

Cosmic  
Ordering  
The  
Next  
Step



# Cosmic Ordering The Next Step

*The new way to shape reality  
through the ancient Hawaiian technique  
of Ho'oponopono*

BARBEL AND MANFRED MOHR



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# INTRODUCTION

*If one person dreams alone, it is only a dream.  
When many people dream together,  
it is the beginning of a new reality.*

FRIEDENSREICH HUNDERTWASSER

So what has cosmic ordering got to do with Ho'oponopono?

Just as with cosmic ordering, Ho'oponopono is based on the assumption that everything is part of a whole and that the world around us is simply a reflection of the world within us. This means somehow I have created everything that exists, otherwise it wouldn't be there. In a very similar way to cosmic ordering, with Ho'oponopono I assume the origin for every problem lies within myself and therefore the resolution can also be found within me. If I tidy up inside myself, the outside world will automatically return to order because it is only an expression of my internal energy.

Our experience over the past few years has taught us that these techniques are equivalent to 'turbo-boosted'

cosmic ordering. In this book we would like to invite you to come with us on a journey of discovery into the almost unlimited world these new techniques offer. The more time we spent working with them, the more possibilities we found opening up to us. It is simply wonderful and liberating to use this method to deal with every type of problem – which even goes as far as giving us the ability to discover inside ourselves the reasons why orders have not been delivered, and to heal them.

It is only natural that sabotage programmes can sometimes occur inside us, such as *It can't be that simple!* (This doesn't necessarily have to happen, but don't be angry with yourself if it does.) This is why we have included many examples of successes in using this technique in this book, so that we can convince our rational self how well it works. The book also contains a number of different approaches to the subject, from the Hawaiian perspective to that of modern physics and current trends in psychology. One way to sum them all up, in the words of Shakespeare, is, 'there is nothing either good or bad, but thinking makes it so'.



HO'OPONOPONO means 'doing something right' or 'putting something right'. It stems from HO'O 'doing something' and PONO 'balancing out' or 'perfection'. You can also translate it as 'the path to perfection'. And 'doing' plays an important role in following this path. The more effort I put into setting things right inside, the faster they put themselves right outside.

Many little everyday problems wave the white flag of surrender after just a few 'exercises' have been tried, but regular use and repetition have amazing supplementary benefits. Once this method has become a regular routine, your inner peace creates a 'flow', a stream of life, in which an increasing number of small and larger 'miracles' can occur.

In the best cases, you begin to notice how the newly created inner energy finds its expression in the world outside and 'knowingly' begins to affect events there. You start to feel that everything is energy – and discover how this energy from the world within us expresses itself in the world around us.



# HO'OPONOPONO

*Practise forgiveness before the sun sets.*

HAWAIIAN APHORISM

About a year ago a friend forwarded an email to us, which we later received from many other people. It was an email from Jo Vitale about Dr Len and Ho'oponopono, an ancient Hawaiian technique. There wasn't really much in the email; it only said that the ancient Hawaiians believed that everything in the universe is essentially one and that everything is connected, and the effect of this is that everything visible in the outside world must also be present in every single one of us. Nothing can happen in the world around me without a resonance existing within myself.

Dr Len, a Hawaiian doctor, had apparently healed an entire ward of chronically ill patients in a psychiatric clinic, without even having met a single one of them. He had taken the individual records of each patient

and, as he read them, asked himself the question, *How have I created this?*

Everything is connected and ultimately everything is one. Dr Len is part of primal creation, which gave rise to this problem – so he himself helped to create it as he is also one with primal creation; it goes without saying, doesn't it?

The email continued by describing how Dr Len spent weeks repeatedly asking himself the same question, *How have I created this?* and, as soon as he discovered a reason within himself, he said to himself, *I'm sorry, I forgive myself*, and, *I love myself*.

This finally led to all but two patients being healed in a very short space of time; they were discharged and the entire ward was closed.

