

The Final Secrets to *ZERO LIMITS*

At Zero

**THE QUEST
FOR MIRACLES
THROUGH
HO'OPONOPONO**

Joe Vitale

Bestselling Author of *The Attractor Factor*

WILEY

Praise for *At Zero*

“Joe’s new book was just as I knew it would be—FABULOUS! The riveting stories and enlightening insights lifted my spirits and filled my soul with love. This is indeed a path to miracles!”

—Janet Bray Attwood

Coauthor of the *New York Times* best seller
The Passion Test

“This book ought to be a movie. A masterpiece of story telling and a revelation on how the Hawaiian healing system of Ho’oponopono really works.”

—Barnet Bain

Movie producer, *What Dreams May Come* and
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—Dr. Steve G. Jones

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“With *Zero Limits*, Joe Vitale introduced the world to the incredible healing system of Ho’oponopono. Now he’s taking it all to the next level, going deeper and revealing the real essence and magic behind these ancient secrets. A must-read!”

—Nick Ortner

New York Times best-selling author of
The Tapping Solution

At
Zero

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*To Mornah Simeona,
who lovingly gave us modern Ho'oponopono*



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The information in this book is not intended to diagnose, treat, cure, or prevent disease. If you have any concerns about your own health, you should always consult with a physician or other health care professional. The author and publisher offer this material for your education, entertainment, and inspiration.



AUTHOR'S INVOCATION

*Oh, Infinite Divine Mind,
Through my beloved High Self,
Cleanse this unit of all negativity,
Both within and without,
That it may be a perfect vessel for
Your Presence.*



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FOREWORD

My Experience of Mornnah Simeona

When Joe Vitale asked me to share my experience of Mornnah Simeona—the magnificent *Kanuha Lapa’au* (“Priest who heals with words” and “Keeper of the secrets” in Hawaiian folklore), I immediately began to feel the deep peace and sense of lightness that I always felt around her. She was a magnificent human being who reminded me of my maternal grandmother, Amelia, who raised me in Chile and had unconditional love for me.

Of course, it wouldn’t take long to be around Mornnah to know that she was special—very special! She flowed—nature changed around her. She was always offering assistance with anything that someone needed. She would look at you as though she saw much more than your physical body. She was a true healer.

In 1984, she came to live in our sprawling estate in La Jolla Farms Road—a very exclusive area of La Jolla (San Diego County), California. There were four separate homes on the property, including the cutest little cottage that she stayed in for three months.

After she lived there for a few weeks, everyone who came to the property asked if we had a new gardener or if we had done something different with the landscaping—everything was so alive, vibrant, and beautiful. Nature itself changed around her—it was an uncanny experience for me in my early thirties, when I was just learning about generalized spiritual principles that have reigned Earth since eternity.

At times when I returned from Money & You tours, she would give me special, advanced Ho'oponopono treatments to clear my energy. Afterward, I'd feel like I had taken a shower. It was truly divine. She was constantly encouraging me to keep my energy clear by doing the process and uttering the word *Ho'oponopono*.

Morrnah was definitely special.

She was from a line of Kahunas and chose to modernize the Ho'oponopono process (part of the ancient teachings of Hawaiian Huna) to help human beings become free from traumas and dramas that are held in the subconscious and affect every moment of our lives—a very powerful process.

Morrnah's decision to open up the secret that Hawaiians had held closely for many generations did not make her very popular in certain circles—and she was ostracized in some. Morrnah was a lover of humanity, supporting all human beings to become free of unconscious behavior and supporting deep cleaning of the subconscious. She was courageous and clear about her purpose, which was to teach people to free themselves of their own limitations, to cut the aka cords that had been created through the ages, and to have alignment of the inner family:

The Aumakua: Au (means bathe or swim)

Makua: Father (together meaning bathed by and in the Holy Spirit)

The Uhane: Mother (conscious mind)

The Unihiiipili: Child (subconscious mind)

I learned that just saying the word *Ho'oponopono* clears the space. It cleanses me immediately.

But let me tell you how I first met Morrnah.

My beloved friend who was reared in Hilo, Big Island of Hawaii, Eric Smith, introduced me to her and the Ho'oponopono class she was holding alongside Dr. Stan Haleakala (another magnificent human being now known as Dr. Hew Len) in Los Angeles, sometime in 1983. I have the sense that it was in November, my favorite month of the year, not just because it's my birthday month, but also because it's such a beautiful time around the world: fall in the northern hemisphere, spring in the southern.

It was a very special time—a weekend never to be forgotten.

The class had all kinds of wonderful people, including Hollywood types, such as the actor Leslie Ann Warren (once featured in the *Will & Grace* TV show as the lover of Will's father). She is a lovely person.

