A wounded healer learns to breathe: Embracing “Yes to Life” with proper breathe

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Abstract
This short review reflects these persons previous life phases where life were mostly full of sorrow. Before reading Yes to Life by Frankl and Practicing the Power of Now by Eckhart Tolle, they felt like lost people in the already lost world. But one of us (VC) began to give what he can to persons who suffer their own problems, what is taught in wounded healer by Henri Nouwen. The rest of it is the following story.

Introduction
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One of the things he started to do is to learn to say thank to Lord God the Almighty.

Then he sought things that we can do to other persons, including:
- teaching in a local institute of agriculture, which later he learned one thing or two of laserculture in agriculture. Years later, a young engineer from SeSI in Switzerland contact him to do a video clip on laser culture and magnetic culture in agriculture
- accompany a young fellow who was struggling with bronchitis, and each Saturday morning he spent one hour or two to talk and encourage him. After several months, the friend has be full recovered from bronchitis.
- writing a short review article on leadership from powerlessness. He felt compelled that while most people and it means literally almost everyone trying to
rule the world, few trying to practice leadership from the bottom. And quite surprising, that this article has been registered in Scopus index.[2]
- writing article in Neurology J, on how to go beyond rationality, and to accept creativity as part of going from plain rationality, to embrace balance of left and right hemispheres of human brain. He felt compelled that this is the way needed by the world in order to return to sanity.[1]
- learn to practice coaching type leadership. He started a small coaching group to young entrepreneurs, in order to help them to grow as entrepreneurs.
- learn to give to people, especially those in need.
- give a few of his books to younger fellows and Christian teenagers, in order to help them to grow to be more matured Christians in spirituality.

**Sunday morning, 17th Dec. 2023**
In Sunday this morning, he went to a church service, but he went almost fall asleep. Gradually, he felt more healthy by remembering Ho'oponopono practice to learn breathing and pray in simple prayers, forgive me, I love you, thank you. And so on.

After a few steps of breathing, he felt much more fresh in mind and body.

**Learn to breathe**

He recalls an old book:

"recently read the book *Zero Limits* by Joe Vitale, which shares a secret Hawaiian system for wealth, health, peace, and more. The "secret system" is what is called the Ho'oponopono prayer for healing, which is taught in the book. In Joe's book, he shares a powerful story about how this therapist was able to miraculously heal these criminals in a mental institute, without even visiting them. He used the Ho'oponopono prayer for healing by just repeating the phrase, "I love you, I'm sorry, Forgive me, Thank you" over and over again."¹

¹ [https://projectlifemastery.com/hooponopono-prayer-for-healing/]
Reclaiming Inner Peace Through Ho'oponopono and the Wisdom of Breath

In a world choked by noise and anxieties, the simple act of breathing can become a revolutionary act. It's a gateway to inner peace, a grounding force in the face of chaos, and a potent tool for healing and transformation.

Nowhere is this connection between breath and well-being more deeply understood than in the ancient Hawaiian practice of Ho'oponopono. For generations, this wisdom has guided islanders towards harmony and forgiveness, offering a powerful path to reclaiming inner peace through conscious breathing and self-reflection.

*Ho'oponopono: Breath as a Bridge to Harmony*

Ho'oponopono, meaning "to make right," isn't a mere technique; it's a way of life. It emphasizes personal responsibility, urging us to take ownership of our thoughts, emotions, and the energy we project outwards. At the heart of this practice lies the belief that everything we experience, both positive and negative, is a reflection of our inner selves.

And what better tool for introspection than our breath? Each inhale and exhale becomes a conduit for releasing limiting beliefs, negative energies, and emotional baggage. With each conscious breath, we clear the slate, making space for inner harmony and a renewed sense of connection to ourselves and the world around us.

*Breathing with Aloha: A Guided Ho'oponopono Practice*

Ready to embark on your own breath-fueled journey of self-discovery? Here's a simple Ho'oponopono-inspired breathing practice you can do anywhere:

- Find a quiet place where you can sit or lie comfortably. Close your eyes, or soften your gaze.
- Take a slow, deep breath in through your nose, feeling your belly expand. Imagine inhaling pure white light, cleansing and purifying your being.
- Hold your breath for a brief moment, feeling the energy within you.
- Silently repeat the Ho'oponopono prayer: "I am sorry, I forgive you, I love you, I thank you." Let these words resonate with your breath, directing them towards any negativity or discord you may be holding onto.
- Exhale slowly through your mouth, releasing any tension or negativity you identified. Imagine exhaling a dark gray mist, carrying away what no longer serves you.
- Repeat this cycle of mindful breathing and such words recitation for several minutes, allowing yourself to surrender to the rhythm of your breath.

