

The Intuitive Practitioner Certification Program TM

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Ring Pass Not

A "ring" in esoteric terms is a boundary. It is the barrier that keeps whatever is not wanted out; and whatever is wanted in. Most 'Ring Pass Nots' are unconsciously woven into our energy field as IMPRINTS.

A Ring Pass Not refers to a body of energy that does not allow perceptions, understanding beyond that boundary to exist or enter. These are usually layers of beliefs energized on numerous levels.

For example: If you believe that intuition is not real, your "Ring Pass Not" may be that only things provable, logical, scientific are real. Your "ring pass not" feels real and true to you and justified by your evidence. So, everything else does not enter your awareness, because your boundary keeps it out and filters it through that belief. You'll see signs and symbols and coincidences; Claircognizance as "making it up" or "just my own thoughts"; Clairvoyance as "imagination" and so on.

Another example: Collective or individual "ring pass not" that cancer is incurable. When a person perceives this as a "ring pass not", they will live out the constructs associated with that ring pass not and only multiple scientific breakthroughs to pierce the "ring pass not" of that consciousness can potentially allow the idea that "cancer is curable".

Scientific breakthroughs happen in multiple spaces around the globe within a certain timeframe. This is how the divine works to pierce through a "ring pass not" in the collective consciousness of humanity.

Examples include:

- the blast furnace (invented independently in China, Europe and Africa),
- the crossbow (invented independently in China, Greece, Africa, northern Canada, and the Baltic countries),
- magnetism (discovered independently in Greece, China, and India).
- Big Bang Theory of the Universe (Russia, Belgium, USA, and a poet wrote about it long before all of them discovered it scientifically, known as Edgar Allan Poe in 1848).

Typically, when you intuitively sense a "ring pass not" its referencing a type of shift around an entire belief system -- not just one belief. That construct may exist on four levels:

Lori Lipten's Intuitive Practitioner™ Certification Program

Tuesday Session - January 2022

- Soul level - this is considered karmic due to past life experiences and beliefs that came with you into this incarnation and influence your present (examples: fear of drowning from a past life; fear of abandonment; mistrust of government, etc.)
- Core level - this is all beliefs formed within this lifetime through indoctrination and marination (energetic influence) of your primary caregivers, family system, education, religion, and culture.
- Ancestral level - this is all the belief energy of your ancestors -- both positive and negative -- that are passed through the generations. This happens even if we are not aware of them or their patterns.
 - If you have had readings where ancestors are repeatedly showing up and saying things that do not make sense -- it is because they are attempting to address an ancestral imprint and assist you with healing it. If you say, "I understand, I get it, you don't have to come again" and they do -- it means that energy is not yet transmuted.
- Cellular level - this is when belief energy is existing within the cellular structures of the body and influencing your experience. Often this is ancestral, but it can be coming from any of the above influences too.
 - When my guides told me that I had passed through a Ring Pass Not, they used that phrase to grab my attention so that I would not miss what has occurred. They wanted me to understand that this was a profoundly significant shift in my own healing and ascension process. I am integrating this healing into understanding and momentum for moving forward.

The Earth is dismantling the 3D "Ring Pass Not" aka 3D consciousness.

- A Ring Pass Not is rigid energy. When we confront a "Ring Pass Not" it does not usually go down easily. We believe in these constructs and will defend them as truth. We find it very difficult to see past them.

• **Examples of “Ring Pass Not” being confronted and dismantled in movies include:**

• **Field of Dreams:** The brother-in-law insisting that everyone is delusional, they will lose their farm and cannot perceive the ball players in Spirit who are right behind him. Until a crisis manifest -- the daughter falls and needs a doctor. This breaks down his "Ring Pass Not".

• **Field of Dreams:** Ray's willingness to follow the intuitive voice without understanding its purpose until his father shows up. This breaks down his "Ring Pass Not" fueled by resentments and opens the stream of healing, the realization that he is living in a manifested 'heaven on earth' and brings forth a stream of prosperity.

• **Wizard of Oz:** Dorothy's soul retrieval and hero's journey leads her to let go of needing others to save her, rescue her and to have her life be any different. The internal shift allows her to realize she "had the power all along" to awaken from her "shamanic journey" and come into her body enlightened and appreciative of all "helpers" who had shown up as allies and adversaries in human form.

• **Don't Look Up:** Humanity's Ring Pass Not is revealed by how each person views the meteor heading to destroy the earth. Every single person in the movie is confronting their "Ring Pass Not" or holding onto it for dear life.

Humanity is confronting its 3D consciousness and Starseeds/Lightworkers are here to be part of that shift.