It was a fun group, and we definitely bonded during those three days of cleaning, cutting the aka cords that are created as we become attached to people, places, and things. The process required that we write lists and lists: names of people, which included just about everyone we could remember that we'd had a relationship with and who'd had an effect on us; places that we had lived in; vehicles that we had used; situations that hurt us and those we had hurt—every humiliating experience we could think of. We were encouraged to write down all the shame, blame, and guilt that we held in our subconscious.

That the space got uncomfortable at moments would be an understatement!

It was particularly interesting to write the list of persons that one had had sexual contact with. It was then that I got the enormity and importance of protecting one's energy. Having sex with someone is the fastest way to pick up not only your partner's energy, but also the energy of every person that he or she has ever had sexual contact with—potentially there could be the energy of hundreds of people as you have sex with another person!

She and Stan were excellent teachers. They taught by telling wonderful stories and tales from the many people they had helped through the years. There are too many to share here, but one I found so interesting was that Mornah loved actor Tom Selleck, the star of the TV show *Magnum PI*, which was filmed in Hawaii.

Mornah was always cleaning Tom Selleck. I had met him in Hawaii a year earlier, and I couldn't help thinking that he was so blessed to have someone like Mornah constantly cleansing him. When he left the spotlight for years, settling for a much quieter life with his new wife and child, I couldn't help thinking if the Ho'oponopono Prayer hadn't influenced him. It's nice to see him back on the *Blue Bloods* TV series.

She shared with us that actors, celebrities, sport stars, politicians—those that are in the public eye—are particularly energetically endangered because of all of the projections that are directed their way. These people could potentially have millions of aka cords from all the attention, sexual projections, positive and negative projections—all

the thoughts from fans that diminish their life force, personal power, and ability to be clear.

Wow, that was intense to hear! I started wondering if this wasn't why beautiful sex symbols like Marilyn Monroe had such a hard life!

I began to see things very differently.

My life changed after that weekend. I felt like I had taken a lifelong bath—that my energy had been cleansed forever—and that it was my responsibility to keep my energy clean and cleansed. I have my short-form Ho'oponopono process with me constantly. It has been behind my yearly paper calendar of events since the 1980s. I scan copies of it and put in my computer, my iPad, and my iPhone. We were taught to leave our Ho'oponopono book open in our cars to teach the car's subconscious to keep itself cleansed. I can't help thinking that this has worked. I haven't had a car accident since a very small one in 1976—before Ho'oponopono!

I have done the Ho'oponopono process everywhere in the world that I've traveled, except Bali, Indonesia. I started to do it there, and a very strong feeling said "No." I later learned that the I had guided me correctly. Bali has its own rituals—its own energy. It's always good to follow our inner guidance.

The last time I spoke to Mornah was mid-1989. My then business partner, Robert T. Kiyosaki (of the *Rich Dad, Poor Dad* series) and I had returned to the Big Island of Hawaii to do our Excelled Business School for Entrepreneurs at the then Kona Surf Resort (it has now changed hands a couple of times)—a magnificent property next to Keauhou Bay.

I called Mornah so that she could fly into the Big Island (which we knew she loved) and lead the class with the Ho'oponopono Prayer. She said, "Honey, I am too tired. . . . I am not as well as I used to be. . . . You do it."

I was flabbergasted. I this great Kahuna was telling me to lead a public Ho'oponopono process in front of a successful group of entrepreneurs. I felt a little unsure and felt tremendous responsibility to lead such a prayer. She reassured me that the entire area—the bay, the resort, and the Big Island—had been programmed with the prayer and that I had nothing to worry about, that I would do a great job. I felt peaceful and ready, and I did do a good job—how can you not when doing Ho'oponopono!

From then on, I led all the Ho'oponopono in our classes and beyond. We got very busy and very successful. I didn't speak in person with Mornah again.

A few years later, I found out that she had passed on in early 1992. Although I was sad that I no longer could pick up the phone and speak to her, have one of her great treatments, or learn at her feet, I could still feel her presence—as always.

She is and will always be a magnificent force in my life. I truly feel that her teachings—Dr. Haleakala's teachings—and the prayer have had a tremendously positive impact on my life and business.

Part of the prayer is the Peace of I:

*Peace be with you, all my Peace.
The Peace that is I, the Peace that is I am,
The Peace for always, now and forever and evermore.
My Peace I give to you, My Peace I leave with you,
Not the world's Peace, but only my Peace,
The Peace of I.*

She taught us that when we get in our car, an airplane, a train, or any vehicle, to surround it with 300 million of Peace of I. I particularly remember this when I get on airplanes—and I sleep soundly. I know that I am being protected.

I have many Ho'oponopono stories to tell—too many for this copy—but rest assured that, for the past 30 years, I can honestly say that the Ho'oponopono Prayer has been a tremendous guiding (and protecting) force for me.

The word *Ho'oponopono* is constantly on my lips. I have used it in happy and sad occasions. I know that the alignment of my inner family is crucial for my peace of mind, for the mental clarity I need to run a successful global organization, for attracting the wonderful business partners whom I now have had for decades, for the amazing people that teach at our programs, for the participants that attend, for the fantastic global network that I have, and for the love for and connection with my beloveds.

