

“Ohhhh, the sun shines bright on Missus Porter
For she’s a snorter
And so’s her dorter
Aaaand, they wash their feet in soapy worter
In orter



To keep them cleean”



These are the lyrics, to the song that Ella ‘forgot’, in her dream the other night! This was one of the songs, that Luc would lead them in singing – Ted, Mary Beth, and Ella – as they were scampering about the forest, in search of wild berries when they were kids ♥ . . .

Somehow, one day at Bjorn and Helga’s, Ella got remembering this ♥ . . . And somehow, this got them onto speaking about Hew Len ♥ . . .

Bjorn was a Professor of Forensic Psychiatry at Cornell University . . . And in his later years – for he was a pioneer, always searching for new methods, models that actually *worked*, to *heal* people ♥, rather than to ‘medicate’ them, turn them into vegetables, and leave them for naught ♥ . . . he came across the seminal ‘research’ of, Hew Len ♥ . . .

The story goes that Hew Len was a Psychiatrist at a hospital for the criminally insane, in Hawaii . . . Rather than practicing his medicine, as science typically does, wherein he would actually *sit* with, and *speak* with, his ‘patients’, during their ‘appointments’ . . . Hew Len would do ‘this’ ♥ . . .

He would open the file, for the person, and he would ‘meditate’, focusing on them, repeating, for the full duration, of the ‘appointment’, these words ♥ . . .

♥ “I Love You
I’m Sorry
Please Forgive Me
Thank You” ♥

These are the words, borne from the ancient Hawaiian practice, of ‘Ho’oponopono’ ♥ . . . It is an ‘art’, of how to dissolve, any ‘conflict’, in a society, for it ‘recognizes’, that any problem, *is the problem, of the whole society* ♥ . . . It is ‘different’, than codependence, in which people ‘habitually’, take on each other’s loads, and ‘weaken’, their own selves, in the process, of doing ‘this’ ♥ . . .

Instead, in Ho’oponopono, each person, in the society, repeats these words, albeit incessantly, *until the problem, it dissolves* ♥ . . . As then the ‘whole’, of the community, is *at peace*, yes in serenity, as the ‘irritation’, that once existed, *it is no more* ♥ . . .

And so Hew Len . . . ‘wondered’ ♥ . . . *What might happen, if I were to practice this, in a ward, for the criminally insane?*

Thank ‘god’ he tried this ☺

Because it worked ♥ . . .

Staff, became happy . . . They were no longer afraid, of coming to their place of work . . . They even, re painted, the walls, to be more ‘joyous’!! . . . So-called patients, recovered . . . They were released, from the hospital . . . They became participants, in their society . . . All because, *they were now well* ♥♥ . . .

The hospital, became more ‘empty’ . . . The lightness in the atmosphere, it could be ‘felt’ . . . The relief, in *this entire system* ♥ . . . Was worth, its weight in ‘gold’ ♥ . . . For Hew Len, he had ‘discovered’ . . . How to heal, the human ‘heart’ . . . By asking forgiveness, to ‘the creator’ . . . He, found, a, ‘route’ ♥ . . .

And so one might wonder, ‘What if we tried this? In relation, to all psychopaths? Who are misleading, entire countries? And ideologies, and the like?’ . . .

If you are inclined, to experiment with this ☺ . . . please do so, as Hew Len does . . . as the sacred practice, of Ho’oponopono, is *a practice, of Divine Love* ♥ . . .

It is naught, about ‘retribution’ . . . It is naught, about ‘paying up’ . . . It is not, about ‘repentance’ . . . It is about *waking up, in Love* ♥ . . . And as the person, who does ‘practice this’ . . . gradually repeats, these ‘words’ . . . they *clean the field, of the former elements, of energy, that were disturbed* ♥ . . .

This practice, ‘dissolves’ . . . impediments ♥ . . . This practice, ‘evaporates’ . . . deterrents . . . This practice lightens . . . ‘the work’ ♥ . . . This practice . . . makes LIGHT possible ♥ . . . Possible, to ‘feel’ ♥ . . . Possible, to ‘see’ ♥ . . . *For as the human heart, awakens, it blossoms, like a flower, and as it becomes, a flower, everyone, benefits* ♥ . . .

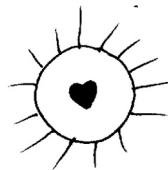
So if you, feel inclined . . . to ‘experiment, with the sublime’ . . . begin to practice, ‘Ho’oponopono’ . . . towards whatever, is ‘in need’ ♥ . . . This is not, an ‘imposition’ . . . This *is*, a ‘recognition’ . . . That whatever ails, ‘our society’ . . . is *our collective wound, to heal* ♥ . . .

Ho’oponopono, is ‘non intrusive’ . . . It is ‘pure energy, in motion’ . . . It is a ‘way, to heal this planet’ . . . So ‘please, heal away’!!!!!!

