YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**Chapter 7: Forgiveness: The Get Well Bouquet You Gift To Yourself**

**~ Additional Resources ~**

**Hoʻoponopono *&* The Microcosmic Orbit**

This technique is comprised of two practices. The first is Hoʻoponopono, an ancient Hawaiian practice of forgiveness and reconciliation. Traditionally, Hoʻoponopono is practiced by healing priests or Kahuna Lapaʻau. Modern versions are performed with a guide or by an individual alone. This technique can be used solely or in conjunction with other practices. Hoʻoponopono involves repeating a mantra comprised of these four short statements: *I love you. I’m Sorry. Please Forgive Me. Thank You.*

These statements can be expressed to yourself, to others, to a situation or all of the above inclusively.

The second practice is known in ancient China as ‘The Microcosmic Orbit’ or ‘The Self Winding Wheel of the Law'. This circle of light technique is a Taoist Qigong/Yoga Qi energy meditation of deep breathing and concentration which develops the flow of life force energy through the chakras and energy pathways of the body.

The combination of these two techniques, blended with visualization, is a pragmatic and intensely meaningful practice which has endowed significantly profound and enduring results for me and for many of my clients. I highly recommend allowing yourself this gift.

***The Microcosmic Orbit***

Allow your tongue to rest on roof of your mouth. It could be a bit forward, back or just behind your front teeth, but keep it resting on the roof. You'll see how it connects a loop of energy in your body as the Taoists discovered.

Locate your lower Dantian. Dantians are energy centers in your body that are utilized as focal points for meditative and exercise techniques such as qigong, martial arts and traditional Chinese medicine. Your lower Dantian is 3 finger widths below your navel and 1/3 of the way into your body.

Visualize light, energy and warmth building there. Imagine blowing on the coals of a fire, and feel them grow orange and warm. Imagine this energy as a golden ball of light; and imagine it moving over to your tail bone. Use your breath to visualize it moving up your spine. As you breathe, it moves up; and your spine opens up even more.

Visualize it traveling up into your scull to your Pineal Gland, which is in the center of your head. Pause there for a moment and then take the energy down the front of your head. Picture it flowing like golden light or oil, flowing down from your Pineal to your Pituitary Gland, which is just a bit forward from your Pineal. Allow it to flow down into the roof of your mouth and connect to your tongue, continuing down your throat as if you're swallowing it.

Visualize it flowing down your esophagus to your stomach and down your back to your lower Dantian, then down between your legs and back over to your tail bone. Complete the cycle, opening your energy channel. This is a powerful, ancient exercise.

Now, visualize the same trip again using your breath. As you inhale, breathe it up through your back, pause at the top, and then exhale as you breathe it down. Breathe in to your tailbone and then back up to the top of your head. Exhale it down your throat and back down to your tailbone.

*This cycle is referred to as Ouroboros which is an ancient symbol depicting a serpent or dragon eating its own tail, representing the continuance of life. It often symbolize self-reflexivity or cyclicality, especially in the sense of something constantly re-creating itself, the eternal return and other things such as the phoenix which operate in cycles beginning anew as soon as they end. It can also represent the idea of primordial unity related to something existing in or persisting from the beginning with such force or qualities that it cannot be extinguished. This refers to the Law of Conservation of Energy wherein energy cannot be created or destroyed, yet can change form.*

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Feel this loop (orbit) flowing all at once. Now imagine this loop flowing on or as a conveyor belt, a bike chain, or perhaps a golden serpent.

Remember to relax and allow your breath, not your will, to move this golden energy.

Again, inhale the flow up the back and exhale it down the front. Repeat this a number of times until it becomes a natural rhythm for you.

Choose a relationship with anyone – a parent, partner, coworker, child or perhaps yourself. The person with whom you have the relationship could be someone who is alive or perhaps someone who has already crossed. Bring this person into your mind's eye, not too close to you - perhaps at approximately three to five feet from you, or further if it was a strained relationship.

As you perform the Orbit and visualize the energy traveling up your back, in your mind softly say to this person: *I love you. I’m sorry. Please Forgive Me. Thank you.*

Utilizing Hoʻoponopono has nothing to do with approving, disapproving or judging this person’s behavior, nor your own. Allow Spirit and Karma to take care of that. This is about healing *You* and helping *You* let go of bitterness and negativity. It takes you out of the lower vibrations of anger, retribution, remorse and the like. This is all about *You* healing and raising *your* vibrational energy.

