

## **Bless the Visitors of Your Memory**

By Emma Emalani Bennett

Focusing on the words “I am good” used as a [One Inch Belief](#) can have a ripple effect in your life. From there, you can gather that what comes within you is inherently good.

This can help with tension caused by resisting feelings and thoughts or separating them into good or bad categories, then feeling bad about them. There is another way to respond to them. Just because you’ve been responding to them the same way habitually for a very long time does not mean it is the only way.

Sometimes, interruptive memories mess with my ability to emotionally regulate, rest, and fall asleep. Some are obviously terrible but also sometimes good memories make me feel disheartened by the way life currently is in comparison. I used to live near the ocean in Corona del Mar, California. It was particularly gorgeous there in the springtime—I loved the places I got to visit and take walks with my former partner. We had a lovely home with a fireplace and a lanai, a patio with a roof over it, overlooking a stream that dragonflies, ducks, herons, egrets, and hummingbirds would visit.

Remembering this place from time to time would make me incredibly sad and I would cry a lot. When trying to take a nap one day, this happened, and I focused la’akea, a gentle white light, around the memory, blessed it, and said mahalo ke Akua, thank you God. Instead of lamenting what I felt I lost, I decided to be thankful for how lucky I am for such precious memories of wonderful experiences I got to have, and bless where I am now too.

Aloha ‘oe means love to you, greetings to you, farewell to you. I said aloha ‘oe to all that I felt grief for. The people and places I miss, including myself at different times throughout my life when I felt very happy and well. Grief is something that never leaves you—it will visit and you can learn how to receive the visitations with grace. [You can bless](#) and even give your memory visitor an open ti leaf lei. In ancient Hawaiian mythology, ti leaves were believed to be the physical embodiment of the gods, so wearing a ti leaf lei is seen as a sign of respect and honor.

One of my favorite poems by Jalaluddin Rumi, *The Guest House*, calls these ‘visitors’ and I am calling them visitors of your memory:

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.

Ho'okipa is the Hawaiian word that most closely matches the English word 'hospitality,' meaning to receive guests with warm kindness, *pumehana*, and generosity. When you receive guests with aloha, it is much easier to change the response, the habit, the behavior, and the reality you are experiencing because you become less tense and more relaxed.

So, the next time, you can say *e kipa mai*, come on in. It does not mean they will stay forever or that you will be overrun by them. [It means you are practicing awareness, ike. Then you can shift to releasing them,](#) *kala*, with aloha, to free up energy.

When you focus on resisting them, you are practicing *makia*, energy flows where focus goes, on what is *unwanted*. When you remain as peaceful as possible with your awareness, you are best positioned to be here now, in your moment of power—*manawa*. Handling them with care, with *aloha*, brings gentleness and ease, and increases wellbeing. This wellbeing is your *mana*, your power, for all power comes from within. And then do what will effectively make the best positive difference by harmonizing your experience—*pono*.