

The Psychology of Wholeness and Adeptship through Ho'oponopono
Meru University Course # 1201
Syllabus

Dates: January 15, 22, 29 and February 5, 2012 (consecutive Sundays)

Times: 9:30-11:30 a.m. MST

Sponsors: The Maha Chohan, Hilarion and Sujata Kumara (The fourth of the Seven Holy Kumaras)

Instructors: David C. Lewis and Pamela M. Gembica

Course Manager: Nancy Frenner

Course Description:

This course will involve a deeper investigation of the healing science of Ho'oponopono in assisting aspiring adepts to resolve their psychology and enter an accelerated state of divine wholeness. Students will apply the teachings throughout the four weeks of the course and document their victories in using the techniques shared.

Our common goal is to be of greater service because of our collective presence, assisting our Earth to give birth to the New Age. As the first Meru University course of 2012, the sessions will include the masters' recent HeartStreams, delivered at our New Year's conference, which will lay a foundation of teaching pertinent to the topic of our course.

The sponsoring masters of *The Psychology of Wholeness* are Sujata Kumara, fourth of the Holy Kumaras, on the white ray; the Maha Chohan, representative of the Holy Spirit; and Hilarion, Chohan of the Fifth Ray of healing. Sujata Kumara brings to us the light from Venus and the culture of love through his representation on the white ray of the flame of wholeness.

Ho'oponopono originated in Lemuria and was transferred to the Hawaiian teachers and kahunas (priests) by Sujata Kumara and his twin flame, holding the white flame of the Mother on Venus. The Maha Chohan is the model par excellence of wholeness on behalf of the Chohans of the Seven Rays. He heals through the Holy Spirit for complete and lasting wholeness. Hilarion is a master psychologist, supremely involved in understanding the soul.

Forgiveness is essential for freedom of the soul. What kind of forgiveness can heal an entire ward for the criminally insane? Dr. Ihaleakala Hew Len healed these patients without talking to them or even meeting them. He did it by practicing Ho'oponopono. In *Zero Limits*, the course textbook, author, Joe Vitale, wrote of Dr. Len's work, "While he looked at those files, he would work on himself. As he worked on himself, patients began to heal." (Vitale, 2007, p.21)

Course Materials:

- Vitali, J., Hew Len, H. (2007). *Zero Limits: The Secret Hawaiian System for Health, Wealth, Peace, and More*. Hoboken, NJ: John Wiley & Sons, Inc.
- A journaling notebook dedicated to your journey through Ho'oponopono

Forum and Homework:

1. **Forum responses:** After each of the first three classes, answer the forum question for that week on the Forum under “MU Class #1201.” You may also respond to another student’s posting. One posting per week is required for a certificate. (Request through the Forum to receive an email notice of responses to your post.)
2. **Webinar participation:** Since each student will be encouraged to respond orally, students should be prepared to join the webinar with functional microphones or headsets. Students should also contribute through the webinar chat box at least one time during the four-week course. Actively participate. As the Holy Spirit moves you to work with Ho’oponopono, you may inspire and instruct others through your experiences.
3. **Journaling:** The masters desire that you record your victories and experiences using Ho’oponopono.
4. **Meditation:** Fifteen to thirty minutes of meditation every day of the class is asked of each student. Record your experiences in your journal to share on the Forum or during class (Dr. Hew Len, Ph.D. explained that meditation is a form of Ho’oponopono. As thoughts or visions appear in your meditation they are ready to be transmuted, changed to positive energy, as you silently forgive. Meditation also raises the kundalini to the level of the heart chakra where love and forgiveness may become your permanent state.)
5. **Meditation clock:** To help with your meditation, create a “clock,” a circle at least 12 inches in diameter on a poster board or paper.
 - a. Draw a line from the 12 o’clock line to the 6 o’clock line and divide the clock from the 3 o’clock line to the 9, making four quadrants.
 - b. Continue to draw lines making pie wedges from the 1 to the 7, 2 to the 8, 4 to the 10, and 5 to the 11 o’clock lines.
 - c. Label your clock, starting at the 12 o’clock line with your ages from 0 on the 12 and continuing around the clock over and over again, adding ages to each line until you stop at you write the number of your current age. (You will write more than one age on each line of the clock. For example, at the 12 o’clock line: CB (conception & birth) or 0, then ages 12, 24, 36, 48, 60, etc. At 1 o’clock, write ages 1, 13, 25, etc.)
 - d. Inside the pie wedge for those ages write down significant events in one or two words that occurred at each age from conception and birth to your present age.
 - e. In a quiet, private space and time, use Ho’oponopono to clean and clear the cause, effect, record and memory of each line of the clock, by looking at the events, saying the prayer and feeling forgiveness for each event, each situation. Repeat the forgiveness prayer until you feel “a shift,” and then continue to the next line. You can even use code words only you can decipher to record events.
 - f. Do not share your clock with anyone else. Hide it when not working with it.
 - g. When our course is over, burn your clock and celebrate! Dance around a fire, sing a joyful song, or offer mantras as you let go of all the “stuff” from the past—a great way to start the New Year!

Contacting Your Instructors:

Have questions? Email MURegistrar@heartcenter.org.