: :::::::::::::::::::::: :::::::::::::::::::::: :::::::::::::::::::::: :::::::::::::::::::::: ::::::::::::::::::::::

For a simple, ‘understanding’ . . . of how to practice this, ‘accurately’ . . . please visit, the ‘book’ . . . *Zero Limits* ♥ . . . It is co-authored, by ‘Hew Len’ . . . with, ‘Joe Vitale’ . . . It is a simple read, *and a delicious read!* It is a route, to ‘wake us up’ ♥ . . .

: :::::::::::::::::::::: :::::::::::::::::::::: :::::::::::::::::::::: ::::::::::::::::::::::



Through this scribing, we are checking . . . the *willingness*, of humanity . . . the *readiness*, of humanity . . . *to receive, its liberation* ♥ . . .

For it has become, as a species, so deeply, fossilized, in its experiences, of pain, that it *barely, realizes!* ♥ . . . That ‘the lid, is off the cage now’! . . . We are ‘truly, free to fly now’! . . . And if we ‘disbelieve, this truth now’ . . . we, will remain ‘stuck’ ♥ . . .

For our egos, have become doubtful : - (. . . that liberty, it is *here* now . . . And this ‘doubt’, of, ours, it is, *our, trap* . . .



And so Ella's 'acceleration', it was continuing, at quite, a 'spritely pace'! ♥ . . .
Years 'later' – the 'real world applications', of all that was richly 'gestating' in
her, would begin to 'bear fruit' ♥ . . .

It was in the year of 9:11 – *the day*, to be exact ♥ . . . that she realized, this ♥ . . .
The 'former, dark forces' . . . they had 'gone, a step too far' . . . they would 'no
longer, be able . . . to, remain hidden' . . . for they had 'been, a bit too balsy' . . . in
'defending, their so-called assets' . . . to the 'detriment, of the planet' . . . and 'this, would
wake them up' ♥ . . .

She didn't 'quite yet, know how this would play out' . . . for she was 'still, so very
innocent' . . . yet what she 'did know, was that this *event* would throw' . . . what had been
'hiding, *into the Light*' ♥ . . .

♥ "The Light is underneath now . . .

The Light . . .

Is *underneath*”⁸⁵ ♥

And when 'the Light, is underneath' ♥ ☺ !!!!!

There can be, no more shadow!!!!

For as anything, becomes 'backlit' . . . or, it becomes *under lit!* ♥ . . .

Nothing . . . can 'hide' ♥ . . .

And this . . . is the nature . . . of the 'story' . . . we are 'telling', here ☺ . . .

It is the 'story' . . . of how *everything . . . becomes willing . . . to be seen, a, gain!*

!!!!!!

And this . . . makes the 'beings' . . . in the 'galaxies' . . . *very happy!!!!!!*

For there is nothing, they 'can, naught, see' ♥ . . .

Everything . . . is already . . . completely transparent . . . to them! ♥ . . .

⁸⁵ This is one of the many, marvelous 'gems' ♥, that 'the voice, it gave to her' ♥, during, her time
of 'cloister' ♥, which we will begin to share with you, very 'soon' ♥ . . .



Secrets . . . can be ‘very lonely’ . . . a very lonely . . . place to ‘hide’ . . .
And ‘what . . . *are we hiding from?* . . . when we habitually . . . ‘hide’ ♥??

: :::: ::

That . . . is a very long . . . ‘sentence . . . to live out’ ♥♥

This, is the ‘topic’ . . . that Ella, was ‘remembering’ . . . as, she was ‘remembering
. . . what the ritual abuse, it was like’ ♥ . . . The other night, as she ‘sat up in bed’, as it
was still, ‘pitch black night outside’ ♥ . . . she . . . ‘remembered . . . the stark loneliness . .
. in that scene’ ♥ . . .

And then, she ‘realized’ . . . that what, she was ‘realizing’ !!! . . . was is that *all*
secrets . . . bear a *huge* price . . . *which is . . . the isolation . . .*

As no one, can hold a ‘secret’! . . . it is inherent, in the ‘definition’ . . . without
cutting, *themselves off . . . from the Source . . . which is Light ♥ . . .*

And so what, this truly ‘is’ ♥ . . . is a self, ‘condemnation’ .

.
.

It has nothing . . . to ‘do with God’ . . . it is *ourselves . . . we do imprison ♥♥♥♥ . . .*

: :::: ::

This may be . . . a ‘stark truth’ . . . to swallow . . . for ‘any of you’ . . . who still
believe . . . that ‘you are guilty’ . . . *and thus . . . you are hiding . . .*

Come out now . . . from your ‘cages’ . . . your self . . . inflicted ‘cages’ . . . for you
are only . . . making more ‘misery’ . . . by hiding . . . *from the Light ♥ . . .*

: :::: ::

It really is . . . this ‘simple’ ♥♥

If we all, let down our ‘masks’ ♥

As we lay down, our ‘secrets’ ♥♥

And we stand, in our *Divinity!!!*

We, will all be ‘healed’ ♥♥

In this, one very 'instant' ☺
We will end, all of this 'slavery' . . .
We will lift this hardness, out from 'our, hearts' ♥ . . .
And . . .
We will 'all cry' . . .
We will cry . . . in our 'elation' . . . We will cry . . . in 'jubilation' . . . We will cry,
and we will embrace ☺

Each other, as *we are free* ♥ . . .
There is . . . no 'jailor' ♥♥
There are only . . . we 'sailors' !!
Those among us . . . who are 'willing' ☺ ♥♥
To demonstrate . . . 'this' ♥♥
: :::::::::::::::::::::: ::::::::::::::::::::::
So what . . . are *you willing* . . . to 'not hide, today'???
Please do *know* . . . *you are contributing* . . . *more than words* . . . *can ever*
convey!!!

