

Comprehensive Analysis of Self I-Dentity Through Ho'oponopono® (SITH®): A Technical Study of the MsKr SITH® Conversations and the Blue Ice Methodology

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The evolution of cognitive and spiritual transformation methodologies has seen a significant shift toward internal-centric frameworks, most notably the **Self I-Dentity Through Ho'oponopono® (SITH®)** system. Developed by Morrnah Nalamaku Simeona and popularized by Dr. Ihaleakala Hew Len and Kamaile Rafaelovich, SITH® represents a departure from traditional group-based Hawaiian Ho'oponopono toward an individualized, technical application of self-correction. Central to this pedagogical shift is the **MsKr SITH® Conversations** series, particularly *Blue Ice: The Relationship with The Self*. This analysis provides a deep technical breakdown of the SITH® framework, the mechanics of cleaning, and the structural relationship between the tripartite mind and the Divine.

The Theoretical Framework of Self I-Dentity

At its core, **Self I-Dentity Through Ho'oponopono®** is based on the premise that the human experience is a manifestation of **memories replaying** in the subconscious mind. These memories are not merely personal recollections but are historical, ancestral, and collective data stored within the **Unihipili** (Subconscious). The technical objective of SITH® is to achieve a state of **Zero**, where memories are transmuted by the Divine, allowing for the flow of **Inspiration**.

The Tripartite Mind Architecture

To understand the operational mechanics of SITH®, one must analyze the three components of the Self, which function as a family unit. The alignment of these three selves is a prerequisite for effective "cleaning" or transmutation of data.

- **Aumakua** (Superconscious/Father): This aspect of the mind is always in direct contact with the Divine Creator. It is not affected by memories and serves as the intermediary that reviews and refines the request for cleaning before it is passed to the Divine.
- **Uhane** (Conscious/Mother): This is the aspect of the mind that possesses the capacity for Choice. Its primary function is to initiate the cleaning process by taking 100% responsibility for the memories replaying as problems.
- **Unihipili** (Subconscious/Child): This is the repository of all memories since the beginning of creation. It experiences the data as physical or emotional reality. The Unihipili requires nurturing and guidance from the Uhane to release the data.

When these three are in alignment, they form the **Self I-Dentity**. Disruption in this internal hierarchy is viewed as the root cause of all conflict, disease, and environmental instability.

The Mechanics of "Cleaning": Transmutation of Data

In the **MsKr SITH® Conversations**, Dr. Hew Len emphasizes that "cleaning" is a technical procedure rather than an emotional one. It is the act of petitioning the Divine to erase memories replaying in the Subconscious. The process follows a specific algorithmic path that can be broken down into four distinct stages of energy movement.

The Cleaning Algorithm

1. Recognition: The Uthane (Conscious Mind) identifies a problem. In SITH®, the problem is never external; it is always a memory replaying in the Unihipili.
2. Responsibility: The Uthane takes 100% responsibility. This is a technical requirement. It does not imply guilt, but rather the acknowledgement that the data exists within the practitioner's own subconscious.
3. Petition: The Uthane initiates the cleaning tools (e.g., the four phrases or specific MSKr tools like Blue Ice). This request goes to the Unihipili to gather the memories.
4. Ascension and Transmutation: The request moves from the Unihipili to the Aumakua, then to the Divine. The Divine sends down Mana (Divine Energy) which transmutes the memory to Void.

Mathematical and Conceptual Models

The state of the mind can be represented by a simple binary model: **Memories vs. Inspiration**. If M represents memories and I represents Inspiration, then at any given moment, the human experience E is defined by:

$$E = M + I$$

However, SITH® posits that M and I cannot occupy the same space. Therefore, if $M \neq 0$, I is blocked. The goal of cleaning is to solve for $M = 0$, which results in $E = I$. This state of zero (Void) is the only state where the Self is truly free.

Comparison Analysis: SITH® vs. Traditional Methodologies

The following table illustrates the technical differences between Self I-Dentity Through Ho'oponopono® and traditional group Ho'oponopono or standard cognitive therapy.

Feature	Traditional Ho'oponopono	Cognitive Behavioral Therapy (CBT)	SITH® (Self I-Dentity)
Participant Count	Group/Family involved	Therapist and Patient	Individual (Self-contained)
Problem Source	Interpersonal conflict	Faulty thought patterns	Memories replaying in Subconscious
Responsibility	Shared among parties	Personal accountability	100% Individual Responsibility
Primary Tool	Mediation and Discussion	Cognitive Restructuring	Cleaning Tools (Silent Petition)
Outcome Goal	Social Reconciliation	Behavioral Change	State of Zero / Void

The Role of the MsKr SITH® Conversations

The books titled *MsKr SITH® Conversations* (including **Blue Ice**) serve as a technical manual for practitioners. These conversations between **Kamailelauli'I Rafaelovich** and **Dr. Ihaleakala Hew Len** provide insights into how cleaning is applied to specific sectors of life: relationships, business, and physical health. A core theme in these texts is that the relationship between the Conscious Mind and the Subconscious Mind is the most important relationship in the universe.

