



Thank you for joining the global prayer community gathering to offer 11 minutes every day for Love

Prayer Practice Handbook

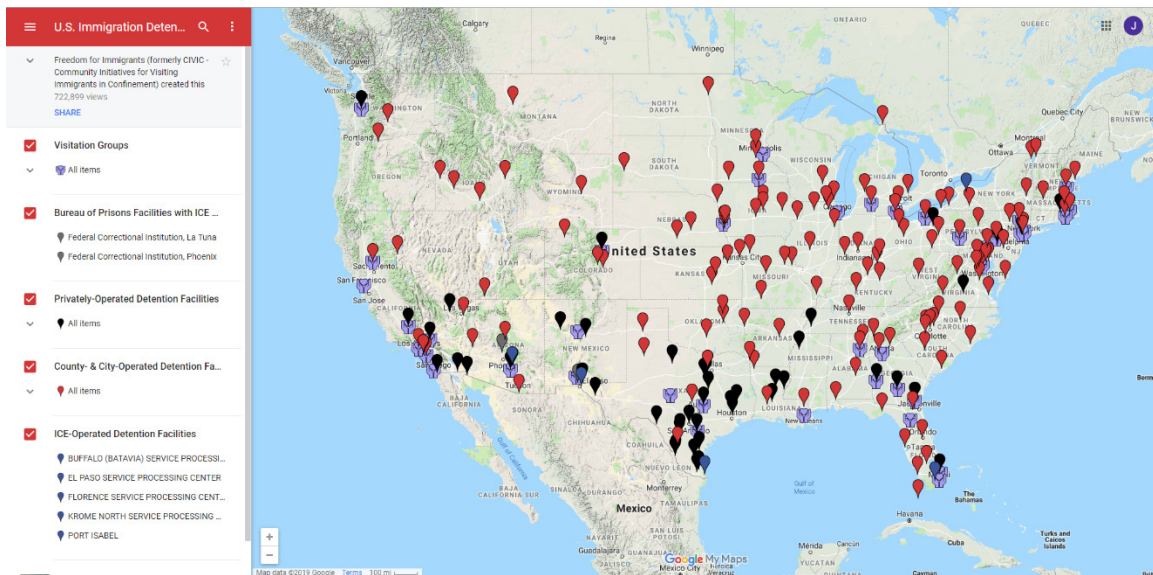
by prayer artist, Janet Conner

The prayer practice begins gazing with love at these images,
knowing the infra-red love energy from your eyes penetrates walls
and connects with the eyes of everyone in and connected with the camps

ICE Immigration Detention Center, Dilley Texas



Map of all Immigration Detention Centers in the US



They Are All Our Children radical love prayer practice

1. **Love Opening—Gaze** at the photo of the internment camp at Dilley Texas and map of the immigrant detention system. As you gaze, know that your eyes are touching everyone in the camp and you are looking at what is left of yourself in their eyes.

2. **Love Expanding—Sing** “Our Children Song” acknowledging your responsibility.

Children, my Children, you are all my children.
I’m sorry, *lo siento*, I am responsible for you.

Children, my Children, you are all my children.
Forgive me, *perdoname*, I am responsible for you.

Children, my Children, you are all my children.
Thank you, *gracias*, I am responsible for you.

Children, my Children, you are all my children.
I love you, *te amo*, I am responsible for you.

3. **Love Radiating—Allow Love** to do the work.

Imagine unconditional love flowing through your eyes, heart, and branches to surround the camp, penetrate the walls, and touch everyone in or connected to the camp:

children and adults in the camp
relatives and loved ones outside it
guards and employees, ICE, police, and others who put people in the camp
owners who profit from the detention system
judges and attorneys
politicians who create and perpetuate this system

Continue to radiate unconditional love for five minutes. You may notice or sense black specs or other indications of fear, abuse, and trauma loosening and rising off the camp.

4. **Love Freeing—Pray Ho’oponopono**, holding the sacred desire to transmute negative aka cords, emotions, and thoughts in and around the camp, and in and around the entire immigration detention system, and in and around you.

5. **Love Remembering—Sing** “Our Mother Song” in gratitude for Her boundless love.

Mother, Our Mother, we are all your children.
I’m sorry, *lo siento*, I am responsible for love.