To the freedom . . . of 'humanity' !!
To the exquisite freedom . . . of 'this planet' !!
To the complete freedom . . . *of Divinity* !!
For we . . . have created . . . this grand ILLUSION . . . of 'the cage' ♥
: :::::::::::::::::::::: :::::::::::::::::::::: :::::::::::::::::::::: ::::::::::::::::::::::
: ::::::::::::::::::::::

Let these words *seep* . . . *into your psyche* . . . *into* . . . *your tranquility* . . . *like*
seeds . . . *you are planting* . . . *in your own garden* . . . *of free dome* ♥ . . .
For you . . . *are the freedom* . . . *yes you* . . . *are the freedom* . . . *yes you* . . . *are*
the freedom . . .

So . . .
Be . . .
It . . .
Now . . .

: : : : : :

Take back . . . your power . . . as it is you . . . who 'is God' ♥

God, 'in disguise' . . . as 'satan, when you compromise' . . . your 'power, your energy, *your, Divine Light*' ♥

This may 'seem, to be critical' . . . of the 'powers, that once were' ♥ . . . and yet 'they, too *have been trapped*' ♥ . . . in '*their, self made cages*' ♥ . . . for 'everyone, suffers' . . . when 'any, one suffers' . . . and so 'Now, It Is The Time' ♥ . . . to 'Set Every, Thing, Free' ♥

: :

It really is ☺

This simple

♥♥

: : : : : :



Let's continue, with this 'wee story', of Ella, 'in her glory'!, as she, was is 'releasing . . . climbing out, of her shell' ☺ . . .

: : : : : :

Once the 'hypothermia, it had done its trick'! . . . and 'the voice, it was flowing in' ♥ . . .

It began to spill to her, *through* her ♥ . . . at *such, a rapid pace!* ♥ . . .

Visions . . . and 'understandings' ♥ . . . of 'how, this world works' ♥ . . . It was physics . . . and 'sacred geometry' . . . and 'stellar . . . cosmology' . . . *plus!* . . . human 'psychology' . . . and too . . . 'who IS Divinity'? . . . all of this . . . 'rolled into One' ♥ . . .

She 'wrote – so fast' . . . as this 'intelligence – it was spilling' . . . huge 'volumes – from its data bank' . . . 'way up – within eternity' . . . For 'what – she was being shown' . . . were 'primal principles – of our existence' . . . 'rapid keys – for our transformation' . . . and *all – of – it – fit!* ♥ . . .

Each and every, single ‘thread of it’ . . . was meticulously, ‘woven’ . . . into a fine, majestic ‘tapestry’ . . . that she, could ‘comprehend’ ♥ . . . so that ☺ . . . *she can ‘share it’!* ♥ . . .

This . . . has been ‘her life’ ♥ . . . from those precious, moments ‘onward’ ♥ . . . She is like a carrier, a ‘pigeon, Dove’ ♥ . . . of . . . the ‘Homeward Directions’ !!!

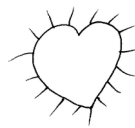
: :::: ::::::::::::::::::::

And this . . . it is ‘why’ ♥ . . . she . . . is still ‘alive’ ♥ . . . for as . . . the former ‘dark, knights . . . they . . . did realize’ ♥ . . . that she . . . is ‘truly carrying . . . the Map . . . of our Ascension’ . . . they ‘bid . . . the dark lords *Don’t . . . Touch . . . Her* ♥ . . .

We Need Her . . . To Get Home’ ♥♥ : :::: ::::::::::::::::::::

And this . . . is how this ‘story’ . . . continues ☺ . . . *from now on* ♥♥♥♥

: :::: ::::::::::::::::::::



Ah yes ☺ . . . One more thing, before we ‘rest’ ♥, soon for this ‘weekend’ ♥♥

When she, was a teen, and occasionally, she pondered, what qualities, she would need – yes *need!* ♥ – to be present, in ‘a man’ ♥♥ . . . there was ‘one, that was most vital’ ☺

He, would need to be, ‘okay’, *with her goofy self!*

For she, is ‘far too serious’ : - (

So much, of the ‘time’ ♥

His presence, it would need to be, such, that it would ‘lighten, her, up’ ♥

It would cool her ☺

It would soothe her ♥

By him enjoying . . .

Her goofy side ♥