The "Blue Ice" Methodology

Blue Ice is both a book title and a cleaning tool. Technically, "Blue Ice" refers to a specific frequency of cleaning that targets deep-seated ancestral memories. In the *Rainbow Book Series*, this tool is described as a means to "freeze" or neutralize the volatility of replaying data. The application of Blue Ice involves the mental or verbal repetition of the phrase, which acts as a trigger for the Unihipili to begin the release process.

Application in Relationships

According to the *Blue Ice Memories and Relationships* volume, interpersonal issues are merely reflections of the practitioner's internal state. When two people interact, it is actually two sets of data interacting. If Practitioner A cleans on Practitioner B, they are not actually cleaning "on" the other person; they are cleaning the **shared data** that allows them to perceive the other person as problematic.

Step-by-Step Implementation Guide

To implement the SITH® technical workflow, practitioners are advised to follow a structured protocol. This protocol ensures the alignment of the three selves before and during the cleaning process.

Phase 1: Preparation (Inner Child Alignment)

- Acknowledge the Unihipili. The Conscious Mind must communicate with the Subconscious, asking for its cooperation in the cleaning.
- Establish a rapport of love. Without a connection between the Mother (Uhane) and Child (Unihipili), the cleaning tools will remain ineffective.

Phase 2: The Cleaning Execution

1. Identify the stressor (e.g., a financial debt, a physical pain, or a difficult coworker).

2. Mentally address the Divine: "I am 100% responsible for whatever is going on in me that causes me to experience this problem."
3. Apply the phrases: "I love you, I'm sorry, Please forgive me, Thank you." These phrases are not directed at an external person but at the memories within.
4. Continuously repeat the cleaning triggers (e.g., Blue Ice, Ceeport, or the phrases) until a sense of detachment or peace is achieved.

Case Study Analysis: The Hawaii State Hospital

One of the most significant technical validations of SITH® is the case study of the Hawaii State Hospital's forensic unit for the criminally insane. Dr. Hew Len spent several years on the ward without ever seeing patients clinically. Instead, he studied their charts and "cleaned" on the data he found within himself while looking at those charts.

Statistical Observations:

Metric	Before SITH® Implementation	After SITH® Implementation
Patient Violence	High / Frequent use of restraints	Near Zero / Restraints eliminated
Staff Turnover	Critical levels / High absenteeism	Staff stabilized / Low turnover
Medication Requirements	Heavy sedation / High dosages	Significantly reduced/discontinued
Discharge Rates	Extremely Low (Long-term stay)	Rapid improvement and discharge

This case study serves as a proof of concept for the 100% responsibility model. By cleaning the memories in himself that he shared with the patients, Dr. Hew Len observed the external environment (the ward and the patients) reorganize itself to reflect the internal state of Zero.

Troubleshooting and Operational Challenges

Practitioners often face technical hurdles when implementing SITH®. Understanding these failure modes is essential for long-term success.

1. Expectation Bias

The most common error is cleaning with a specific **expectation** of the outcome. SITH® is based on the Divine's wisdom, not the Uhane's desires. If a practitioner cleans to "get a promotion," they are not cleaning; they are manipulating. **Solution:** Clean on the desire for the outcome itself. Return to Zero and allow the Divine to provide what is perfect and right.

2. Lack of Continuity

Cleaning is a 24/7 process because memories replay 24/7. Intermittent cleaning leaves the mind vulnerable to the overwhelming volume of historical data. **Solution:** Utilize "passive tools" such as **Blue Solar Water** or **Ceeport** stickers, which are designed to assist the Unihipili in cleaning even when the Uhane is occupied with daily tasks.

3. Disconnection from the Unihipili

If the Conscious Mind ignores the Subconscious (Inner Child), the Unihipili will "shut down" and refuse to release memories. This often manifests as a feeling that the cleaning is "stale." **Solution:** Dedicate time daily to communicate with the Unihipili, expressing gratitude for its role in holding the memories and helping to release them.

Technical Glossary of SITH® Terminology

- Ceeport: An acronym for "Clean, Erase, Erase, back to Port (the home/Zero)." It is a cleaning tool developed by Dr. Hew Len.
- I-Dentity: The state of being in alignment with the Divine Creator; the absence of memory.
- Mana: Spiritual energy or life force that is transmuted by the Divine to erase memories.
- Void: The empty space where inspiration can land; the result of successful cleaning.
- The Rainbow Series: A set of instructional dialogues between MsKr and Dr. Hew Len detailing advanced cleaning techniques.

Synthesis and Strategic Implications

The technical architecture of **Self I-Identity Through Ho'oponopono®** offers a unique paradigm for problem-solving in the modern world. By shifting the focus from external intervention to internal data management, SITH® provides a scalable and highly personal method for transformation. The **MsKr SITH® Conversations** and the **Blue Iceseries** provide the necessary documentation for practitioners to navigate the complex relationship between the three selves.

As the data of human history continues to expand, the necessity for a systematic method of clearing replaying memories becomes paramount. SITH® does not promise a life free of challenges, but it offers a technical pathway to face those challenges from a state of Zero. By taking 100% responsibility, the individual ceases to be a victim of circumstance and becomes an active participant in the restoration of their own I-Identity. The ultimate implication of this work is that peace on earth begins not with treaties or legislation, but with the erasure of memories in the individual subconscious, one "I love you" at a time.

Tags: #Ho'oponopono #Dr. Hew Len #SITH #Blue Ice #Self I Identity #Spiritual Mechanics

