

A Review on how an Ancient Forgiveness Way Called *Ho'oponopono* Can Boost Human Health and Immune System

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Abstract

In life, everyone goes through hurtful events caused by significant others: a deceiving friend, a betraying partner, or an unjustly blaming parent. In response to painful emotions, individuals may react with anger, hostility, and the desire for revenge. Experimental evidence suggests that when people are transgressed against interpersonally, they often react by experiencing unforgiveness. Unforgiveness is conceptualized as a stress reaction. As an alternative, they may decide to forgive the wrongdoer and relinquish resentment. Forgiveness is one (of many) ways people reduce unforgiveness. Forgiveness is conceptualized as an emotional juxtaposition of positive emotions (i.e., empathy, sympathy, compassion, or love) against the negative emotions of unforgiveness. Forgiveness can thus be used as an emotion-focused coping strategy to reduce a stressful reaction to a transgression. More evidences have shown that forgiveness can result in better health and boost human immune system. In this article, we discuss an ancient Hawaiian way of forgiveness, called *Ho'oponopono*. We hope this article may be found useful for healthcare practitioners and therapists as well.

Keywords: *Ho'oponopono; Human Health; Immune System*

Introduction

In life, everyone goes through hurtful events caused by significant others: a deceiving friend, a betraying partner, or an unjustly blaming parent. In response to painful emotions, individuals may react with anger, hostility, and the desire for revenge. Forgiveness can thus be used as an emotion-focused coping strategy to reduce a stressful reaction to a transgression [3,4]. More evidences have shown that forgiveness can result in better health and boost human immune system. Therefore, many doctors and counselors advise people to practice forgiveness.

As David Hawkins wrote in preface of his book [1], which can be paraphrased as follows: "The present work describes a simple and effective means by which to let go of negative feelings and become free. The letting go technique is a pragmatic system of eliminating obstacles and attachments. It can also be called a mechanism of surrender. There is scientific proof of its efficacy, an explanation of which is included in one of the chapters".

Those people who forgive actually they choose to forgive, no matter how hard it is. There is no easy way, forgiveness should be done out of a committed decision. They choose to end hatred and anger and they learn to forget their motive to punish others [2]. They realized that failing to do so, only makes their hearts and bodies to suffer more pain. But where can we find the strength to forgive others? It seems that forgiveness can only be done by recognizing the fact that God is always waiting us up there to forgive and let us learn to live in His ways.

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Despite the fact that forgiveness is not easy, an ancient way of forgiveness called *Ho'oponopono* teach simple ways to forgive others. This ancient way can be considered as an alternative to methods of D. Hawkins etc. We discuss it in the next section.

Forgiveness and human immune system

In their article, Worthington JR and Scherer some possible mechanisms which may explain how forgiveness can boost human health, which can be rephrased as follows [4].

Direct mechanism 2: Forgiveness could affect the immune system at the cellular level

Another conceivable instrument for influencing wellbeing results is that the density of unforgiveness may influence the resistant framework. A sizable writing has created about how negative feelings (of which unforgiveness is one) is identified with and can cause dysregulation in the insusceptible framework. Kiecolt-Glaser, *et al.* (2002) have completely inspected the writing on how stress and negative feeling can influence cytokines. Cytokines are protein-like materials that are discharged when a disease or injury is supported or when stress is experienced. They basically help battle disease and give an early reaction to injury. They draw in insusceptible cells to the site of harm and initiate them. They likewise influence digestion and help direct internal heat level. At the point when an individual is under consistent pressure, master fiery cytokines are raised. This can dysregulate the intercellular insusceptible framework. No analyst who is considering absolution has yet analyzed cytokine creation as a proportion of responsiveness to unforgiveness or to pardoning, however such research is in progress by Temoshok and Wald (2002).

Direct mechanism 3: Forgiveness could affect the immune system at the neuro-endocrine level

Absolution could influence wellbeing by boosting the resistant framework. In particular, absolution could lessen HPA reactivity and diminish discharged cortisol. Over-creation of cortisol has been appeared to have malicious wellbeing consequences for the cardiovascular and resistant frameworks and on subjective and cerebrum working (for audits, see Sapolsky, 1994; McEwen, 2002). Just one examination has tended to cortisol and unforgiveness. Berry and Worthington (2001) discovered base-rate creation of salivary cortisol to be somewhat raised in individuals who were high in characteristic unforgiveness....

