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Dear Prisoner Archiver,

I would ask you again to please send me your program outline, goals and history. I shared what was sent before with another inmate here in this 1,700 man institution and won't be able to get it back. He promised he'd send you his solitary story.

I was 50 years old at my conviction. I believe it may be of help to others with mental health issues to tell something about what I learned initially taking a Prisoner Express free course Kibalah from Cornell University's Center for Transformativ Action, 127 Anabel Taylor Hall, Ithaca N.Y. 14853. All courses - a wide variety - are free to prisoners and may be put on the web with your authorization at www.prisonerexpress.org OR alt-lib@cornell.edu.

How to Practice Ho'oponopono
in Four Simple Steps

Have you heard of the Hawaiian therapist who cured an entire ward of criminally insane

patients, without ever meeting any of them or spending a moment in the same room? It's not a joke. The therapist was Dr. Shalekela Hew Len. He reviewed each of the patients' files, and then he healed them by healing himself. The amazing result seems like a miracle, but these miracles do happen when you use Ho'oponopono, or Dr. Len's updated version called Self-I-Dentity through Ho'oponopono (SITH). In one of his lectures a few years ago anyone could be taught and learn to practice Ho'oponopono immediately. The results are often astounding. Do you need a miracle?

What you might wish to understand is how this can possibly work. How can you heal yourself and have it heal others? How can you even heal yourself?

Why would it affect anything "out there"? The secret is there is no such thing as "out there" - everything happens to you in your mind. Everything you see, everything you hear, every person you meet, you experience in your mind. You only think it is "out there" and you think that absolves you

of responsibility. In fact it's quite the opposite: you are responsible for everything you think, and everything that comes to your attention. If you watch the news, everything you hear on the news is your responsibility. That sounds harsh, but it means that you are also able to clear it, clear it, and through forgiveness change it.

There are four simple steps to this method, and the order is not that important. Repentance, Forgiveness, Gratitude and Love are the only forces at work - but these forces have amazing power.

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 else to ~~be there~~ ^{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

As I mentioned above, you are responsible for everything in your mind, even if it seems to be "out there." Once you realize that it is very natural to feel sorry. I know I sure do. I am so full of remorse that something in my consciousness has created that idea.

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 most obvious "in here" problems and see the results.

So choose something that you know you've caused for yourself? Over-weight? Addicted to drugs, alcohol, sex or some other boogy man? Do you have anger issues? Health problems? 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 FOR GIVENESS -
- 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 Self. Thank God. 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 your self, 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 powerful as Love,

Sam Ostro



2/7/12



24 Apr '16

Matt drew this and I actually gave him 4 stamped envelopes which he was grateful for. We'd been in Pauls (NCSW) mental health group together until he moved on to a new job in St George, UT.

Its sad the crying need for therapy and the quality though I am grateful and thankful for those I've had 19 years continuously.

At one time prisons were for the crazy and were called bug houses. Once there were no prisons and that day shall come again as Jason of BLACK AND BROWN MEMBERS.ORG says.

I do not have access to a copy machine and if you'd be so kind please send me copies of this - I appreciate your time and cont. Love, Tom