

Comprehensive Guide to Self I-Dentity through Ho'oponopono®: Analyzing the BLUE ICE Series and MsKr SITH® Conversations

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The framework of **Self I-Dentity through Ho'oponopono® (SITH®)** represents a profound paradigm shift in the field of psychological and spiritual problem-solving. Rooted in ancient Hawaiian traditions but modernized for the contemporary era by **Morrnah Nalamaku Simeona**, SITH® posits that all human experiences are the result of memories replaying in the subconscious mind. The **BLUE ICE** book series, specifically *The Relationship with the Self* and the *MsKr SITH® Conversations*, provides a technical roadmap for navigating this internal landscape. This article provides an in-depth exploration of the SITH® methodology, the structure of the self, and the practical application of 'cleaning' as detailed in the works of **Dr. Ihaleakala Hew Len** and **Kamailelauli'I Rafaelovich**.

The Theoretical Framework of Self I-Dentity through Ho'oponopono®

At the core of SITH® is the principle of **100% Responsibility**. Unlike traditional problem-solving models that seek external causes or interpersonal resolutions, SITH® asserts that the 'problem' is never external. Instead, the problem is a memory replaying in the **Unihipili** (Subconscious Mind). To understand the technical depth of the **BLUE ICE** series, one must first master the tripartite structure of the Self, which SITH® identifies as the **Inner Family**.

The Tripartite Structure of the Self

SITH® defines the individual not as a singular ego, but as a composite of three distinct functional entities existing in a specific hierarchy. The health of this 'Inner Family' determines the individual's experience of reality.

- **Unihipili** (Subconscious/Inner Child): This is the storehouse of all memories desce the beginning of creation. In the **BLUE ICE** series, the Unihipili is described as the part of the self that experiences pain and re-enacts historical data as current reality. It is the only part of the self that can actually 'do' the cleaning by releasing these memories to the Divine.
- **Uthane** (Conscious/Mother): This is the rational, decision-making part of the self. Its primary role in the SITH® protocol is to initiate the cleaning process and to nurture the relationship with the Unihipili. The *Relationship with the Self* focuses heavily on the Uthane's responsibility to love and care for the Inner Child.
- **Aumakua** (Superconscious/Father): This part of the self is in constant contact with Divine Intelligence. It acts as a filter and conduit, refining the requests for cleaning sent by the Uthane and Unihipili before they reach the Source.

Technical Analysis: The Mechanics of the 'Cleaning' Process

The term 'cleaning' refers to the transmutation of **memories (data)** into **Void (Zero)**. When a memory is replaced by Void, **Inspiration** from the Divine can flow into the individual. The **BLUE ICE** methodology outlines a specific sequence of events that must occur for effective cleaning to take place. This sequence can be viewed as a spiritual algorithm for data deletion.

The Procedural Algorithm of SITH®

1. Identification of the Stimulus: The Uthane notices a physical, emotional, or situational stressor.

2. Internalization: The Uthane acknowledges that the stressor is a memory replaying in the Unihipili.
3. Petition: The Uthane asks the Unihipili to release the memory and asks the Divine for forgiveness for whatever is going on inside the self that has manifested as this problem.
4. Transmutation: The request travels through the Aumakua to the Divine. The Divine sends down 'Mana' (Divine Energy) which neutralizes the memory, returning the mind to the state of Zero.

Comparative Evaluation: SITH® vs. Traditional Approaches

To understand the unique positioning of the *MsKr SITH® Conversations* and the *BLUE ICE* teachings, it is helpful to compare this framework with other modalities of mental health and problem-solving.

Feature/Metric	Traditional Psychology	Classical Ho'oponopono	SITH® (Self I-Dentity)
Locus of Control	External and Internal factors	Interpersonal (Group)	100% Internal (Self)
Mechanism	Analysis and Cognitive Reframing	Mutual Forgiveness/ Discussion	Transmutation of Memories
Target Population	Individual/Client	Family/Community Unit	The Trinity of the Self
Role of Memory	Historical Context for Behavior	Relational Conflict Source	Active Data Replaying as Reality
Primary Goal	Coping and Adaptation	Social Harmony	State of Zero / Inspiration

Deep Dive into the MsKr SITH® Conversations

The *MsKr SITH® Conversations* series, particularly Book 1 and Book 2, provides an experiential look at how Dr. Hew Len and Kamailelauli'I Rafaelovich apply these concepts in real-time. Unlike a dry textbook, these books are based on transcripts from radio programs, offering a dynamic view of problem-solving. They emphasize that the **relationship with the self** is the most important relationship in existence.