Direct mechanism 4: Forgiveness could affect the immune system through release of antibodies

The investigation of stress recommends that antibodies are stifled during incessant pressure. Given that pardoning is conjectured to compare positive feelings against unforgiveness, we propose that discoveries from the investigation of positive feelings can give speculations about absolution. Salovey, *et al.* (2000) explored the writing on the connection among negative and positive feelings and physical wellbeing. They concentrated basically on the connection between negative feelings and concealment of secretory Immunoglobulin-A (sIg-A) hindrance. Levels of sIg-A have been found to influence invulnerable framework working. At the present, sIg-A concealment has not been researched comparable to the unforgiveness. It is theorized that when individuals use absolution as an adapting system to diminish unforgiveness, at that point sIg-A levels would come back to benchmark. This has not been researched".

Therefore, it shall be clear that there is sufficient ground to believe that forgiveness can lead to better health and immune system.

Introducing *Ho'oponopono*

According to Thakurdas, *Ho'oponopono* is an ancient Hawaiian method of stress reduction, conflict resolution and energy clearing from people and places. In her article, she refers to the transforming wisdom and its modern psychology and spiritual based applications. *Ho'oponopono* provides a profound method of healing that promotes the Universal Law of the Interconnection of Life. It is a powerful method that can meet the stressful challenges of our time [5].

Moreover, according to Thakurdas, which can be paraphrased as follows [5]: “*Ho'oponopono* signifies “to make right,” or “to redress a mistake”. Viably, it intends to make it directly with the predecessors, or your family, companions or anybody or anything with whom or which you have a relationship. This can incorporate the creature, vegetable or mineral realms and to be sure our planet. Initially *Ho'oponopono* was utilized to address the wrongs that had happened.

Na kala: The Fortune of Forgiveness. Hawaiian qualities incorporate a significant code of pardoning. They accept that when we excuse others, we our additionally sympathetic ourselves. Kala signifies “to loosen, unbind and set free.” The individual, gathering or country to whom the transgressor is obliged free themselves and the 'others' of the past obligations or bad behavior. It doesn't exist any longer. This must be finished by unbinding connections to the past wrongs; by making right what's to come”.

Thakurdas also emphasizes: “In Ihaleakala's version of *H'oponopono* “the therapist must be willing to be 100% responsible for having created the problem situation, that is, he must be willing to see that the source of the problem is erroneous thoughts within him, not within the client. Therapists never seem to notice that every time there is a problem, they are always present!” [5].

In a different study, Matthew James reports, which can be rephrased as follows [6]: “The outcomes exhibited that the individuals who occupied with the *Ho'oponopono* procedure along these lines encountered a measurably critical decrease in unforgiveness, while those in the benchmark group indicated no factually huge change in negative effect throughout the examination. In view of these discoveries and by approving *Ho'oponopono* as a powerful helpful absolution strategy, this examination lays the foundation for future research of this particular pardoning process. Solid ramifications for constructive social change through the use of *Ho'oponopono* incorporate improved wellbeing, and improved relational and intrapersonal connections”.

Is there a theory behind *Ho'oponopono*?

According to Thakrudas, which can be rephrased as follows [5]: “We convey inside us as fragments of the Unconscious Mind, interfacing us with all the critical individuals in our lives. These sections look like Carl Jung's models. The procedure of *Ho'oponopono* is to line up with and clear up remaining energies resounding through our family history just as to clear up our associations with others in our present lives. Making this one stride further, we can clear up similar issues for customers and even gatherings of people. Right now, is no compelling reason to work out, understand, oversee or adapt to issues. Since the Divine made everything, you can simply go legitimately to Divine and ask that it be rectified and purged” (see also Carl G Jung [7] and also B Lipton [8]).

Linguistic origin: “As a matter of first importance, *Ho'oponopono* might be thought as compromise, reestablishing profound arrangement, to make right. In the event that you look in the Hawaiian word reference, the meaning of pono, it takes practically a large portion of the page to decipher. Pono intends to be right, in concordance, otherworldly arrangement. To be well.

Pono is being sound. In trustworthiness. Remaining in balance. It includes everything we need to have and require in the entirety of our bodies: profound, mental, passionate and physical.

In the event that you put Ho'o before pono, *Ho'o gives activity.* On the off chance that we don't deal with things when soul gives a little thump on of entryway of our otherworldly mindfulness, messages will go on. On the off chance that we overlook the message in our psychological mindfulness, it will advance right to the physical body. When it gets to the physical body at that point here and there it will take more work. It will take more Ho'o to get that pono” [9].