My success and prosperity has definitely been propelled by hard work and by using the sound business and consciousness principles we

teach—and there’s no question that the wind beneath my wings is the Ho’oponopono process.

I wish you the same.

To quote the end of the prayer:

May the I continually bless all involved in the Ho’oponopono process.

We are set free and it’s done! We are now in the Divine Creator’s Embrace.

Aloha!

—Dame D.C. Cordova

CEO, Excellerated Business Schools® for Entrepreneurs
Money & You® Program

www.Excellerated.com



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INTRODUCTION



In the Beginning

We can appeal to Divinity who knows our personal blueprint, for healing of all thoughts and memories that are holding us back at this time.

—Mornah Simeona

I was wrong. Very wrong. When I finished writing the book *Zero Limits*, I expected the world to thank me. I knew the story was inspiring. I knew it was miraculous. And I knew it had to be told.

But I never knew some people would hate it—and me.

Dr. Hew Len knew, though. When I told him our book was completed, he said, “When it comes out, the shit will hit the fan.” I didn’t know what he meant. But he was clearer than I was. He was in the moment and saw the future. The story was unfolding for him. For me, it was still dark. When the sun came out, it hurt my eyes.

I decided to write this sequel for two reasons: first, to further explain the message of *Zero Limits* (and what happened as a result of publishing it), and second, to give you more advanced secret methods of authentic Ho’oponopono.

I asked Dr. Hew Len about my idea. He was reluctant because the elders of Ho’oponopono had slapped him for revealing their secrets. He didn’t want to go through it all again. For him, he can change the world by simply cleaning. For me, I needed to champion the cause. I still wanted the world to know about this amazing tool. I decided I would write this book alone, without Dr. Hew Len as my coauthor this time.

But before we get into this book, let me give you an overview of the beginning.

It all started prior to *Zero Limits* even being published. Before I turned in the manuscript to the publisher, the book became a best seller on Amazon. How? The famous online store listed it for prepublication, but an excerpt of it had been circulating the Internet for at least a year. Millions of people saw it—and so many preordered the book that it became a best seller before the publisher ever got it.

Here's the article that circulated the Internet in 2005 and caused millions of people to want the book:

The World's Most Unusual Therapist

Three years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients—without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane?

It didn't make any sense. It wasn't logical, so I dismissed the story.

However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called Ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more.

I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does. The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility.

His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist. He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall,

afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr. Hew Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

“After a few months, patients that had to be shackled were being allowed to walk freely,” he told me. “Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.”

I was in awe.

“Not only that,” he went on, “but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.”

This is where I had to ask the million-dollar question: “What were you doing within yourself that caused those people to change?”

“I was simply healing the part of me that created them,” he said. I didn’t understand.

Dr. Hew Len explained that total responsibility for your life means that everything in your life—simply because it is in your life—is your responsibility. In a literal sense the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life.

This means that terrorist activity, the president, the economy—anything you experience and don’t like—is up for you to heal. They don’t exist, in a manner of speaking, except as projections from inside you. The problem isn’t with them, it’s with you, and to change them, you have to change you.

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Hew Len, I began to realize that healing for him and in Ho’oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone—even a mentally ill criminal—you do it by healing you.

I asked Dr. Hew Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

"I just kept saying, 'I'm sorry' and 'I love you' over and over again," he explained.

That's it?

That's it.

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world. Let me give you a quick example of how this works: one day, someone sent me an e-mail that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Hew Len's method. I kept silently saying, "I'm sorry" and "I love you," I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying "I love you," I somehow healed within me what was creating him.

*I later attended a Ho'oponopono workshop run by Dr. Hew Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.*

"What about the books that are already sold and out there?" I asked.

"They aren't out there," he explained, once again blowing my mind with his mystic wisdom. "They are still in you."

In short, there is no out there.

It would take a whole book to explain this advanced technique with the depth it deserves. Suffice it to say that whenever you want to improve anything in your life, there's only one place to look: inside you.

When you look, do it with love.

That 2005 article prepared the world for *Zero Limits* and triggered it being a best seller before it was even published. Of course, when the book came out in July 2007, things got stirred up—and shit began to fly.

Having read only the excerpt, people started posting reviews of the book, which, of course, they had yet even to see. Old friends of mine from my struggling days in Houston decades earlier, people I had helped with work and advice, turned against me. They accused me of making the whole story up. They said Dr. Hew Len was fictional, that the story of him healing the mentally ill was an urban legend. They accused me of selling the secrets of a Hawaiian tradition for money. Others said I made money selling a book with no secrets in it at all.

I couldn't win. I was hurt. I was stunned and confused. I felt like a victim, I thought Ho'oponopono was supposed to empower me.

How in the world did people come to these conclusions? After all, Dr. Hew Len and I spent a lot of time together: running workshops, having our photos taken, doing radio shows, and creating the audio version of *Zero Limits*. We're in film clips on YouTube. We did all these things *together*. Obviously he was—and is—real.