Mother, Our Mother, we are all your children.
Please forgive me, *perdoname*, I am responsible for love.

Mother, Our Mother, we are all your children.
Thank you, *gracias*, I am responsible for love.

Mother, Our Mother, we are all your children.
I love you, *te amo*, I am responsible for love.



Ho'oponopono for *They Are All Our Children*

For more, watch the two videos on Ho'oponopono at janetconner.com/children

1. State my responsibility

I _____ (speak your name) wish to do Ho'oponopono for all the children in immigration detention centers because they are all my children, and I am responsible for their well-being. I wish to cut any aka cords or connections which are of imbalance, disharmony, abuse, and traumatic memories from conception until the present time.

2. Forgive authorities

I ask for forgiveness for all the authorities who imprison you.

3. Forgive myself

And I ask forgiveness for myself for my participation in the creation of inhumane conditions.

if you wish, name conditions such as: climate change, politics, drugs, corruption, weapons, prisons, poor wages, consumerism...

4. Cut the negative. Good remains

I ask that these negative aka cords or connections be cut, severed, cleansed, purified, and transmuted to the pathway of light. I ask that all painful thoughts and memories be erased from our memory banks. No longer will these negative thoughts and connections remain. Only the good remains.

if you wish, name good thoughts, feelings, and actions such as: love, justice, kindness, dignity, reverence for one another and mother earth, hope, freedom, family, peace...

5. Freedom!

Amama ua noa. It is given. It is free.

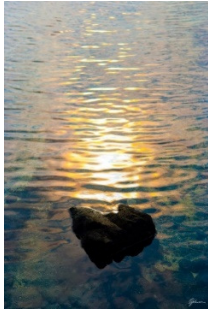
Amama ua noa. It is given. You are free.

Amama ua noa. It is given. We are free.



About this Ho'oponopono Prayer from *Kumu* Karen Leialoha Carroll

The original prayer comes from *Kumu* (teacher) Karen Leialoha Carroll in Oahu, who passed it on to Emma Kupu Mitchell and Kahu Lāhela Johnson during their *Halau* (ordination) in 2008.



When a federal judge sent my 24-year-old-son to prison in 2013 to attempt to coerce him to name political activists in front of a secret federal grand jury, Emma requested and received permission from *Kumu* Karen to give me this ancient Hawaiian Shamanic prayer of forgiveness.

I prayed Ho'oponopono as well as the Light to the Prison practice the Masters and Teachers of the Akashic Record gave me, and my son was suddenly released 4 months before the secret federal grand jury would be unseated. Those four months probably saved his life.

After my son was free, I continued to pray Ho'oponopono. On February 4, 2018, as I was praying to cut any cords that constrict my voice, I asked Archangel Michael to go back in time and forgive the first person who silenced me. I had a startling experience of forgiving someone in the far distant past. It was so clear and so transformative that I committed to explore the mystical powers of this magnificent prayer. As I dove into this prayer, I discovered that:

- Forgiving one releases all
- Praying in the present, releases the past
- Praying for the past, releases the present
- Cutting one person's negative aka cords releases and frees everyone in the mystical body of Our Mother. This is the sacred mystery and power of prayer.

When I heard *Prayer Artist* twenty-one days later, I began to change everything in my life to focus on original prayer—ancient and new. The first prayer intensive I offered was *The Goddess Forgives* with Kahu Lāhela Johnson. That intensive gave birth to a whole series of Ho'oponopono intensives, five to date. (All are recorded and available at janetconner.com/intensives)

With each successive intensive, Lāhela and I listened to our divine guidance and with the highest respect for the ancient tradition, slightly adjusted the words to support the sacred intent of the particular intensive. For *They Are All Our Children*, Lāhela and I listened to hear the words that would open all hearts to the suffering of immigrants and restore us to the first sacred principle of Ho'oponopono: We are responsible.

Lāhela and I ask that you receive and use this mystical prayer with great respect and love for the ancient Hawaiian Shamanic tradition that offers it to us as a healing gift for the children and for all of us. Because we are all children of One Mother.

For more on this sacred prayer practice, please visit janetconner.com/children. And please join the Facebook group and meet the global prayer community.

Thank you for joining me every day to give 11 minutes for Love!

