

Reflections on Vitale's & Hew Len's book "Zero Limits" (2007): Holistic Psychosomatic and Spiritual Implications

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Abstract

The paper considers holistic psychosomatic and spiritual implications of our extended quantum-holographic theoretical framework in the context of Ho'oponopono remarkable reprogramming of the life situations by contextual repenting and forgiving ourselves. This suggests the full importance of holistic education and behavior, demonstrating the necessity of reorientation towards holistic subtle actions for global solutions of the world risk society.

Introduction

Zero Limits reveals the breakthrough self-improvement approach that is proven to help people who are overworked and overstressed. Updated for modern times, Ho'oponopono is a self-help methodology that works wonders both professionally and personally [1], with *remarkable reprogramming of the life situations by contextual repenting and forgiving ourselves*: (i) *I am sorry*, (ii) *Forgive me*, (iii) *I love you*, (iv) *Thank you*. This ancient Hawaiian practice helps to balance the individual first and then the conflicting parties, removing the problem at a spiritual level with final manifestation at the somatic level.

The effectiveness of this practice is to assume full responsibility *for any circumstance* in which we find ourselves, because all what occurs in our lives is *just a projection* of the existing transpersonally- entangled spiritual-psycho-somatic programs that cause disorders, diseases and afflictions. Teaming up with Dr. Ihaleakala Hew Len, master teacher of modern Ho'oponopono, Joe Vitale tells the listener how to clear out unconsciously accepted beliefs, thoughts, and memories that he does not even know are holding him back.

For me, it is of particular importance to observe the authors' experience through the prism of our quantum-holographic framework of psychosomatics and spirituality [2]. By the way, I have been popularizing holistics for a long time on several levels, from video recordings of interviews and lectures to Ppt presentations. It is all on my website (<http://www.dejanrakovicfund.org>), in both Serbian and English version, in the Video gallery and Public appearances, including Recommended titles and Recommended books. It just takes time to open and watch or read everything.

Holistic Psychosomatic and Spiritual Implications

Reading Vitale's and Hew Len's book also brought me great personal satisfaction, due to my own theoretical research into extended *quantum-holographic quantum-gravitational (QHOG) foundations of consciousness and psychosomatics*, and their *broader holistic implications* [2] – which demonstrate the necessity of *redefining* global educational / informational / political goals, with a reorientation towards *holistic subtle actions for global solutions to the global risk society*. Ho'oponopono experiences are especially important due to the ever-widening application of integrative medicine in developed countries [3] – since contemporary research into psychosomatic diseases indicates the necessity of applying holistic methods, oriented towards treating a person as a whole including his transpersonal environment, implying their macroscopic-quantum origin.

All those holistic approaches and techniques (based on acupuncture and consciousness), according to our extended *QHOG* research, can be treated as quantum-information therapies, by imposing new healing boundary conditions in the energy-state space of the electromagnetic quantum field of the acupuncture system / (individual and collective) consciousness, which are then quantum-holographically projected to the cellular level with the normalization of the expression of the genome [4]. This allows for a better understanding of the nature of psychosomatic diseases, as well as the limitations and methods of their prevention and healing from a fundamental quantum-informational point of view, which can contribute to the development of a better strategy for the development of psychosomatic integrative medicine for the 21st century.

The mentioned extended *QHOG* research is also in line with the reawakened scientific interest in researching the phenomenon of consciousness in recent decades (with hints of the emergence of a great synthesis of two modes of cognition, rational-scientific and creative-spiritual [5-8], within the framework of the extended *QHOG* paradigm) – where the role of the individual becomes irreplaceable due to the influence and concern for the collective mental environment, which is certainly a fundamental issue of mental hygiene and civil decency, i.e. spiritual and civil morality [9].

Our extended *QHOG* framework also implies that quantum-holographic hierarchical parts carry information about the whole (which is associated with the Hindu relationship *Brahman / Atman*, as a whole and a part containing information about the whole), enabling a subtle *quantum-information coupling of hierarchical levels* in Nature, as indicated by the *acupuncture system and its projection zones* (ECIWO holographic concept [10]) and the *discovery of quantum-holographic influence on the expression of the cellular genome* (by speech-modulation illuminating-laser-signal [11]), as well as the transpersonal *origin of miraculous creativity* (Tesla and Mozart as 'case studies' [12,13]) and *predestined life paths and temptations* (suggested by contemporary experiences from hypnoregression [14] and experiences of tribal traditions and traditions of the East and West [15], with the emphasis that it is still possible to reprogram / optimize them through spiritual cleansing [4]).

On the other hand, they can provide guidelines for a deeper understanding of our extended *QHOG theoretical framework of holistic control of psychosomatics and spirituality* – based on mentally controlled systematic transpersonal reduction of macro-quantum correlations of individual and collective consciousness (when at the end of the process of unbinding only a mentally-embedded address to the *founder of the corresponding mystical tradition remains*) [12]. The effort of mystics of all traditions to first purify the consciousness / soul *through spiritual practice* (prayer, meditation) and thus reach their *final eschatological goal* (Kingdom of God, nirvana), i.e. *post-mortem salvation* of (sinless, unbound) souls by reaching *re-union (re-ligare / yoga) with the spiritual source* [5,16] – is therefore understandable.

