

SECTION I

Getting Rid of the Old Stuff— Internal Housecleaning

“If you want something new, you have to stop doing something old.”

—Peter F. Drucker

You must get rid of the old to make room for the new. An internal housecleaning is necessary. You are not the culmination of old patterns, thoughts, and beliefs. You can always choose a new way of being. In getting to know your soul, you will feel a deep connection, a deep love, unlimited power, and peace and flow. As you peel off these layers, you will meet some resistance but will also feel freedoms and connection like you have never felt.

From when you are born until the age of five, you are in a hyper-sensitive state of receiving. Your “automatic programming” is formed. Many people still react from this programming, even though it might not be in alignment at all with what they now feel or want. By looking at some of the ways you talk about and react to yourself and others, you can do some inner work and find what you want to change. This may seem scary or challenging as you begin to see and hear some of the patterns that have been built in to you as your “go-to” reactions for so long. Know that by paying attention to them, you do yourself a powerful service. You shed the old habits, beliefs, and patterns that are not you, while you make room for new habits to emerge that serve you well. Noticing these habits and patterns of beliefs translates to freedom for you to truly be who you are. These habits and patterns might have been in place for the last ten, twenty, thirty, or even forty or more years, but as you will see, they don’t take a fraction of that time to get rid of. Noticing them and being kind to yourself as you arrive at them is of critical importance. That is the first step toward healing and moving forward into your unlimited potential and creating a life more magical than your wildest dreams!

FORGIVENESS

“You must realize everyone is doing the best they can from their own state of consciousness.” —Deepak Chopra

Self-forgiveness and forgiveness of others is crucial in removing blocks so you can move forward to create the life you want. In my practice, I see lack of forgiveness as the number one reason people cannot move forward, and it is the block that they cling to most tightly. There are different ways to look at forgiveness so you can shift the energy around yourself and your relationships with others. It might seem or feel very uncomfortable at first, but know that in taking this step, you let go of the past and make room for your future to be brighter and much more enjoyable.

Self-Forgiveness

Wow, are we hard on ourselves! Most of us are often our own worst enemies. We repeat phrases in our head such as “we should not have said, done, or even thought or felt” whatever we are criticizing ourselves over. Most of us would never speak to a loved one the way we do to ourselves. We know instinctively we need to love ourselves more than anyone for our life to be in balance, but it does not come easy to us. We are not taught how to be kind, loving, and forgiving to ourselves. And this is not another thing to beat yourself up about! This is something you can learn now and in doing so, you can truly change the course of your life.

Forgiveness of Others

Please take a second to think about what forgiveness means to you. Sometimes saying the word to people can bring up very strong emotions. For me, forgiveness gives a feeling of freedom like no other. Whether it is self-forgiveness or the forgiveness of another person, this act grants us the permission and freedom to move on with our lives. Forgiveness doesn't have to mean you now love or approve of what occurred. It means you will no longer allow that incident, those words, or that inner dialogue of what happened hold you back. When you stay in a place of not forgiving yourself or others, you keep yourself rooted in that pain of the past. Even if you feel

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someone has wronged you, you still give them power over you by holding on to that anger, sadness, or state of un-forgiveness. Only in forgiving can you truly move forward and appreciate the current moment without being tethered to the past.

As the quote by Deepak Chopra acknowledges, “You must realize that everyone is doing the best they can from their own state of consciousness.” When people “wrong” us or do something we perceive as bad, that usually means they are not happy with themselves. They act and react from the space they are in and what has been demonstrated to them and experienced in their own lives. They act out their own patterns. Most people, unless they are sociopaths, will not hurt another intentionally. If they hurt someone, it usually means that is something they have been shown and learned in their own life. An example would be an abused child who later in life grows up to abuse others.

Forgiveness can bring up some resistance, primarily due to the fact that you have become so attached to the emotions associated with whatever event you hold on to. Consequently, you sometimes might require a little help moving on to the step of forgiveness and will need to reframe it in your mind. You might wish for a way to do it where you would not be fighting the unstoppable voice inside your head, which frequently can repeat to you that you are not ready to let go of this perceived wrongdoing. The tool I have found most useful for this is Ho’oponopono (pronounced *Hoe-oh-pono-pono*), a Hawaiian prayer and form of healing. The name may be hard to say but the prayer is the easiest and most profound and powerful of all I have encountered. In saying this prayer, you can activate deep healing and forgiveness for yourself and for others.

Ho’oponopono

When I heard the case of Dr. Len using Ho’oponopono to release and heal his clients of a criminal psychiatric hospital, without even seeing them, I knew I had to know more. Dr. Len was a psychiatrist at a notoriously harsh criminal mental institution in Hawaii. Instead of seeing the clients for normal counseling sessions, he sat with their file for the allotted session time and said the Ho’oponopono prayer for them. Within a few months, people noticed

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a difference and patients were taken off of their medications. Violence was down, plants grew on the grounds where they never could before, and the whole attitude of the place changed. Within a few years, many of the patients were released. He had healed a huge percentage of the people in the hospital without even meeting with them!