• We do this by dismantling our own 3D consciousness AKA our habit mind. We illuminate our ego mind, so we are no longer bound by its limitations (beliefs that are not founded on immutable truth).

• We do this through embodying our light and shadow: restoring ourselves to wholeness.

• Embracing our gifts, power, purpose, light.

• Facing our shadow and illuminating it, so we can integrate its power without shame and fear.

• Retrieving lost soul parts and power and integrating all of this into our whole beautiful self!

The Inspired Heart, Ho'oponopono and the Art of Transmutation

Ho'oponopono is a Hawaiian word meaning reconciliation. It refers to a traditional Hawaiian shamanic method. This protocol was brought into contemporary culture through Dr. Ihaleakala Hew Len and then popularized by Dr. Joe Vitale. Dr. Len helped stabilize and heal patients who were imprisoned in a ward for the criminally insane in a Hawaii State Hospital. He did this without ever meeting one patient.

Energy is not confined to time and space. From the higher consciousness you are dreaming a dream into reality. You and all that you see are one, because they are projections within your dream. As you evolve into being attuned and aligned with your intuition and view the world through your awakened lens, you will know that if you can see something, it is a creation within your matrix. This means, you have power to impact it. Shamans would say: "it is your responsibility". This is a very different perspective than contemporary culture which often claims that "this is not about me" or "it isn't my responsibility". Through this lens or worldview, everything is in your experience to serve your evolution and everything you encounter, you have power to address from the wholeness of your light-self. In other words, you can heal it and clear it, if you can see it.

In the case with Dr. Len, this specific ward had very unstable, even violent patients. Some patients were in shackles, many were suffering from serious delusions and maladaptive behaviors, and the staff was so unhappy working there, that turnover was very high. Dr. Len opened his office within the hospital and reviewed each patient's files, looked at their case and then invoked ho'oponopono daily on each patient and staff. As he did this, patients became notably improved. Shackles were removed, delusions resolved, medications were reduced, and most patients were moved off that ward. Staff began to like working there and retention resolved. The whole space shifted from a dark hole that no one wanted to be in; into a light filled space, where first people wanted to work, and patients grew increasingly peaceful. Then it evolved into a place with minimal patients and too many staff. And eventually, the ward was shut down completely because all patients were stabilized or cured, and the staff was steady, happy, and fulfilled.

This is not urban legend. This is a verified story that can be researched.

Lori Lipten's Intuitive Practitioner™ Certification Program

Tuesday Session - January 2022

Ho'oponopono brings the heart and soul into reconciliation by resolving all beliefs or energies that have created suffering. It cleanses the mind, body and spirit of all energies that block our fullest potential. The Inspired Heart does this as well. Long before I had ever learned "ho'oponopono" I was practicing the Inspired Heart and radiating love to all life. At times, I would do this toward anyone with whom I had discord: a family member, colleague, employee, friend. Sometimes, I would do a 10-minute session and notice immediate results. I would fill myself with love and light, radiate the light to the individual consistently for at least 10 minutes. I would repeat in my mind, "I love you" throughout the meditation and do it until I saw the individual start to glow OR they would hold up a sign saying "I love you" back to me. The results were amazing to behold. Some sessions took longer than others, but every time I did this, I noticed remarkable results. Colleagues who would not speak to me, started inviting me to lunch. I once did it before going to a party where two women I knew held some grudge-type energy against me (but had no idea why). They would never acknowledge me in any social gatherings (and were not really friends with one another). I knew they would both be there, so in my car, I did the meditation, just before going into the party. I opened the door to the house of the host and both women were the first two I saw! Each one greeted me warmly, with such loving energy, it was uncanny. My BFF approached me later and asked: "who drugged those two?" 😊. I responded: "I drenched them in love before I came in and check that out".

Many years later, I learned Dr. Len's method of "ho'oponopono" before Joe. Vitale made it "famous". While the words are different than what I used, the vibrational intent is a match. Both methods return the sender and receiver to a zero-point (neutral) which equates with returning to our divine nature as love, light, and unity consciousness.

Dr. Len says: "The only purpose in your life and mine is the restoration of our Identity, our mind, our Mind—back to its original state of void or zero), of purity of heart (Divine Heart) through nonstop cleaning (ho'oponopono)."

It is my assertion that we are birthed from Divine Light as Love and came into a dualistic dimension to remember our Divine essence, embody it and create from it fully. This equates with restoring our Divine Mind (true self not ego identity) our Inspired Heart (Divine Compassion & Love) through consistent presence in the infinite now (unified consciousness).