On this line, due to the mentally burdensome content in the *post-mortem spiritual evolution of the soul* of the dying (let us mention the transpersonal lower levels of collective consciousness of the 'Bardo plane' in the Tibetan tradition [17] and 'The Soul after Death' in the Christian tradition [18], to which we are bound *post-mortem* by our unresolved thought-emotional burdens), this implies the importance of prayer for the *souls of the deceased*, and also *trans-generational preferences for the individual and / or collective future of posterity* (with retroactive trans-generational unraveling of mental / emotional conflicts, as suggested by *macroscopic-quantum-informational retroactive-non-local-manifestations of prayer experiments* [4]).

Discussion: Syncretic Reflections on Spiritual Meaning of Human Life

Out of the numerous holistic methods that can help a person to be healthy (quantum medicine, yoga, reiki, bioenergy, chiropractic...) or to get healed [19], prayers are the most holistic approach that can remove trans-generationally all energy blockages in our energy-information system (acupuncture system / consciousness) and our transpersonal environment [4, 20, 21, 22]. Other paths are longer and more uncertain, so the soul may not be completely relieved until the moment of death, but end up at a lower level of collective consciousness [17,18,23,24].

The eternal theme of all spiritual-religious traditions is what is the essence of life, why does man live [15]? I think that a person cannot be happy if he is not spiritual, because he is not doing his basic spiritual task – returning to the Divine spiritual source. Although Hinduism has contributed much to the understanding of the structure of our energy-informational system, Christianity has made the main contribution through the discovery that the all-repentant and all-forgiving trans-generational prayer is the right shortcut to the Divine primal source [6].

I have built my holistic point of view through years of research into quantum-holographic foundations of psychosomatics and consciousness, and their broader holistic implications [25]. This way I have created a kind of syncretism that tries to understand and integrate different apparently opposing views, especially about the fate of the soul before and after death, about the nature of Good / Evil in the context of the degree of non-networking with the collective consciousness, through theoretical considerations of modern hypnotherapy experiences [14] and dogmatic speculations of various religious teachings and esoteric practices [15].

I believe that all of us during the life are quantum-holographic networked with lower levels of collective consciousness, from which we can and must spiritually disconnect ourselves by prayers [25]. The magnificent task of every soul, with God's help, prayers, which are at our disposal as a powerful spiritual tool for untying. All this can be realized collectively, provided that each individual must cultivate both modes of cognition (sensory-rational and creative-spiritual) in combination, because if he does not do this, he does not even complete the basic spiritual task, without a chance for the complete release and salvation of the soul, i.e. reaching the state of Theosis.

Hence it also follows that as a Civilization we historically live quantum-holographic predestined burdened programs [14] (so in the midst of the covid 19 crisis someone googled that pandemic appear every 100 years since the Middle Ages, and recent corona pandemic was also a spiritual trial, as a trans-generational test for this generation to be reminded of the need to return to spirituality) – and that is why our portion of the collective consciousness is our main target for spiritual cleansing. It looks like we cannot do more, but we must not do less either. This is also a multi-millennium subject of speculation of various religious teachings or teleological philosophical considerations, and it belongs to the eternal themes and questions of the cosmogony of various traditions [15].

That is why the collective consciousness of Civilization should be relieved, with a thorough trans-generational repentance and forgiveness of oneself and everyone else (with a trans-generational erasure of all burdens / sins not only forward but also backwards in time [4]). From a broader holistic angle, the path to the final victory of Good is the global return of spirituality – by redefining the global political, informational and educational goals of Civilization. Because if Evil (as a manifestation of the quantum-holographic burdens of the collective consciousness, and personified in the form of the Sly) is defeated by force, it is only externally transformed and continues to exist in a different historical form (let us only remember the previous historical epochs).

This is the only way to change the existing quantum-holographic globalist post-truth program of the collective consciousness of Civilization (whose character the mere performers of this work are not even aware, thinking that they are working for the welfare of people), in which Good and Evil, truth and lies are inverted. What a program such actuators are, to express myself in the terms of automation and robotics (let us also remember Tesla [22,26], who said that we are biological automatons, which is not so far from the truth; while in psychology there is so-called Transactional Analysis [27], to explain similar patterns of behavior in similar situations).

Conclusion

The paper provides extended *quantum-holographic quantum-gravitational (QHQG)* reflections on Ho'oponopono *remarkable reprogramming of the life situations by contextual repenting and forgiving ourselves*, with significant holistic implications, indicating the *full importance of holistic education and behavior*, with necessity of *redefining* global educational / informational / political goals, reoriented towards *holistic subtle actions for global solutions of the world risk society*.

It should be finally pointed out that *non-applying of transpersonal spiritual practices and circular (psycho / energy) therapies from all relevant meta-positions* (all persons involved in a problem!), may result in the *further transmission of memory attractors* at the level of individual and collective consciousness in this and the next generations, only *accumulating extended QHQG non-local loads* that then cause not only diseases, but also interpersonal conflicts, wars and other sufferings.

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academic health centers and affiliate institutions, in order to transform medicine and healthcare through rigorous scientific studies, new models of clinical care, and innovative educational programs that integrate biomedicine, the complexity of human beings, the intrinsic nature of healing, and the rich diversity of therapeutic systems.

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