

HOW TO OPTIMIZE YOUR RELATIONSHIPS

By Trisha Howell

An excerpt from *The Journeying Workbook: Adventuring to Unleash Your Inner Power*, by Trisha Howell, Howell Canyon Press (www.HowellCanyonPress.com), 2005, p. 28-29

Ho O Pono Pono

Ho O Pono Pono is a Huna method of clearing out old relationship energy, cutting your cords (akas) to relationships you no longer want, and reestablishing your current relationships on a fresh basis. This frees you from being weighed down and stuck in old relationship patterns that no longer serve you. It can be done with adults, children¹, animals, and even objects and places. It is good to do this often with all your relationships to keep them fresh, light, and healthy.

When you clear a cord (your energetic link) with a person you are continuing a relationship with, another cord will form next time you interact with them. Be sure that you now have very positive intentions and emotions regarding that relationship so that it can reform on a better foundation.

Ho O Pono Pono is a guided visualization and energy work technique. Here is the process:

- Lie down in a dark, comfortable, safe place, and close your eyes.
- Imagine yourself floating above your head, and intend to connect to your higher self.
- Make (visualize) a stage below you and invite the person, animal, object, or place you want to deal with onto the stage.
- Speaking in your mind, tell them everything you need to communicate to be complete with them. (Say everything you would like them to know—especially, important things that needed to be said and never were—and thank them for whatever good they have brought to your life.)
- Allow them/it to respond completely. (Listen for whatever he/she/it may convey to you, hearing the words and seeing any images in your mind.)
- Go back and forth responding to each other until you feel that all that needs to be said has been said.
- Visualize and allow the light of all love and healing to come in through the crown of your head and to fill your entire body. When you are filled to overflowing, allow this light to flow from your heart to him/her/it.
- Imagine a sword made of light (perhaps like a laser) in your right hand, and use it to cut any cords that connect you two. Send his/her/its energy back to him/her/it, and bring your energy back into you. Let the light flow continuously while you cut the cords then continue until he/she/it evaporates into the light.

¹ When you do Ho O Pono Pono with children or animals you have a continuing relationship with, immediately and intentionally reestablish the relationship right after Ho O Pono Pono so that they won't feel abandoned. Do this by visualizing and affirming a positive intention for your relationship, and imagine those intentions—and whatever else is for the highest good between you—as a cord linking you two.
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- Disconnect from your higher self and sink back into your body.
- Feel your energy strongly in your belly and ground your energy back into the earth.

I've used this technique very successfully to disconnect from people whom I no longer need to be linked with and to rejuvenate current relationships. I thereby regain whatever energy I had invested in former relationships (which can then be used for more constructive purposes) and send the other party's energy back to them. I do this with good will, gentleness, kindness, and a blessing so that we part on good terms. And I take any negative charge (which is energy draining) out of current relationships and replace it with what is positive and uplifting. You can do the same. Ho O Pono Pono helps your journeying work because it clears and intensifies your energy, which makes it easier for you to successfully access and interact with whatever you find in the journeying realm.