Then there were the people who didn't read the book, who couldn't have because it wasn't published yet, but who reviewed it and said they hated it and me. They called me names and tried to blacklist me from e-mails I sent to my list. They created and named a computer virus after me. And more.

Yes, there were legions of fans of the book and me, too. *Zero Limits* became an official best seller when it was published. Thousands, maybe millions, of people learned the simple method of healing described in it and changed their lives. People used it not only for themselves, but they also taught it at schools, prisons, and hospitals and saw miraculous results. The book was translated in other languages. I was invited to speak in other countries. Dr. Hew Len's workshops went from having 30 attendees to having more than 800 at an event. He became a guru. Ho'oponopono became mainstream.

But it wasn't all peaches and cream. My best friend turned on me. His wife sent out a very unloving e-mail to a list I helped create, slamming and smearing me. It was unbelievably painful and certainly not from the heart. It was clear they weren't practicing any love and forgiveness—Ho'oponopono or otherwise.

Why did all this happen?

A friend of mine says success breeds contempt. I call that a belief. Dr. Hew Len would call it a program. Yet I have to admit *something* happened when the most important book of my life was written and published.

I could call it an opportunity to clean and clear myself, but I think there's more to the story. Looking back, I believe this was a catalyst to my own awakening.

When I wrote *Zero Limits*, I said there were three stages of awakening. It turns out I was incomplete—there are actually four. The fourth one goes beyond *Zero Limits* and into the place where the Divine lives *through* you. I'll explain all the stages in this new book.

After I wrote *Zero Limits*, I thought I had a handle on how life worked. Instead, I had so many sour events take place that I felt more like a victim. All of this led me to an understanding of surrender and the importance of cleaning nonstop using Ho'oponopono. Today I know the miracle of enlightenment.

If you want to know more about authentic Ho'oponopono and pick up where my previous book left off, then you've come to the right place.

If you are curious about the origins of modern Ho'oponopono and are wondering who Dr. Hew Len's seemingly crazy teacher was, you'll find the answer inside this book.

But brace yourself. If you thought *Zero Limits* was a wild ride, wait until you read *At Zero*. This one may burn some hair. It may shake, rattle, and roll your world.

If you feel ready, turn the page.

Expect miracles.

Mahalo,

Ao Akua

—Dr. Joe Vitale

On a plane 35,000 feet high

August 2013

CHAPTER 1



The Shit Hits

There is no such thing as ego. It's only data, data, data.

—Dr. Ihaleakala Hew Len

I turned in the manuscript for *Zero Limits* to the publisher during the second Zero Limits seminar, held in Maui, at the end of 2006. It was a fun time for me. The book basically wrote itself. I penned it in two weeks, which is astonishing. Other books of mine took months to years to complete. Two weeks? That's a miracle. Dr. Hew Len, my coauthor, approved it after reading only a few pages. He said, "Divine says it's fine." I was proud. Why shouldn't I have been? I had no idea the worst was yet to come.

During that second event, Dr. Hew Len told me that when the book came out, "The shit would hit the fan." I didn't know what he meant, but I wasn't worried. I felt guided and protected. My spirit was shining, and my confidence was high. I would keep cleaning. No shit would faze me.

I was wrong.

The first evening of the seminar, just before the meet and greet dinner, I received an angry phone call from an author and spiritual teacher I idolized. She had given an endorsement for the book manuscript I had sent her but apparently hadn't read the book. After she did, she objected to a few things in it, one of which was including her, although unnamed. When she recognized herself, she hated me for it—and called to read me the riot act.

I'd meant no harm. The section was about how even successful people have blind spots and attract chaos. I used her as an example but did not name her. I was surprised by her outburst because she often used her life challenges as teaching lessons in her own books. That wasn't a secret. But people project their insecurities and meanings onto everything, including books. She saw something she didn't like, and instead of taking full responsibility for what she saw (which is the entire point of Ho'oponopono and *Zero Limits*), she lashed out at me.

Because I was (and still am) a fan of hers, it hurt badly. I rewrote her out of the book, but the pain remained. Later, I called her and resolved the issue, but it shook me. How could this happen? If this was what Dr. Hew Len predicted and the book wasn't even published yet, what was I in store for? If only I knew. The shit was clearly hitting the fan—and once the book came out, the shit *really* began flying.

As I mentioned in the Introduction, people who hadn't read the book (because it wasn't published yet) condemned it and me. They said I made it all up, both Dr. Hew Len and the story of how he helped heal the patients at the mental hospital for the criminally insane in Hawaii. Some condemned the book as incomplete, and others slammed me for not revealing all the secrets from a Ho'oponopono seminar. They accused me of just trying to plug my other products in the book. Some said that if Dr. Hew Len was real, he was certifiably insane.

