

The Sixth Book of the Dead called the Book of El'Muumin

A talk on Confession - TM

May we know the One and Love the All.

We are all medicine for each other.

The Inspirer of Faith Mu'min comes from the root hamza-meem-noon, which is also the root word for 'amen'. El' Mu'umin points to four main meanings. The first main meaning is to be secure, safe, and free from fear, and the second is to be quiet and tranquil. The third main meaning is to grant protection and to safeguard, the fourth is to be trustworthy and to believe in.

It is a mystery that we can "become one with the heart of Divine Light". This union is not an self-improvement project or strategic problem-solving to bypass the difficulties of human life but as a path to cultivating the sacred in everyday life, living the 'holy ordinary'. So let us imagine then that this book of El'Muumin may speak to us about deep 'self-remembering' as a way of experiencing life and ourselves, by working with what is, rather than what you wish were there. You reclaim what has been disowned or disregarded through fear, pride and arrogance. When you look at fear, you see that many of our faults arise from fear and pride is a **thinly disguised, but ineffective, way to feel good about ourselves. When we 're-member' that all of our good qualities, wealth, talent, physical beauty, strength, and so forth come due to the kindness of others. If others did not give us this body, if they did not teach us, give us a job, and so forth, we would have nothing and would lack knowledge and good qualities.**

It requires the act of self-observation and self-remembering. And confession can be the beginning step. "And only by this confession is one saved from the destruction and sin of the world of matter."

It is human nature to seek pleasure and avoid pain. Most of us spend our lives trying to attain as much happiness as possible and prevent as much sadness as possible. The paradox is, however, that this causes suffering.

Buddhist teachings point out that suffering arises when we resist whatever is happening in the present moment. When we don't accept the moment as it is, we suffer. While it is the most natural thing in the world to try to avoid pain, pain is unavoidable; it is a fact of life. When we resist this fact, we suffer.

Practicing the art of confession is a powerful way to connect with yourself and all of humanity.

We all experience sadness and other "negative" emotions at different times, yet when we do, we often feel very alone in it. This practice reminds us that we're not alone when we are in pain. If we have the courage to break the habitual pattern of pushing away the pain, we can experience deep compassion for ourselves and all beings.

Take a moment right now to check in with yourself. Take a few mindful breaths. Notice how you are feeling in your body. Is there any physical discomfort? How are you feeling emotionally? Any emotional discomfort? If nothing is standing out right now, think of a time recently when you were experiencing an unpleasant emotion--could be anything, like sadness, fear, or anger. Instead of trying to talk yourself out of the feeling or judging yourself for having had the feeling, hold the feeling in your awareness, and as you breathe in, breathe in the feeling. If it is sadness, for example, breathe in the sadness. As you do this, imagine you are connecting with all the other people on the planet who are experiencing sadness right now. You breathe in sadness for all of them. Then, as you breathe out, breathe out compassion for yourself and all people who experience sadness. Breathe in the sadness, and breathe out compassion.

In traditional approaches to problem solving and healing, the therapist begins with the belief that the source of the problem is with the client, not within oneself. You're trained to believe that your responsibility is to assist the client in working through their problem. But I was given the opportunity in my clinical practice to work with another approach. You could say it was a 'buddha or christ centered' approach to the practice of therapy.

You begin with the willingness to be responsible. Responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility. In taking the path of compassionate and radical responsibility, we accept not only what we clearly create in life but also for whatever shows up, regardless of any apparent connection to our own actions. In a literal sense the entire world is your creation. So if problems exist, you take responsibility having created the problem situation. We are all responsible for everything that we see in our world. By taking full personal responsibility and then healing the wounded places within ourselves, we can literally heal ourselves and our world. Whenever a place for healing presents itself in your life, open to the place where the hurt resides within you. After identifying this place, with as much feeling as you can, say the below four statements:

I'm sorry. Please forgive me. Thank you. I love you.

Antidote to Pride and Arrogance: Remember our faults and recognize that arrogance is a thinly disguised, but ineffective, way to feel good about ourselves. When we 're-member' that all of our good qualities, wealth, talent, physical beauty, strength, and so forth come due to the kindness of others. If others did not give us this body, if they did not teach us, give us a job, and so forth, we would have nothing and would lack knowledge and good qualities.

The best part of the updated version of Ho'oponopono is you can do it yourself, you don't need anyone else to be there, you don't need anyone to hear you. You can "say" the words in your

head. The power is in the feeling and in the willingness of the Universe to forgive and love.

Step 1: Repentance - I'M SORRY

Accepting responsible for everything in your mind, even if it seems to be "out there." Once you realize that, it's very natural to feel sorry. This realization can be painful, and you will likely resist accepting responsibility for the "out there" kind of problems until you start to practice this method on your more obvious "in here" problems and see results.

So choose something that you already know you've caused for yourself? Start there and say you're sorry. That's the whole step: I'M SORRY. Although I think it is more powerful if you say it more clearly: "I realize that I am responsible for the (issue) in my life and I feel terrible remorse that something in my consciousness has caused this."

Step 2: Ask Forgiveness - PLEASE FORGIVE ME

Don't worry about who you're asking. Just ask! PLEASE FORGIVE ME. Say it over and over. Mean it. Remember your remorse from step 1 as you ask to be forgiven.

Step 3: Gratitude - THANK YOU

Say "THANK YOU" - again it doesn't really matter who or what you're thanking. Thank your body for all it does for you. Thank yourself for being the best you can be. Thank the Big Holy. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying THANK YOU.

Step 4: Love - I LOVE YOU

This can also be step 1. Say I LOVE YOU. Say it to your body, say it to God. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say it over and over. Mean it. Feel it. There is nothing as simple and as powerful as Love.