As energy moves up, softly say to this person:

*I love you. I’m sorry. Please Forgive Me. Thank you.*

As you exhale and the energy moves down, softly say to this person:

*I love you. I’m sorry. Please Forgive Me. Thank you.*

It does not matter who was right or wrong. You are returning their energy to them as it is holding you back and weighing you down. You'll get your energy back in return.

Remember to breathe in on the way up and exhale on the way down. You may become very emotional while doing this. If you do, it’s all the better as it means that you're releasing, clearing and healing the pain of the issue or relationship.

It matters not whether this person is alive or crossed, if they are nearby or far away. It will forever change how *You* feel. It will change the dynamic and heal *You*; and it will quite likely heal them as well. It will clear your energy and have a profound effect.

Repeat the Orbit a number of times…as long as it takes.

Now that you have the rhythm of your orbit flowing along your conveyor, take the situation, feeling or object and mentally/visually put it into a box with no analysis or judgment. Then place the box on your conveyor belt or bike chain, allowing it to move along the orbit’s path.

Due to the weight of the box on the conveyer, your orbit will slow down for a bit during this process. As the box moves along the path, see the contents of the box dissipate. Envision the box as dark and murky, and visualize it getting lighter and lighter until it eventually disappears. Your orbit will then come back to normal speed.

At the end of the orbit, invoke your higher consciousness to fill the space that was cleared. Similar to rebooting your computer after performing a defrag on your hard drive. *Analogous to filling chakaras with love after a Reiki session in order to restructure your Mind/Body to this new place so that you do not return to old programming and the old way of perceiving and doing things.*

When you are ready, bring yourself back into the room and open your eyes or drift off to sleep if you prefer.

The Orbit may be performed with or without the use of the box on your conveyor. You will find that at some point, after doing this exercise once or perhaps a number of times, that you’ll receive insights, assistance with making decisions or perhaps the innate ability to respond in certain situations or to various people in a lighter, gentler manner. You will be able to rid yourself of stress, clear the weight of old memories and elude what can happen when you hold on to these things; and you will feel better.

I’d like to offer some suggestions for implementing this type of technique. If you’re like me, especially at first, you may desire some assistance on occasion. For this particular process, you may wish to employ the attendance of a practitioner or trusted friend to guide you. When autonomy is desired, I’ve found it beneficial to read and record the process in my own voice – at times including variations specific to the situation I’m addressing – which helps impart the desired new neural pathways within my subconscious. I then practice the technique while listening to the recording. Using headphones helps block out background noise as well as increase the quality of the experience.

**Additional Resources:**

***Unnatural Acts of Forgiveness***

Jack King

<http://www.amazon.com/Unnatural-Act-Forgiveness-Jack-King/dp/0615231373>

***The Little Soul and the Sun***

Children’s book adapted from ***Conversations With God***

Neale Donald Walsch

<http://www.amazon.com/Little-Soul-Neale-Donald-Walsch/dp/1571740872>

***Hoʻoponopono***

Joe Vitale

<http://www.zerolimits.info/>

**THE POSSIBILITIES PRESENT WITHIN THE MORPHOGENETIC FIELD**

Discussing DNA and the Morphogenetic Field sent me on a research tangent…*one of many*. I'm including this additional scientific information regarding the Morphogenetic Field as I found it quite intriguing. Some of the terminology here is rather technical, and some content may appear to be somewhat ‘out there’ at first glance. However, so was the moon until we ventured to land on and learn about it. Consider this content with an open mind. The technical pieces come together when you relate them to the metamorphosis of a caterpillar to a butterfly - the process of which applies to change and transformation of various types on many levels. Culturally, butterflies are a popular motif in visual and literary arts and are a classic symbol of transformation.

The source of much of this material is primarily from Wikipedia. Please note that I’ve highlighted in **bold** and clarified in *italic* within parentheses some pertinent points.