Learning Outcomes:

- Deeply investigating and practicing the powerful Lemurian healing science of Ho'oponopono for clearing the heart
- Using techniques of Ho'oponopono for resolving relationships as well as one's own psychology by cleaning memories and learning how to stay at zero point where inspiration from the Divine takes the place of memories and programming from the past
- Entering an accelerated state of divine wholeness through heart-centeredness
- Understanding how to take full personal responsibility for the world through our collective presence
- Introducing and working with the Venusian white-fire master, Sujata Kumara, who gave the Hawaiian priests, or kahunas, the original inspiration for Ho'oponopono
- Sharing and celebrating our stories of healing miracles and freedom from our past records and memories through this simple and profound process of forgiveness
- Practical application of the techniques shared throughout the course



Session 1: Sunday, January 15

Pre-class and In-class Assignments:

- Read *Zero Limits*, pages ix-51, prior to the first class and be prepared to discuss.
- Use the techniques of Ho'oponopono and journal your experiences to be shared during the class.
- During the second hour of the class, if your last name begins with Z-T, prepare to respond during our webinar session by posting a chat message or by orally sharing an experience of Ho'oponopono and forgiveness from your journal.

Outline:

1. Welcome and invocation by David C. Lewis
2. Pamela M. Gembica, instructor (30 minutes)
 - Meditation on the sun with the breath, adapted from El Morya on March 18, 2010. (Music: Pachelbel's Canon in D Major.)
 - Teaching on forgiveness: forgiveness prayer by Morrnah Nalamaku Simeona, Ho'oponopono master teacher; teachings from Clare de Lis, the *I Ching*, Sri Ramana Maharshi, Kahlil Gibran, and *Heart*, 1934; teachings dictated by Maitreya, (Agni Yoga Society)

- Your cosmic clock timeline
- Reminder to meditate 15-30 minutes a day. *How to lose your mind...* Why meditate? How do I begin? Teachings on meditation and entering the heart by Sri Ramana Maharshi, ascended master

3. David C. Lewis, instructor (30 minutes)

4. Darshan with the Maha Chohan, Hilarion, and Sujata Kumara. (60 minutes)

5. Oral or chat sharings by students with last names that begin with Z-T

6. Closing prayer or song by David

Forum Question 1: How would you describe your feelings during the spiritual cleansing process that is occurring daily and how is this different from your experience in giving violet fire prayers, decrees, mantras and songs?

Session 2: Sunday, January 22

Pre-class and In-class Assignments:

- Read *Zero Limits*, pages 51-113 before the class and be prepared to discuss.
- During the second hour of the class, if your last name begins with S-N, prepare to respond during our webinar session by posting a chat message or by orally sharing an experience of Ho'oponopono and forgiveness.

Outline:

1. Welcome and invocation by David C. Lewis

2. Pamela M. Gembica, instructor (30 minutes)

- Meditation on the heart by Sri Ramana Maharshi
- Excerpts from *Zero Limits*
- “Who am I?” story: “The Elephant and the Guru”

3. David C. Lewis, instructor (30 minutes)

4. Darshan with the Maha Chohan, Hilarion, and Sujata Kumara. (60 minutes)

5. Oral or chat sharings by students with last names that begin with S-N

6. Closing prayer or song by David

Forum Question 2: Have you noticed deep, unresolved psychological issues arising spontaneously from your subconscious during the giving of the forgiveness prayer? How have you dealt with these?

Session 3: Sunday, January 29

Pre-class and In-class Assignments:

- Read *Zero Limits*, pages 113-163 before the class and be prepared to discuss.
- During the second hour of the class, if your last name begins with M-H, prepare to respond during our webinar session by posting a chat message or by orally sharing an experience of Ho'oponopono, forgiveness or meditation.
- Take the psychological survey orally in class.
- Be prepared to share your results in class.

Outline:

1. Welcome and invocation by David C. Lewis
2. Pamela M. Gembica, instructor (30 minutes)
 - “A point needs to be made. Expectations and intentions do not have any impact on Divinity. Divinity will do whatever and whenever in its own way and time.” Dr. Hew Len p.117. I, the ego, have to get out of the way. Want to know how to make God laugh?
 - Discuss the psychological survey. (Raise your hand if you desire to discuss your answers.)
 - “Choice is a limitation” p. 147 “...the only choice in life is to clean or not.” –Dr. Hue Len, p. 154
 - “You’re coming from either memory or inspiration” –Dr. Hue Len, p.154
 - Raise your demands to preferences and your preferences to 0. *This is not easy*. Zero point is no attachment to outcomes. Jesus’ affirmations such as “I AM the way, the truth and the life!” and “I AM the light of the world!” are perfect zero point affirmations.
 - Aloha~I AM in the Presence of God. Mahalo~thank you.
3. David C. Lewis, instructor (30 minutes)
4. Darshan with the Maha Chohan, Hilarion, and Sujata Kumara. (60 minutes)
5. Oral or chat sharings by students with last names that begin with M-H
6. Closing prayer or song by David

Forum Question 3: Have you noticed a shift in your being since using Ho'oponopono and taking personal responsibility for your world? If so, how has this manifested in your physical reality and in your daily life?

Session 4: Sunday February 5

Pre-class and In-class Assignments:

- Read *Zero Limits*, pages 163-223 before the class and be prepared to discuss.
- Also, view the nine videos of an interview of Dr. Hew Len using the links posted on the course page.
- If your last name begins with G-A, prepare to respond during our webinar session by posting a chat message or by orally sharing an experience of Ho'oponopono, forgiveness.

Outline:

1. Welcome and invocation by David C. Lewis
2. Pamela M. Gembica, instructor (30 minutes)
3. David C. Lewis, instructor (30 minutes)
4. Darshan with the Maha Chohan, Hilarion, and Sujata Kumara. (60 minutes)
5. Oral or chat sharings by students with last names that begin with G-A
6. Closing:
 - a. Offer together: "I love you. I am sorry. Please forgive me. Thank you."
 - b. Sing song 100: "Heal with Ho'oponopono" by Lauren Pomerantz