It was mind-boggling and disturbing to say the least. How could one book set so many people off like so much dynamite, especially a book that not only was written in love but also taught love and forgiveness?

At the same time, thousands of people who read the book were being transformed. I received calls, letters, and e-mails from truly grateful people. They found hope, healing, and salvation. It was gratifying, but the arrows in my back still hurt.

It was going to get worse before it got better.

I had a dear friend, a man I had coached, assisted, helped, advised, and inspired, who had been suffering financially. He had few online business skills, but I liked him, his creativity, and his sense of humor. I saw potential in my helping and working with him.

I gave everything, at no charge, to help him so that he could get on his feet. I helped him create an online business and an e-mail list. I helped him with products and marketing. I paid him for helping me at special events, even when I lost money to do so. He was grateful and showed it,

often kissing my cheek when he left my presence and saying, “I love you, Joe.”

In 2009, I was heading to Russia for a series of speaking engagements and invited him to come along. He got a free first-class trip, and I got a companion. He also agreed to help me onstage because speaking for days at a time can be exhausting. It was a win-win. Although we both had fears about Russia (from all the stories of nuclear attacks we heard when we were growing up—talk about data), we packed our bags, took a deep breath, and flew to the other side of the planet.

Russia was no picnic. The schedule was cruel, nearly torturous.

The moment we landed, I was taken directly to a television show in Moscow without time to shower or shave. I was so stunned that I was speechless. Because of the contract I had, I knew I had to do everything the Russians asked of me. I went on the TV show. Later that same night, I signed books for hours at a bookstore. The itinerary was relentless for the next two weeks. Although my friend was there to support me, he often stayed in his room and slept, while I went out and continued to speak, present, do interviews, sign books, and more. It didn’t bother me. I was relieved that he got some rest. He deserved it.

Even leaving Russia was an escape from hell.

We discovered our visas were expiring before our trip ended. Someone had screwed up our paperwork. Our travel documents were not in order. I felt like we were in a world war movie. It was unreal. The American consulates told my friend to “do whatever it takes to get out of the country by midnight.”

It was harrowing. We were taken through backcountry roads, were driven through military checkpoints in Russia, were constantly showing our passports, and were finally dropped off in the woods in Finland—right before midnight, just minutes before our visas expired. We still had to get to Helsinki and find new flights back to the United States (at great financial cost to me), and good Lord, it wasn’t easy.

But that wasn’t the real shit.

Once we returned home safely, my friend had a meltdown of some sort. Within 72 hours of getting home, he sent me an e-mail with an unexpected and totally fabricated bill for the prior two years. Everything he had done gratis as my friend, or because he felt indebted to me, was on the invoice. He said I owed him money and lots of it. I couldn’t believe it.

Although it was never part of the agreement to pay him for going to Russia, I had told him while there that I would give him something. I never got paid fully for my work overseas, and it cost me \$10,000 to fly us both home at the last minute. However, his support in Russia helped me survive what was asked of me. As a surprise gift, I'd planned to sign over a car I knew he loved, but his expressed anger at me, fewer than three days after our return, stopped me in my tracks. I was appalled. I was shaken to the core. I couldn't make sense of his behavior.

I tried to meet with him. I called him. I left voice mail. I thought that if we just sat down and talked, we could figure out what was truly wrong. At one point I offered to pay him, just to bring peace to our relationship. Angry, he wrote, "Forget it." He continued to vent, writing terrible things about me online. He privately wrote to people I knew—even my own staff—trying to get them to side with him against me. His actions were devious, vicious, insidious, and darkly underhanded in his drive to undermine my reputation.

There is no way to convey fully the pain of this experience. It was like waking up and finding your spouse or best friend gone or dead. I was grief-stricken. I was traumatized. How could my best friend act with such devilish behavior and coldness? I couldn't comprehend it. Was it all about money? Was he throwing away a friendship, a business partnership, a spiritual pact, all over *money*? Where was spirituality? Where was the Ho'oponopono I'd helped him learn? Where was his *heart*?

The irony is that it's because of him I became interested in Ho'oponopono. He'd heard a story and seen a booklet, and he told me about it. He had no idea what Ho'oponopono was. I found the whole topic riveting and wanted to know more, so I started researching where the story came from and who and what was behind it all. Eventually I was led to meeting Dr. Hew Len and writing *Zero Limits*.

I thought my friend understood the principles of personal responsibility, love, and forgiveness. After all, I'd paid for him to attend his first Ho'oponopono event, yet when his buttons were pushed, whether from the trauma of Russia or from something else, he didn't take responsibility. He blamed me and went beyond that. In Ho'oponopono they call this kind of retaliation *ino*, which means acting to do intentional harm with hate in mind. It's one of the heaviest transgressions imaginable.

And he did that *to me*.

There's some shit for you.

I cleaned . . . and cleaned . . . and cleaned.