Ho'oponopono is based on the fact that we are all connected and that we are a hundred percent responsible for the reality we create. As Dr. Len puts it, "Have you ever noticed that when you perceive of a problem you feel like you are there?" Accepting that it is your responsibility does not mean it is your fault. It means you are responsible for healing yourself in order to heal whoever or whatever appears to be your problem.

This prayer works by truly talking to our soul and the souls of others. We are all connected at soul level. At soul level, there are no limits and we know we can always forgive and that we are responsible for what we create and for how we perceive reality. We are limitless, we can heal, and we are always capable of love. We can examine the negative feelings we have held so tightly and know we are strong enough at soul level to heal them. The Ho'oponopono prayer consists of four simple sentences, and I highly recommend you begin by using it for some self-healing and forgiveness. If you are like most people, you are often way too hard on yourself! However, if you were able to truly understand how perfect you are and that everything is a learning experience, you would always treat yourself with the same kindness you show your closest loved ones.

I recommend taking at least a few minutes to say this prayer, though even in saying it a few times, you will feel its power. Take a second to center yourself and to become aware of your surroundings. Notice your breath. Become present and repeat the following four sentences:

I love you.

I am sorry.

Please forgive me.

Thank you.

As you say this prayer, I ask you to recognize that your human aspect speaks directly to your soul. By saying these words, you affirm your love for your soul. You apologize for letting your mind and this three-dimensional world get the best of you and carrying you into a state of unhappiness when, in reality, all is truly perfect. You ask for forgiveness because you know you want to be truly connected and are sorry you put your soul through this, but you also acknowledge that it is challenging to be human sometimes. You realize you are responsible for these thoughts and emotions. You are grateful and pay this debt of gratitude by saying thank you for this love and forgiveness that is always present and available to you.

It can be very emotional and powerful saying these few sentences; feel them when you say them. This works whether you say the words aloud or silently. (Although I have found that the times I have allowed myself to utter these words out loud even more profoundly powerful.)

If you do this for even a few minutes each day, for yourself, you will see a profound change in your life. If you do this for another person, look at it in the same manner. Your soul is reaching out and forgiving their soul. Most times, when we are hurt, it was not an intentional act on the part of the offending individual. That person simply reacted and acted from what they know and their own state of consciousness. They have not intentionally gone out of their way to hurt you because of anything you are or have done. If you find it hard to forgive someone and let go of the pain on the third dimensional level, try this exercise and see what happens.

A few years ago, I was working on a project and had someone assigned to help me from a company I needed to collaborate with. This man was not very professional. When we had 9 a.m. meetings, he would frequently show up reeking of alcohol. He also smelled of shampoo and his breath didn't smell, so I didn't get the feeling he was drinking in the morning. I believe he drank so much the night before (and probably most nights) that the alcohol was literally seeping through his skin. There were many delays in him meeting with my team. When he finally did show up, he had one simple task: bring the piece we needed for the project. When I arrived at the meeting place, I

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saw him outside with his car doors and trunk open and a mess all over; he appeared distraught. He said he had made these plans a month in advance, had traveled four hours to meet with us, and had forgotten the one thing he had to bring. Needless to say, I was not happy. I tried to hide my disappointment and kept thinking that if this man was drinking so much that he reeked of alcohol 24/7, he probably was not a very happy person. Instead of cursing him or complaining about him endlessly and adding to that negative energy, I decided I would try doing Ho'oponopono for him. Within 48 hours, he was transferred off my project. This is a small example. I have had several in my own life, and I have had clients tell me repeatedly about the miracles Ho'oponopono has brought in to their lives.

Exercise 1: Learning to Forgive Yourself and Others with Ho'oponopono

Find a quiet space. Allow yourself ten minutes for this exercise and five minutes after. Take some long, slow breaths and notice them...do not judge your breath, just notice and become aware of it and let the in and out of your breath bring you to this present moment.

For the first five minutes, say these sentences of Ho'oponopono out loud (your human self says them to your inner self—your soul):

I love you. I am sorry.

Please forgive me. Thank you.

Notice how you feel as you say the words. Mean them, feel them!

For the second five minutes, say these words and direct them to a person in your life. It can be someone who you feel needs healing. It can be someone who you have had a challenging time with. Understand, as Deepak Chopra says, “Everyone is doing the best they can from their own state of consciousness.” You are not excusing anything that has been done but are connecting with that person at soul level and moving beyond the illusion that you truly know all the factors in a given situation. You take into consideration that you too have been adding to the energy of that person being a challenging person or wrong in a situation by replaying that to the Universe every time you think about them. When you say sorry, you say you