MORPHOGENETIC FIELD:

The concept of the morphogenetic field is fundamental to the study of embryological development initiated in the early twentieth century. In developmental biology, a morphogenetic field is a group of cells able to respond to discrete, localized biochemical signals (*this is the interpretation/communication level that Bruce Lipton speaks of*) leading to the development of specific morphological structures or organs. The spatial and temporal extent of the embryonic fields are **dynamic**; and within the field is a collection of interacting cells, out of which a particular organ is formed. As a group, the cells within a given morphogenetic field are constrained — i.e. cells in a limb field will become limb tissue, those in a cardiac field will become heart tissue. Importantly, however, the specific cellular programming of individual cells in a field is *flexible* - an individual cell in one field can be redirected via cell-to-cell signaling to replace specific damaged or missing cells in other fields. Imaginal discs in insect larvae are examples of morphogenetic fields.

IMAGINAL CELLS: (a/k/a Imaginal Disc: A scientific term referring to a group of undifferentiated cells in an insect larva that develops into a specific adult structure)

*Please Note: This info is Techie, but its purpose will become clear in the paragraph following it.*

Imaginal cells are tissue-specific progenitors (*an ancestor or parent*) allocated in embryogenesis (*the formation and development of an embryo*) that remain quiescent (*inactive*) during embryonic and larval life. During Drosophila metamorphosis (Drosophila is a small fruit fly typically used in genetic laboratory studies), most larval cells die. Pupal and adult tissues form from imaginal cells.

Clonal analysis and fate mapping of single, identified cells show that tracheal system remodeling at metamorphosis involves a classical imaginal cell population and a population of differentiated, functional larval tracheal cells that reenter the cell cycle and regain developmental potency. In late larvae, both populations are activated and proliferate, spread over and replace old branches, and diversify into various stalk and coiled tracheolar (*any of the smallest branches of an insect trachea*) cells under control of fibroblast growth factor signaling (*FGFs, are a family of growth factors; i.e., wound healing, embryonic development and various endocrine signaling pathways*).

Thus, Drosophila pupal/adult tissue progenitors (*that which an animal or plant* *is descended or originates from; an ancestor or parent*) can arise both by early allocation of multipotent cells and late return of differentiated cells to a multipotent state, even within a single tissue.

During the metamorphosis of a caterpillar to a butterfly, the creature’s genetic code shifts. New cells (those of the butterfly) materialize during the Chrysalis or Pupa (transition) Stage (*The stage during which the caterpillar is full grown and stops eating, it becomes a pupa*). These cells are referred to as Imaginal Cells. *Quite similar, me thinks, to the scientific term ‘Junk DNA’.* *Hmmm, Imagine That!* The old cells (those of the caterpillar) see these new cells (those of the butterfly) as enemies and attempt to kill them – Quite similar to what our own antibodies do in order to counteract bacteria, viruses, etc. Obviously, however, the butterfly cells win.

For years, over 90% of our DNA has been classified as ‘Junk’. The reality is that it appears to be dormant, and we just don’t know that much about it…*Yet.* The following is an excerpt from an article entitled *“Revealing Purpose in 'Junk' DNA” by Frank Sherwin Published by the Institute of Creation Research:*

Creation scientists have countered that just because we don't know the function at the present, that doesn't mean the DNA doesn't have some important function. One need only look at the tonsils and appendix that were once taught by Darwinists to be vestigial (*useless*) but are now known, thanks to good scientific research, to serve important functions in the human body. Sadly, the title "Junk DNA" stuck, and hundreds of thousands of biology students and laymen were taught—incorrectly—that the trillions of cells in our body had mostly vestigial or useless genetic material (DNA) that served no function. Today, it is more correct to say that some sections of DNA are non-coding, but are not junk and have an important function.

The aforementioned is from the Institute of Creation Research: [*https://www.icr.org/article/3396/282*](https://www.icr.org/article/3396/282)

In addition to the aforementioned, the *Institute for Creation Research* has some rather interesting articles on this topic.

Butterflies:

Butterflies exhibit polymorphism, **mimicry** and aposematism (*The* *Colorization of certain distasteful or poisonous animals characterized by bright conspicuous markings, which predators recognize as a warning and learn to avoid*).

MIMICRY: (Which we discussed in *Chapter 5: Happiness Is…*)

In evolutionary biology, mimicry is the similarity of one species to another which protects one or both. This similarity can be in appearance, behavior, sound, scent and location. Mimicry occurs when a group of organisms, the mimics, evolve to share common **perceived** characteristics with another group, the models – *Likened to the way we assimilate ourselves within our environments.* The evolution is driven by the selective action of a signal-receiver or dupe. Birds, for example, use sight to identify palatable insects (the mimics), whilst avoiding the noxious models.