I looked at my own involvement in this drama on an energy level, trying to understand how I attracted it. I know our lives are intertwined. We are a dance of energy. Nothing happens in a vacuum. My friend and I were sharing a program—a virus of the mind. I did my best to recall everything Dr. Hew Len ever taught me, right down to knowing that the only way out is to clean, clean, clean.

I began to feel sad for my friend. I began to understand that somehow he had acquired a program that was taking over his mind. I knew he had had blowups with family and friends before. I had seen them happen. I just never expected to see it in our relationship or have it directed at me. It truly felt like a program possessed him and was directing him. I wanted to help him, to heal him somehow. I did clearing nonstop to erase this from me, hoping it would be erased from within him, too.

In the reality of authentic Ho'oponopono, it wasn't about him. It was about me.

If anyone had justification in feeling like a victim, it was me. If anyone had evidence that my friend betrayed me, I did. I still have our e-mail correspondence and the e-mails from people he contacted, proving all he did in public and private. Another person might use all of it against him. I won't.

As Dr. Hew Len often taught me, "There's nothing out there." It's all inside. I had to force myself to accept complete responsibility for everything my friend had done, looking for the program in me and in us that created, attracted, and manifested this entire drama.

My friend moved away, something I sense he wanted to do all along. Did he create this nightmare scenario to break from his business relationship with me? I guessed he had money problems. Did he need a scapegoat? If so, I was certainly handy. This isn't to blame him, because blame is not authentic Ho'oponopono, but to show how the human mind strives to make sense out of nonsense. I have no idea if I'm right or wrong about his motivations, nor does it matter. The real point is that Dr. Hew Len was right. The shit *did* hit the fan.

What did I do to handle the crisis the shared program in my friend and me triggered? Nothing.

I didn't hire a lawyer or contact any government agency. That didn't feel loving and forgiving or anything like authentic Ho'oponopono. Even though my friend did some horrible things in an attempt to ruin my

reputation (which hurt even more because he knew about full responsibility and clearing), I didn't retaliate.

Instead, I cleaned—I felt my deep pain, the betrayal, and the injustice, and I took it to the Divine. I used the very process Dr. Hew Len taught me. I took responsibility. I owned the situation. I didn't say anything negative publicly, and I'm only sharing the story with you now for a larger lesson (to come in a moment). I took the drama inside, and that's where I cleaned it.

I also used an advanced form of Ho'oponopono, which I'll share with you later in this book. The combination of all these methods finally allowed me to release the energy of my perceptions about my former friend. The drama blew over. He stopped his smear campaign. The dust settled. Life went on. Business continued as usual, just without him in my life. I miss the loving relationship we had, but I'd rather be free than frantic.

Interestingly, he contacted me while I was writing this book to ask if I would lead a Ho'oponopono event with him. Was it a sign that my clearing had worked and that we were now peaceful? Yes. I passed on his offer, though. He was the past, and I had cleaned it and let it go. I love him, forgive him, and wish him well.

Let's move onward.

What's the greater lesson here?

Please understand that none of this drama was my friend's fault, nor was any of it my fault. Nobody is to blame. The cause was a *program*.

This is essential to grasp. I took complete responsibility for the program I became aware of in myself. As I cleaned on that program, the situation resolved.

That is the first lesson to get. It's the reason I've shared this story with you. Even for authors and gurus, it all comes down to using the practice of Ho'oponopono to clear programs, memories, and other data to return to a state of pure love. As Dr. Hew Len so often says, "I am only here to clean."

As you'll learn in this book, life will always present you with challenges. That's the nature of life. The get out of jail free card is the practice of Ho'oponopono. As you say the four phrases—*I love you, I'm sorry, Please forgive me, Thank you*—you delete programs and beliefs you aren't even aware of, making your adventure through life easier. The

more you clean, the more data you delete and the closer you get to Divinity or Zero.

Is it really that easy? Does it work all the time? Why does life often seem to get worse before it gets better?

Stay with me, and let's go deeper into this adventure. . . .

CHAPTER 2



You Will Never Be the Same

Ho'o means to make, do, and create.

Pono means balance, goodness, correctness, perfect order.

Ho'oponopono is a method of creating perfect order and balance to heal a situation.

—Joe Vitale

After learning the basic Ho'oponopono process of saying the four phrases—*I love you, I'm sorry, Please forgive me, Thank you*—people often complain that more negative events than positive ones seem to occur.

Why does this happen?

Think about a glass of water that's been sitting for a while. When you stir it, the gunk floats around and some of it invariably rises to the top. You have to keep cleaning to catch all the dirt. The programming in our mind rests in deep and murky places, so we may experience darkness before we experience light. But we have to get the debris out before we get to clean water. Cleaning, literally, cleans.

Data is a word used for this unconscious programming, the garbage that prevents you from hearing the voice of your Divinity. At a Zero Limits event, someone once asked Dr. Hew Len about the difference between ego and Divinity. Dr. Hew Len replied:

First of all, there is no such thing as an ego. Did you know that? No such thing. It's only data. And it's the data that speaks, the data that says it's ego—but there is no such thing as that. It's only data. Can I make that point? It's only data. Data speaks, and you speak the data, so you are not anywhere in control. The idea is for you to get to the data and erase it. You're already perfect, and we just want to get the data out of the way so you can be in the light.