A bit of history: “One of the most prestigious educators of *Ho'oponopono* nowadays is Dr. Ihaleakala Hew Len. Dr. Cut Len first concentrated with a Hawaiian Kahuna and healer named Morrnah Simeona. Albeit a relative of Hawaiian Royalty and showed the old ways, Simeona was affected by Christian lessons joined with an enthusiasm for all encompassing practices from India, China and the profound

educator Edgar Cayce. Crossing over her Hawaiian and Christian comprehension of pardoning and compromise, Simeona started investigating how past obligations and circumstances and logical results attached every individual to past injury, negative contemplations and encounters, and even activated resurrection. She instructed that the correct petitions, fundamentally the same as those educated by Science of Mind and other New Thought religions, were the most ideal approach to clear and purge those negative energies or “stones” that are obstructing the Light inside us and inside the world.

Upon Simeona’s passing, Dr. Ihaleakala S. Cut Len proceeded with the educating and made adjustments en route. From Dr. Slash Len’s point of view, *Ho’oponopono* is best comprehended as an arrival to our clear province of Light. He calls that state, “Zero” and accepts that once there, we exist with zero cutoff points. Be that as it may, a major key is the mindfulness that in the event that all Life is interconnected and we are One with it, at that point we should acknowledge 100% duty regarding everything that happens to us and in our reality. Slash Len veered away from Simeona’s attention on utilizing petition as the best device to reach *Ho’oponopono*, and rather started to utilize a mantra that anybody could utilize, whenever, anyplace. “I love you. I’m heartbroken. Kindly pardon me. Much obliged to you” (Or any variety of that request)” [10].

4 simple steps to practice *Ho’oponopono* [11]

Stage 1: Repentance - I’M SORRY

As we notice above, you are answerable for everything in your psyche, regardless of whether it is by all accounts “out there”. Once you understand that, it’s extremely normal to feel sorry. I know I sure do. On the off chance that I know about a tornado, I am so loaded with regret that something in my cognizance has made that thought. I’m so extremely heartbroken that somebody I know has a messed up bone that I understand I have caused.

This acknowledgment can be agonizing, and you will probably oppose tolerating duty regarding the “out there” sort of issues until you begin to rehearse this strategy on your progressively self-evident “in here” issues and get results.

So pick something that you definitely realize you’ve caused for yourself? Dependent on nicotine, liquor or some other substance? Do you have outrage issues? Medical issues? Start there and state you’re grieved. That is the entire advance: I’M SORRY. In spite of the fact that I think it is all the more impressive on the off chance that you state it all the more plainly: “I understand that I am liable for the (issue) in my life and I feel awful regret that something in my awareness has caused this”.

Stage 2: Ask Forgiveness - Please FORGIVE ME

Try not to stress over who you’re inquiring. Simply inquire! It would be ideal if you FORGIVE ME. Let’s assume it again and again. Would not joke about this. Recall your regret from stage 1 as you request to be excused.

Stage 3: Gratitude - THANK YOU

State “THANK YOU” - again it doesn’t generally make a difference who or what you’re expressing gratitude toward. Thank your body for everything it accomplishes for you. Express gratitude toward yourself for being as well as can be expected be. Express gratitude toward God. Thank the Universe. Thank whatever it was that just excused you. Simply continue saying THANK YOU.

Stage 4: Love - I LOVE YOU

This can likewise be stage 1. Let’s assume I LOVE YOU. Let’s assume it to your body, say it to God. Let’s assume I LOVE YOU to the air you inhale, to the house that covers you. Let’s assume I LOVE YOU to your difficulties. Let’s assume it again and again. Would not joke about this. Feel it. There is nothing as amazing as Love.

That is it. The entire practice more or less.

Concluding Remarks

In this article we discuss an ancient and very simple way of forgiving, called *Ho'oponopono*. It is advised here that forgiveness can lead to better health and improved immune system, either to cytokines or other mechanisms.

To these authors, the message of this ancient practice brings us back to the Lord's prayer: forgive us our debts; see Appendix.

Version 1.0: 3.04.2020 pk. 11:52

Version 1.1: 3.04.2020 pk. 15:51

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Appendix: Lord's Prayer in English and in Arabic

In English

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

In Arabic: Lord's Prayer read in Arabic:

Aba na alathie fi asamawat,

Li yatakadas ismoka, Li ya'atie malakotoka,

Litakon mashia toka,

Kama fisama' kathaleka 'ahla al a'ard.

A'atinia khubzana kafafa yawmina,

Wa igfer lana khatayana,

Kama naahnu naghfer la man akhta'a elayna,

Wa la tudkhillna fit a jareeb;

Laken najjina min ashireer.

Lia'anna laka al kowata wal majd, al aan wa ila abad al aabideen.

Amin.

Arabic - transliteration.

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