The Significance of 'Blue Ice' as a Metaphor

In the SITH® system, cleaning tools are often symbolic or metaphorical. The title *BLUE ICE* itself serves as a cleaning tool. In the context of these teachings, "Blue" refers to a specific frequency of peace and "Ice" suggests the solidifying of memories which can then be melted or cleared. Utilizing these conceptual 'tools' allows the practitioner to bypass the intellectual resistance of the Uthane and speak directly to the Unihipili.

Key Concepts from Book 1: The Relationship with the Self

The first book in the series emphasizes the **Inner Child's** role as the computer that holds the data. If the Uthane (Mother) ignores the Unihipili (Child), the child becomes resistant and the cleaning process stalls. The technical breakthrough mentioned in this volume is the necessity of a 'partnership' where the Uthane constantly communicates love and gratitude to the Unihipili, creating a secure environment for the release of traumatic memories.

Field Guide: Practical Implementation of SITH® Protocols

Implementing the teachings found in *BLUE ICE* requires a disciplined adherence to a daily routine. This is not a 'fix-it-quick' solution but a continuous operational protocol for the mind.

Daily Cleaning Procedure

- **Morning Alignment:** Upon waking, the Uthane should acknowledge the Unihipili and the Aumakua. A simple statement of "I love you" to the parts of the self establishes the frequency for the day.
- **Active Response to Stress:** When a conflict arises (e.g., a difficult email, physical pain, or financial stress), the practitioner must immediately use one of the cleaning tools. The most common tool consists of the phrases: "I love you, I am sorry, Please forgive me, Thank you."
- **Consistent Maintenance:** Even when no obvious problems are present, 'background cleaning' is encouraged. This addresses 'hidden' memories that have not yet manifested as external crises.

Technical Cleaning Tools Mentioned in the Series

1. The Four Phrases: A mantra directed toward the Divine through the Self to initiate repentance and transmutation.
2. Blue Solar Water: A physical tool used to facilitate cleaning within the body's biological systems.
3. The Eraser Technique: A mental visualization of erasing the data associated with a specific problem or object.

Case Studies and Troubleshooting: Common Challenges in Practice

Practitioners of SITH® often encounter hurdles where the cleaning process seems ineffective. The *BLUE ICE* series addresses these failure modes through the lens of technical misalignment within the Inner Family.

Problem: The 'Expectation' Trap

Analysis: A common error occurs when the Uhane cleans with a specific outcome in mind (e.g., "I am cleaning so I will get this job"). In SITH®, this is not cleaning; it is manipulation. **Solution:** The practitioner must surrender the outcome to Divine Intelligence. The goal of cleaning is not to get a specific result, but to reach the state of **Zero**, where the Divine can provide what is perfect and right.

Problem: The Unihipili Refuses to Clean

Analysis: If the Inner Child feels abused or ignored by the Mother (Uthane), it will withhold the memories, preventing them from being cleared. This often manifests as a feeling of 'spiritual dryness' or increased agitation. **Solution:** The Uhane must spend time specifically nurturing the relationship with the Unihipili without asking for anything in return. This is the core theme of *BLUE ICE: The Relationship with the Self*.

Summary of Strategic Implications

The *BLUE ICE* series and the *MsKr SITH® Conversations* offer a revolutionary perspective on human existence and problem-solving. By redefining the 'Self' as a tripartite family and emphasizing the role of subconscious memories as the source of all conflict, SITH® provides a practical, internal pathway to peace. The technical rigor of this system—requiring constant vigilance and 100% responsibility—distinguishes it from more passive spiritual practices.

The ultimate objective of engaging with the *BLUE ICE* curriculum is to move the self into a state of **Void**. In this void, there is no data, no suffering, and no pre-conditioning. It is only from this state of Zero that **Inspiration** can emerge, guiding the individual toward actions and experiences that are in perfect alignment with the Divine. For the serious practitioner, these books serve as essential manuals for the ongoing task of internal purification and the restoration of Self I-Dentity.

As the series progresses from Book 1 to Book 8, the complexity of the relationships explored increases—moving from the internal relationship with the self to external relationships with others, the land, and the cosmos. Yet, the fundamental mechanic remains the same: **Clean, erase, erase, and find your own Shangri-La. Where? Within yourself.**

Tags: #Ho'oponopono #SITH #Dr. Hew Len #Self I Dentity #Inner Child #Blue Ice Book