There are only three kinds of data to deal with, something I call IZ, Infinite Zero. This is the neutral state. The other is where Divinity comes to Zero and inspires you, which I call IZI. This is inspiration, and that means you are into the flow. It happens without effort, and with ease. You also have what we call the memory, and the memory goes against ease. You have dis-ease, away from the Source and yourself.

Your mind can only be in one of these three states. There is no halfway. You can't be over here and over there.

When *Zero Limits* came out, it stirred up people and their programs. More than once I had to remind myself that it wasn't the person mouthing off that was the issue; it was the data—the *program*—in them causing them to complain.

Surely you've been there. You say something you didn't mean and wonder where it came from. According to Ho'oponopono, it surfaced from the *program* in your unconscious. You didn't even know it was there until the right situation came along and hit the right button. Then, look out because here it comes—shit on parade.

Regarding the former friend who I wrote about in the last chapter, the one who had a meltdown after our trip to Russia, the question to ask is, "Was it him or an activated program?" I've since learned that virtually everything we do as humans is a result of our programming. Personally, I've never met anyone living from the fourth stage of awakening. I've read about them, but I'm not one of them. I'm still in stage three (surrender). The fourth stage (enlightenment) comes by grace—and until then, it means that unconscious motivators drive most of our actions.

This is no surprise. The field of neuroscience reveals how unconscious we are. We have more power and control available to us than ever before suspected, but the vast majority of people don't know that, let alone how to leverage it. We walk through life, essentially robots

programmed by our upbringing, and our inherited past, to react in certain and predictable ways.

When people lash out against me, you, or anyone else, it's rarely about you, me, or anyone else. It's about the *program* they have. Here's the rub: if you can see it in another, then you have it, too. Dr. Hew Len is famous for saying, "Have you ever noticed that when you have a problem, you are there?"

You're there *because* you're part of the problem. Or better stated, you're part of the *program*. The program in you attracted another person with the same program. It's like looking in a mirror. What you see in the mirror is you; what you see in life is also you. The outer is in a projection. You wouldn't even know it existed unless you experienced it *INSIDE* yourself. Everything happens inside. The outside is just a reflection. This is why it is so important to realize total responsibility is about owning everything you see and experience. There is nothing out there in many respects, because you only become aware of it inside. Again, it's all a reflection of what's in you. It's all a mirror. It's all a shared program. When you clean, you clean the program and you become part of the solution.

This is how Dr. Hew Len helped heal an entire ward of mentally ill criminals. He didn't work on them; he worked on himself. He saw them as projections of a program within himself. Traditional therapy had already failed in trying to heal those inmates. Dr. Hew Len changed them by working on *his own* perceptions. As he cleaned those projections, the patients got better.

You have to understand that when you look at this book, look at any person, or experience any moment, you are rarely, if ever, seeing it purely for what it is.

In 2011, Vanderbilt University psychologists found that memories of what we have recently seen can contaminate our visual perception, impairing our ability to properly understand and act on what we are currently seeing. "This study shows that holding the memory of a visual event in our mind for a short period of time can 'contaminate' visual perception during the time that we're remembering," said Randolph Blake, a coauthor of the study and Centennial Professor of Psychology.¹

¹ <http://news.vanderbilt.edu/2011/07/memories-visual-perception/>.

For example, a few years ago, my wife's car caught on fire while she was driving it. Fortunately she saw smoke coming from her dash, pulled the car over, got out, and called for help. Within minutes, her car was an inferno. Because she was near our home when it occurred, she called me, and I was beside her fast. Together, we watched her car melt to the ground. It was unsettling and unforgettable.

For the next week, we saw and smelled smoke. I remember one morning over breakfast, she looked outside and saw haze. It looked like smoke to both of us. In a panic, we ran outside and looked for a house on fire, but there wasn't one. It was simply usual morning fog. Our traumatic experience of seeing her car on fire a few days earlier caused our brains to see smoke when it wasn't there.

But it goes beyond carrying a perception into this moment. Yes, if you just watched a scary movie with vivid unsettling images in your head, everything you look at for a while afterward will have tinges of scariness to it. Your brain will filter the next moments because of the visions still in your current memory.

Dr. Hew Len taught me that we have unconscious memories as well, which affect every level of our being mentally and physically. He said, "If your subconscious is loaded with information and it feels overwhelmed, it's going to leave you. You know that. It just picks up and goes bye-bye. That part of you is gone—you have an empty house. And what happens when you have empty houses? You can get possessed. Demons come in. The idea is that you have to stay home. You have to make sure that you're always working to be at Zero so that part of you doesn't leave you.

