

Spiritual Coach | Numerologist | Intuitive Reader

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**CERTIFIED HO'OPONOPONO PRACTITIONER**

*“The main purpose of this process is to discover the Divinity within oneself. The Ho’oponopono is a profound gift that allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past.”*

**– Mornah Simeona (1913 – 1992)**





# History Of Ho'oponopono

In pre-contact Hawai'i, Ho'oponopono was a process used by experts to manifest things in the physical world. Ho'oponopono was a process used by kahuna to manifest things like healing and increased food production. Due to its foreign nature to strict religious colonizers, it went underground. In the mid-20th century, **Morrnah Nālamakū Simeona**, one of the last traditional *kāhuna*, modified the traditional forgiveness and reconciliation aspect of Ho'oponopono to adapt it to modern-day realities drawing influence from India, China, Edgar Cayce, and her Christian education.



*The ancient people understood the concept of "I AM the I", that the Divine resides within each person's being and expresses as **the triune mind**:*

***U-NIHI-PILI, also known as the 'Low Self' or Subconscious Mind,*** represents the emotional, feeling, and animalistic expressions of the mind. It acts as a memory bank, storing memories and extending an individual's vibration onto objects, places, and persons. It can create problems during psychoanalysis or diagnosis by a doctor.

***U-HANE, also known as the 'Middle Self' or Conscious Mind,*** possesses reasoning power, makes choices, and guides the **Unihi-pili**, vibrating at a higher frequency level than the Low Self.

***AU-MA-KUA, represents the 'High Self' or Super-conscious Mind,*** serving as a connection between the individual and the Cosmos, Creator, or God. Operating at a high frequency of vibration, it guides and protects the individual with love and concern while allowing freedom of will.





"As within so  
without.  
As above so  
below."



# The Objectives Of Ho'oponopono

- *To release and cut (oki) all "aka cords" or connections with imbalances, inharmonious, and negative situations*
- *To achieve Balance (Kaulike) and Peace of Mind (Maluhia), "within and without", amongst others as well as nature.*
- *Healing manifestation through the spiritual, mental, then ultimately, physical, and material planes.*
- *In "exorcism" (Ho'omahiki), helps the release of earthbound spirits or spirits from individuals, places, situations, and objects.*
- *Reincarnation: Release (Ho'okino Hou ia) of individual, etc., from unhappy, negative experiences in past lives; resolving and removing trauma from the "memory bank" without creating stress. The Law of Cause and Effect predominates in all of Life and Lifetimes.*

*The term "Ho'oponopono" roughly translates to "to make right" or "to correct". It is based on the idea that conflicts and problems stem from negative feelings, thoughts, or energy between individuals or within oneself. By practicing Ho'oponopono, a person aims to clear these negative energies and restore harmony. These four phrases are used as a personal mantra for self-healing and healing relationships with others. They are based on the principle that by taking responsibility for one's thoughts and actions, one can influence the energy around them, leading to profound transformation.*

# The Four Key Phrases Of Ho'oponopono



## I LOVE YOU (Self-love)

The Universal Truth represents love for oneself, others, and the universe. It serves as a reminder of the power of love to transform and accelerate the healing process.



## I THANK YOU (Gratitude)

Expressing gratitude for the opportunity to heal and for the lessons learned. It's an appreciation for the healing process itself in this now moment.



## PLEASE FORGIVE ME (Responsibility)

A request for forgiveness involves seeking forgiveness from others as well as from yourself. It's about releasing guilt, blame, and any burdens you may carry.



## I AM SORRY (Awareness)

Recognition of accountability: Acknowledging your role in creating or contributing to the issue, whether consciously or unconsciously.



# Ho'oponopono Real-Life Applications

Adult or child with average disorders, malfunctions, etc., dying patients, family get-togethers, accidents, suicide, drowning victims, combat war victims, disagreement between two or more individuals (family, business, etc.), a victim of a “curse” by individual, group, priest, sleeping sickness, deceased, misuse of the Laws of God; misuse of the Laws of Nature., possessions by “spirits”, embarking on a new career, removal of blocks that may interfere or create problems, spiritually, mentally and physically, tracing one’s “roots” or “ancestral tree.”, in cases of abortion and miscarriages, before going to the hospital; convalescent home, etc., for Institution; co-workers; superiors or anyone whom one may become involved with; absentee treatment: unhappy or traumatic experiences together in past lives can create problems in the present day association with above-said individuals ... thus helping to sever “aka cords” and establish or create harmony.



## **Family & Friends**

Clear misunderstandings, resentments, and past hurt to mend strained relationships. Practicing forgiveness and reconciliation helps rebuild trust and connection.



## **Personal Self-Healing & Growth**

By repeating the four phrases, you can release negative emotions and experience self-love and inner peace. This practice also helps to calm the mind, release stress, and cultivate gratitude, love, and peace



## **Work & Professional Life**

Use it at work to resolve conflicts, improve communication, and create a more positive environment. Regular cleaning can boost focus, creativity, and decision-making.





# THANK YOU FOR ATTENDING

If you have any further questions or would like to explore opportunities to work together, please don't hesitate to reach out to us.

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