All effective healing restores energy to a zero-point. Sometimes this takes consistent practice to allow the system to adjust and adapt back to its true self. The more consistently we call light to ourselves, run our energy through the central columns – upward (Mukti) and downward (Bhukti) currents and expand that light into our body, we attune to our Divine nature and Source energy: the easier it is to embody this light. Every time we activate our

Lori Lipten's Intuitive Practitioner™ Certification Program

Tuesday Session - January 2022

inspired heart - we heal ourselves. Every time we radiate light to humanity, the earth, the animals, life on earth, ancestors, etc. we participate in healing all that is. When we send light and love to our ancestors – we neutralize our ancestral inheritance. When we send love and light into our body, we participate in neutralizing our cellular imprints. When we send love and love into our energy field, to ourselves as children, to any aspect of ourselves we neutralize core wounds. When we engage in sending love and light to our energy into the world and step into ho'oponopono or reconciliation with all life – we neutralize karma.

Whatever you direct your energy toward, becomes the 3rd point of your triangle with the base being the union between your crown/ajna and heart. In this state, your vision, your words, your hands become conduits for that Inspired Heart vibration to be directed toward a being or object. When you do this, the light flowing through you, goes toward the other being. As you allow that light to pour through you (eyes/focus; impeccable words or sounds; hands) that individual's light body becomes activated allowing healing to manifest.

One of the Universal Laws governing the Inspired Heart™ practice, is the Law of Transmutation. Simply stated, all humans have the innate capacity to transmute energy. Transmutation means returning the energy of something from what it is to its zero-point. That means, the energy is no longer charged with the illusion that has been manifested through misalignment, misunderstanding or some other impact. A zero-point equates with being resonant with its highest potential. It is freed to align and create a new form, a new outcome.

Ho'oponopono is a powerful, non-invasive form of healing. Because it is considered non-invasive, one does not need permission to engage in this practice with another.

To engage in Ho'oponopono, you practice the attunement, alignment and allowing of Divine Light into your system. Then imagine someone or something that inspires love or awe within you. Radiate your love to the image in your mind and notice the sensations in your heart. This is activating your inspired heart. Appreciate your ability to do this.

Now send this loving light to your crown. Fill your crown with loving light and envision a symbol of the Divine over your crown. Notice the sensations in your crown and heart as you do this. Appreciate your ability to love and radiate light.

Then focus your loving energy, from your Inspired Heart and Crown, toward the person or situation. As you allow this light to stream through you (you're not using your own light or energy here, you're channeling Divine Light through you), you fill them with so much light that they begin to glow. This may take some time, so simply stream light until they are aglow with this divine light. They may appear golden or brilliantly lit if you are visual. If you are not visual, light is a consciousness that will follow your intention, so don't worry about seeing it. Feel it; trust and simply knowing is enough.

Once they are aglow, notice the light coming back to you. This is when you then make the Ho'oponopono statements:

- **I am invoking Ho'oponopono or I am invoking Reconciliation here.**
- **For anything that I or my ancestors have ever done to create this suffering, I offer my amends (or say: I am sorry)...(Pause)....**
- **Please forgive me...(Pause)**
- **I love you...(blast them with loving light)**
- **Thank you. (feel the appreciation for this healing)**

Radiating your loving light, allowing the light and these statements to be received. You will feel the light expand and coming to you when transmutation has manifested. If the individual is you or something you have been longing to manifest, allow the energy to merge with you. Invite it into your system. Let it settle into your cells.

This may not feel comfortable if you are offering Ho'oponopono to another person or situation. Simply allowing the connection is enough. Remember, at a Divine Level we are all connected and unified. When we are in this state, all separation is non-existent.

My guides often suggest engaging in challenging cases of "ho'oponopono" for 33 days or longer, 5-10 minutes at a time.

Practical Uses of Ho'oponopono

Ho'oponopono or the art of transmutation can be used for the following situations:

- Healing challenging interpersonal relationships
- Forgiving yourself
- Healing your past trauma
- Transmuting experiences that seem stuck. Examples include:
 - Financial debt
 - Ongoing struggle with weight
 - Struggle with health
 - Compulsive habits
 - Emotional challenges
 - Fears, phobias
 - Situations that repeat
 - Global healing
 - Healing ancestral trends

Place yourself; another person or the situation of concern on a screen or a stage in your mind's eye (imagination). See them standing there but make sure they appear small before you, on the scene or stage and then practice Ho'oponopono.

For anything I may have ever done to cause you any suffering, please forgive me, I am sorry, please forgive me, I love you and thank you!

Lori Lipten's Intuitive Practitioner™ Certification Program
Tuesday Session - January 2022