POLYMORPHISM:

Polymorphism in biology occurs when two or more clearly different phenotypes (*the set of observable characteristics of an individual resulting from the interaction of its genotype with the environment*) exist in the same population of a species — in other words, the occurrence of more than one form or morph. In order to be classified as such, morphs must occupy the same habitat at the same time and belong to a panmictic population (*one with random mating*).

Polymorphism as described here involves morphs of the phenotype. The term is also used somewhat differently by molecular biologists to describe certain point mutations in the genotype, such as SNPs (single nucleotide polymorphisms). SNP genotyping is the measurement of genetic variations of SNPs between members of a species. Polymorphism is common in nature. It is related to biodiversity, genetic variation and adaptation; it usually functions to retain variety of form in a population living in a varied environment.

The most common example is sexual dimorphism, which occurs in many organisms. Other examples are mimetic forms of butterflies (**see mimicry**), and human hemoglobin and blood types. According to the theory of evolution, polymorphism results from evolutionary processes, as does any aspect of a species. It is heritable and is modified by natural selection. In polyphenism, an individual's genetic make-up allows for different morphs, and **the switch mechanism that determines which morph is shown is environmental**. (-*No programming there, ha?)* In genetic polymorphism, the genetic make-up determines the morph.

As I researched this information, I recalled a documentary I’d seen many years ago wherein I learned the word ‘Chimera’. The topic of that documentary was the genetic testing involved in a parentage law suit. The testing showed the mother’s DNA to be comprised of two distinct types of DNA (**D**eoxyribo**N**ucleic **A**cid, the main constituent of chromosomes). The word ‘Chimerism’ was used to describe the findings.

CHIMERA / CHIMERISM:

A chimera (also spelled chimaera) is a single organism composed of genetically distinct cells. This can result in male and female organs, two different blood types or subtle variations in form. Animal chimeras are produced by the merger of multiple fertilized eggs. In plant chimeras, however, the distinct types of tissue may originate from the same zygote *(a fertilized ovum*), and the difference is often due to mutation during ordinary cell division. **Normally, chimerism is not visible on casual inspection; however, it has been detected in the course of proving parentage**.

Another way that chimerism can occur is by organ transplantation, giving one individual tissues that developed from two different genomes. For example, a bone marrow transplant can change someone's blood type**.**

* In 2002, Lydia Fairchild was denied public assistance when DNA evidence showed that she was not related to her children. A lawyer for the prosecution heard of a human chimera in New England, Karen Keegan, and suggested the possibility to the defense, who were able to show that Fairchild, too, was a chimera with two sets of DNA. *…Perhaps this was the documentary I’d seen?*
* In 1953 a human chimera was reported in the British Medical Journal. A woman was found to have blood containing two different blood types. Apparently this resulted from her twin brother's cells living in her body. More recently, a study found that such blood group chimerism is not rare. *Now that’s interesting!*
* Another report of a human chimera was published in 1998, where a male human had some partially developed female organs due to chimerism. He had been conceived by in-vitro fertilization. *What was going on in that test tube?*

I believe that we are born with the potentiality of *any* dis-ease, not only those which, by way of DNA heredity, we may be ‘predisposed to’. I also believe that we have the capacity to alter, if not control, our destiny where dis-ease is concerned. It is my belief that dis-eases are *triggered* by a number of influencing factors. If morphogenetic (imaginal) cells can be redirected, then it is possible not only to evade the development of dis-ease, but repair and resolve them should they have the opportunity to develop.

On a much broader scale, I believe that we have the capacity to change just about anything (not only the course of dis-ease) when our focus and intention are conscious and purposeful. The line of analysis and exploration that I’m suggesting, in a nutshell, is that anything is possible. Some healings, particularly those whose credit is awarded to energetic or holistic modalities, to some may seem to occur ‘*as if by magic’* as they do not conform to our accepted mechanical or medical methodologies. Yet they occur nonetheless. In years past, things of this nature were shunned or cast aside. Fortunately, consciousness has evolved; and we tend to be a bit more open to embracing possibilities. Everything is a matter of perception.