

Lesson: Change Your Words, Change Your Life ... For the Better!

Remember “Abra Cadabra” Means “What I speak, I create.”

Daily Activities	Self-Check						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Language Check-Up & Switch!							
Connect with my Switch buddy							
Practicing verbal harmlessness							
Select 3 words to describe how I will experience the day.							
Affirmations for my desired outcomes							
Challenge limiting beliefs (if they arise)							
Utilized tools to help me change state quickly							

If you are having a not easy time SWITCHING, or are dealing with strong lower-energy thoughts, self-talk and/or emotions, use either Hakalau or Ho’oponopono as described below to change your state and regain composure.

Create a Physiological Shift with Hakalau¹

- Become aware of the negative emotion you’re feeling (not the story behind it) and name it as you put your head down. For example, if you were nervous about an upcoming meeting or having to speak in public, you say to yourself, “I feel nervous” and then put your head down.
- Now straighten your back, lift your chin up slightly and look up to choose a spot on the ceiling. As you stare at the spot, just let your mind go loose and focus all your attention on the spot.
- Next, allow your field of vision to spread out, expanding your peripheral vision to 180 degrees. As your vision spreads out, you see more of the room.
- Take a deep breath and relax your tongue onto the bottom of your mouth to tell your unconscious mind that the danger is over.
- Notice that you no longer feel that negative emotion because you changed your physiology and accessed a different part of your brain, the pre-frontal cortex.

¹ [See Hawaiian Huna Practitioners Use Meditation to Connect with Spirit \(ancienthuna.com\)](http://ancienthuna.com)

The Ancient Prayer of Ho'oponopono²

This 4-part prayer moves you from a state of low-energy emotions back to the feelings of love and belonging. It is based on the belief of taking 100% responsibility, particularly regarding how you respond to the events that occur in your life.

- The first step is to recognize that you are feeling low-energy emotions, such as fear, anger, hate, sadness, grief, despair, worry, doubt, or disappointment **and you have a desire to release those feelings.**
- Next, recognize that when you are feeling those emotions, it indicates that you have disconnected from the source of love (God, Source, Higher Power, Divine). You remember that Divine Love is available to you at any moment for the asking. It is a well available for you to drink from, waiting for you to come. All you need to do is be The One to go to the well.
- Shift your energy and emotions by reciting the following prayer:

I'm sorry

(for having fears (thoughts) about _____ (the person or situation))

Please forgive me

(for forgetting that I am always taken care of and that love is always available to me through you)

Thank you

(for erasing these fears (thoughts) from my mind)

I love you

(for taking care of my mindset so I can allow more love to come in)

Remember, you are taking 100% responsibility for the way **you are feeling** about the situation. When you say the prayer, you are speaking to God (Source, Divine, Universe) only about yourself, NOT the other person or the event.

² See <https://www.self-i-identity-through-hooponopono.com/> and <https://www.hooponopono.org/>