Well, we believe a lot of things, Manfred and I, but this was going a bit far. Who knows if this Dr Len actually exists at all and if this could really be true? (We now know that, yes, he does exist and that he even regularly comes to seminars in Germany.) But the idea electrified us. We immediately began to try it out.

At that point in time we had nothing more than that one email, but it was enough to give us our first amazing experiences and successes. Because we had some problems with the question, 'How have I created this?' and the ideas connected to it, we developed our own methods, which eventually became:

THE DOUBLE EMPATHY TECHNIQUE  
THE LOVE HEART TECHNIQUE  
THE MIRACLE DIARY TECHNIQUE

The fact that both cosmic ordering and its 'turbo-boasted' version, Ho'oponopono, are founded on the belief that the world around us is a reflection of the world inside us doesn't mean for me that the individual is responsible for all of their own misery and illnesses. Nobody comes from nothingness; nobody is born into nothingness and arrives pure as the driven snow.

When our twins were born, we could tell within the first minutes after their birth that each of them had a completely different way of expressing themselves with their eyes and that they also behaved differently – and

these differences remain until this day. So we clearly are not all the same when we arrive; we bring something along with us.

Neither are we born into nothingness. We are bombarded with the beliefs and opinions of our parents and families. All of the unresolved themes and feelings of our ancestors are carried forward from generation to generation through our families, and of course the society and culture into which we are born also influence us. We are what we are: a final individual product of all of these influences.

The wonderful thing is that we are all born with an innate key to freedom, at least to relative freedom. I always like to mention the Grameen Bank in Bangladesh as an example of how one can break through from rock bottom and end up leading an individual and successful life. In 2000 I made a documentary about the Grameen Bank. This bank gives loans to the poor and we were shown how, with its help, thousands of the very poorest people were able to start a completely new life. They moved up

into the middle class – some of them even effectively became head of their village.<sup>1</sup>

The SEKEM initiative in Egypt is another impressive example of how we can free ourselves of the restrictive ideas imposed on us by our environment. In 1977 Ibrahim Abouleish bought an area of desert and cultivated it. Since then he has created an organization that serves as a guide for the future. SEKEM combines business, cultural and social institutions, which are a shining example in economic and human terms and with regard to the quality of life created. In 2002 Ibrahim Abouleish was also awarded the Right Livelihood Award (or the Alternative Nobel Prize) for his 'miracle in the desert'.<sup>2</sup>

So each of us carries the key to freedom within us. This key is the link connecting us to the cosmos and the knowledge that we are at one with the whole and that we can allow ourselves be supported by this wholeness.

1 If you would like to find out more, there is a free online magazine with an article about the Grameen Bank on my homepage [www.baerbelmohr.de](http://www.baerbelmohr.de).

2 For more information about the SEKEM initiative, visit [www.sekem.com](http://www.sekem.com).

If each of us lived our lives in accordance with this insight, then we would, I am convinced, be able to solve the majority of the problems confronted by mankind and, with each passing generation, would become healthier instead of as now, always sicker.

Ho'oponopono – or what we made out of it, as the only knowledge we had about the original techniques came from this one email – is for us a type of 'advanced cosmic ordering' because it is even more purely and clearly founded on the knowledge that nothing in our world can exist without it also existing within ourselves, and that we have within our grasp all of the tools we need to be able to heal ourselves – which then has an immediate effect in changing the world around us.

As always when I (Barbel) like doing something, it has to be easy and light. I can well imagine Ho'oponopono, in all of its forms and varieties, developing into a new party game, but one with healing properties. Until now at parties and birthdays we have always either told each other how awful everything is and how everyone around us is so stupid, or we boasted about how wonderful and



clever we are and how much we have already achieved in life.

With 'hopping', as we playfully call our version of Ho'oponopono, we share our own weaknesses with each other, but in such a harmless way that it is easy to laugh about it together. However, we still achieve great depth. It is precisely its lightness, and the bond that this creates, that allow the most amazing healing of the problematic situations in life to follow.

So let's get going with a few concrete examples and detailed exercises. It's all quite easy actually, once you've got the hang of it.