**Beyond the Practice: Living Ho’oponopono Every Day**

While dedicated breathing sessions are powerful, the essence of Ho’oponopono extends far beyond. It’s about applying its principles to every aspect of your life. Remember:

- Be mindful of your thoughts: Observe your inner dialogue without judgment. When negativity arises, gently use the Ho’oponopono method to release it.
- Take responsibility for your energy: Acknowledge the impact your thoughts and emotions have on yourself and others. Choose to radiate love and positivity.
- Practice forgiveness: Forgive yourself and others, not as a condoning of actions, but as a release of negativity and a path towards healing.
- Live with aloha: Aloha, meaning love, respect, and compassion, is the cornerstone of Ho’oponopono. Infuse every interaction and action with this spirit of aloha.

Remember, Ho’oponopono is a journey, not a destination. The more you practice, the more naturally the principles will weave themselves into the fabric of your being. With each conscious breath, you chip away at the walls of negativity, revealing the radiant joy and peace that lies within.

So, go forth and breathe with aloha. *Let your breath be your guide,* your bridge to inner harmony, and your contribution to a world filled with love and light.

**What is this lesson to embrace breathe and prayer for the healthy and peaceful world: Extending the Breath of Prayer for a Harmonious World**

Beyond the rhythmic flow of our individual breaths lies a universe of connection, a vast potential to breathe not just for ourselves, but for the collective good. The ancient wisdom of Ho’oponopono, emphasizing responsibility and mindful intention, whispers of this possibility. But what if we expanded its power, infusing
each exhale with prayer, a yearning for harmony that ripples outward, echoing through hearts and communities?

Instead of solely seeking inner peace through transcendental meditation, imagine weaving divine connection into the tapestry of our breath. Envision prayers, whispered or sung, carried on the wings of each exhale, ascending to the heavens not as pleas for personal gain, but as seeds of hope for a peaceful world. This isn't about subscribing to a god or bowing before particular altars; it's about harnessing the universal language of the soul, the language of prayer (cf. Braden, 2018, 2006).

Music, too, can become a sacred tapestry, its notes intertwining with our prayerful breaths. Whether it's the soul-stirring power of worship music, the uplifting melodies of classical masterpieces, or the enigmatic vibrations of Solfeggio frequencies or Schumann resonances, each genre offers a unique pathway to communion. Let the music wash over you, its rhythms synchronizing with your heartbeat, its melodies harmonizing with your prayerful intent.

As you breathe, listen, and pray, visualize your exhalations carrying not just carbon dioxide, but love, compassion, and a yearning for a world bathed in harmony. See your prayers as ripples on a pond, expanding outward, touching hearts miles away, inspiring acts of kindness, and igniting a collective flame of hope.

This isn't a passive practice; it's an active dance of intention. Be mindful of your thoughts and actions, for they are the seeds you sow with each breath. Choose kindness, choose forgiveness, choose to radiate the peace you seek in the world. Remember, you are not alone in this symphony of prayerful breaths. Millions, perhaps billions, may be inhaling and exhaling alongside you, each contributing their own unique vibration to the collective harmony.

This is not about subscribing to a specific religion or doctrine; it's about reclaiming the universal language of the soul, the language of prayer, and weaving it into the very fabric of our breath. With each conscious exhale, we become conduits of hope, weaving a tapestry of harmony that begins within us.
and stretches outward, note by note, breath by breath, prayer by prayer, towards a world bathed in the radiant light of peace.

So, breathe deeply, my friend. Listen to the music of your soul, the music of the world, and let your prayers rise on the wings of your breath. Together, we can create a symphony of harmony, a world where every exhale ripples with the possibility of peace.

Additional Inspirations:

- Music Therapy: Explore the therapeutic potential of music in different cultures and traditions.
- Meditation and Prayer Practices: Investigate diverse spiritual practices from different faiths to find one that resonates with your soul.
- Volunteer Opportunities: Find ways to actively contribute to causes you care about, extending your prayers into tangible actions.

Let your breath be your prayer, your music your guide, and your actions your testament to the harmony we all yearn for. Remember, we are not alone in this grand symphony of life. Breathe, pray, and together, let us compose a world where peace resonates in every corner.

Advise to practice: learn to pray for the world, for better result, do prayer in a group session, with peaceful music, such as the following:

* https://www.youtube.com/watch?v=uiW33Sg8nAo

** https://www.youtube.com/watch?v=pq9ZgKYyA_w&t=36s

Version 1.0: 17th Dec. 2023, pk. 11:45
VC & FS

Acknowledgement
This short review written partly with assistance from bard.google.com

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Books:
YES TO LIFE
IN SPITE OF