affirm - "The inevitable is unfolding within the All"*

BOTTOM-UP: You appreciate all experiences and expressions in the past, present and future are for the ultimate good of all Beings and Forms. Despite appearances, you can see the Grace at work in All things. *State - "It is inevitable that I/you fulfil my/your true potential and purpose."*

**9. RETRIBUTION** - returning another to wholeness and completeness by putting back what was seemingly lost or taken away

TOP-DOWN: Spontaneously manifesting anything and everything a Being or Form requires to awaken to its true Divine state, or seeing a Being/Form become Self-Realised and embrace the supernatural state. *Affirm - "You are always whole and complete. All deficiencies are only illusions."*

BOTTOM-UP: Sharing everything required to repay/ restore/ return/ revive/ renew/ reinstate a Being's/Form's ability to be in a supernatural Divine State. *State - "Everything is unconditionally available for you to heal and grow."*

**REDEMPTION** - returning the Self to wholeness and completeness by putting back what was seemingly lost or taken away

TOP-DOWN: Spontaneously manifesting anything and everything you require to return to your true Divine supernatural state. *Affirm - "I AM supernatural in all my experiences and expressions."*

BOTTOM-UP: Realising exactly what you need to recover/ reclaim/ repossess/ absolve/ free/ purify in order to awaken to the Divine supernatural state. *State - "I return to my natural state of being whole and complete."*

## 8. CLEMENCY

TOP-DOWN: You honour the fact that you or the other Being/Form was only able to respond/react according to where it is within the Elements of Consciousness. *Affirm - "Forgiving any and all apparent discrepancies goes without saying."*

BOTTOM-UP: You awaken to the Light enough to unconditionally forgive them/yourself. *State - "I forgive you."*

## 7. APPEAL FOR FORGIVENESS

TOP-DOWN: You perceive all points on your timeline and in All Being's/Form's journey according to the Elements of Consciousness. You ask on behalf of the Self/ Divine, *"Can you please forgive me?"*

BOTTOM-UP: You are asked by another or your ego to forgive, by them/it asking - *"Can you please forgive me?"*

## 6. ACCEPT APOLOGY

TOP-DOWN: You unconditionally accept all genuine apologies knowing that whatever played out was all part of the Divine Elements unfolding WITHIN the Elements of Consciousness. You accept the apology on behalf of the All in honour of the Grace enabling the individual to attain a higher level of awareness. *Affirm - "I AM/You are now awake to the true relationship we share."*

BOTTOM-UP: You accept the apology on behalf of the All, realising that they are more ready, willing and able to respond according to our true Nature. *State - "I accept your apology."*

## 5. RECEIVE APOLOGY

TOP-DOWN: You perceive the ego or Being awakening to the role it played in creating discord, having awakened to its compromise, contradiction or denial. You receive the apology on behalf of the All to honour the ego's awakening. *Affirm - "I honour your humility in accepting responsibility."*

BOTTOM-UP: The ego or other Being/Form apologises for the part they/it played in whatever discord happened. Having received the Love/ Light/ Life within the previous steps, they awaken to the Nature of the relationship and apologise, by saying - *"I am sorry"*

## 4. RECEIVE FORGIVENESS

TOP-DOWN: You perceive the ego/Being/Form awaken to the true nature of your relationship and unconditionally forgive any and all harm it experienced. *Affirm - "The Light of forgiveness within me identifies the same Light within you."*

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BOTTOM-UP: In an effort to restore the innate harmony, you are forgiven by another/self, by them stating - "*I forgive you.*"

### 3. REQUEST FORGIVENESS

TOP-DOWN: You honour the Laws that were violated causing any compromise, contradiction and denial. You also perceive where those involved in every situation are at within the Elements of Consciousness. *Affirm - "On behalf of the All and in honour of the Truth within you, I humbly ask for forgiveness."*

BOTTOM-UP: You awaken to and accept your part in creating any discord having compromised, contradicted or denied the Truth within All. You humbly and wholeheartedly ask for forgiveness. *State - "Please forgive me?"*

### 2. ACCEPTANCE

TOP-DOWN: You perceive the ego/Being/Form receiving the Grace to see beyond the separation and division, and heal through dissolving all guilt, shame and blame. *It affirms - "On behalf of the All, I accept your apology."*

BOTTOM-UP: The ego/ Being/Form senses your sincerity and accepts your apology, by saying - "*I accept your apology*"

### 1. REPENT/ APOLOGISE

TOP-DOWN: The Presence or 'I AM' within you is at One with all Divine Elements manifesting as Consciousness. With the awareness of the Nature OF Consciousness apologises to the Being/ Form for the perceived suffering while its life/reality unfolded WITHIN Consciousness. *Affirm - "On behalf of all Beings in all worlds, I AM sorry"*

BOTTOM-UP: Always start with apologising because it is what stops energies and emotions from perpetuating. Returning to the Nature of Stillness. On behalf of the Universe or your Self, you apologise to the Being/Form for the suffering it is undergoing or has undergone, or about to undergo. *State - "I AM sorry"*

The Bottom-up Approach is directed towards anything or anyone who is perceived to be responsible for having negatively influenced your state or condition. It is also used to intervene in another Being's state where they are unable to stop thinking or acting irrationally. At times, there may even be negative energies like blame directed at the Source itself. If you are addressing an intense situation or an emotionally charged state, it may be necessary to initially apologise for any lack in the genuine feeling of Love and Compassion. You may also not have enough clarity to progress through the entire process. If you cannot overcome any blockages, keep doing the Bottom-up Approach on yourself until you freely access the State of Grace where everything flows effortlessly.

You may also have to accept that you may not be able to find enough clarity within yourself to access any Top-down Experiences. This will naturally arise from within you the more you journey through the process and establish Reference Points.

It also goes without saying that there are infinite variations on the original Ho'oponopono, as well as this version. None are any better than another, because it is all about offering information for where people are at. Then those sharing the same perspective can consciously come together and celebrate the journey.

This technique empowers you with the ability to transform your experience and expression of Consciousness, and be able to do the same for any other Being or Form. I trust this has provided you with a deeper insight into our ability to access these pathways within Consciousness. Please realise that this article is only intended to introduce an alternative approach to this method of healing. It is not meant to define or explain the whole process, as it would involve an entire volume. To fully understand all the components in the process, you will need to read my book.

I decided to give techniques like this away because I can write books and do events, and maybe reach thousands of people - but if I give material away, I can perhaps reach the millions of people who are needing more. So, if you would like me to continue sharing this kind of information, please like or comment, and share it freely with all those who may appreciate it.

Love and Light  
Brian Gerard Schaefer ☺