"A cancer cell is a cell that's lost its identity. It doesn't know who it is. And because it doesn't know who it is, it creates havoc. It destroys things. It goes out of whack. Just like you. Things come up because you have no idea who you are. You've been displaced by memories. Instead of being at Zero, memory comes up and displaces you. Now you're into hell and all kinds of problems come up. Demons."

Unconscious memories have a more subtle, but just as telling, side, too. For example, when you go to a party and see someone you instantly like—or instantly don't—it's often because of a program in your head. You're not seeing the person clearly. You're seeing your program projected onto the person. No wonder so many people marry folks either like or unlike their parents. Those early images layer over what they see before them.

I used to have a problem with authority figures. I'd rebel against bosses. I hated being at work. I'd do a great job while mumbling under my breath at my superiors. They weren't "superiors" at all, other than the fact that their work position was advanced and their pay grade was higher. They weren't above me, but my psychology viewed them as parental. It was my relationship with my father—an ex-Marine Corps sergeant—that was being projected onto anyone who acted with authority. I wasn't seeing the boss as a person but was seeing him or her as a version of my father. I didn't know it, of course. It took long-term cleaning to get to the point where I erased the program.

Don't think you're immune from this trick of the mind. It's easy to think it happens to other people but not to you. That would in itself be a brain trick, a way to avoid responsibility. In fact, you aren't seeing reality *right now*.

There are 100 billion neurons in your 3-pound brain. Every second 11 million sensory impressions fire along your brain's highways, but only 40 actually reach your awareness. Forty! What happened to the 10,999,960 other bits of information? Your brain filtered it and filed it as not useful to your survival.

How did it know what to filter out? Get this: your brain creates an image of the world based on the memories it already has. In other words, your past experiences are the memories that create a reality template that your brain uses to tell you what's real. If what is happening in this moment doesn't match what your brain has determined is valuable and real, you as a conscious being will never know it. You'll never even see the information. Your brain will protect you from it. Your brain is a reality creation machine, only you probably didn't know it—until now.

No wonder I get questions such as, "Why do some people believe in the Law of Attraction and others do not?" Easy. The believers allow the information in that supports their belief; the unbelievers, in the same way, allow information in that dismisses the Law of Attraction and supports *their* belief.

Is the Law of Attraction real? Because you can attract data to support *any* belief, apparently the Law of Attraction is real.

What authentic Ho'oponopono reveals is our memories are keeping us from experiencing the pure reality of this moment. Although you probably don't want 11 billion bits of data suddenly overwhelming you,

you also don't want to block out inspiration because it doesn't fit with your worldview.

According to many scientists, only infants see the world as it is. They see the uncut version of reality because they have less data filtering out the input coming to them. As Dr. Hew Len often says, "Have eyes as a newborn baby. Only then can you see."

Let me share another example with you, albeit a painful one to write.

Years ago my wife and I found a mansion we loved. It was majestic and secluded, sat on 20 beautiful hilly acres, and fit our needs at the time. Because it was such an expensive luxury home, it would require a jumbo loan to buy it. I applied and was approved for one. We began the process of closing on that home and making plans to move into it. We planned to celebrate Christmas in our new home. Excitement was in the air.

But three days before the house closing, the bank called and added some provisions to their loan. My accounting and legal advisors told me not to sign off on them because I'd regret it. This was how banks at the time were putting people into financial strain. I didn't want to fall into that trap. I decided to pass on buying the mansion. We were deeply disappointed. We cancelled the closing.

I thought that was that.

I was wrong.

The sellers were two attorneys getting divorced, and they decided to sue me for not buying their home. I couldn't believe such a thing was possible. Because of a line in the contract that forbade me from backing out of buying, they had a case against me. I had to go to three different attorneys before I found one I liked who wanted to help me.

This dragged through the courts for almost three years. Three years! I had to go to a deposition, where the opposing attorney asked me about everything, from why I didn't buy the house to my relationship with my deceased ex-wife. Apparently anything goes in such meetings. The process was grueling and painful. What hurt the most was the idea that they were doing it for either greed or revenge. There was no love. My heart sank to realize people could be driven to do such things.

I know several stress reduction methods, as well as healing modalities, and did them all, but nothing removed this situation. I kept cleaning, and cleaning, and cleaning. I cleaned virtually every day for over three years. Nothing happened, or so it seemed.

When Dr. Hew Len came to visit me in Austin, right before another Zero Limits event, I met him at the airport baggage claim, which is interesting, considering I began telling him about the baggage I was carrying. He listened attentively to my story.

“Do you still have your business card?” he asked me, referring to the card he once said was a clearing device, the one with my car named Francine on it. I said I did.

“Take the card and use it to cut up the image of these people suing you,” he explained. “Just see it all being sliced up into tiny bits and then dissolving.”

He was teaching me an advanced Ho’oponopono cleaning method. I did exactly what he said. Still, nothing seemed to change. In fact, the couple now stated they were suing me for \$3 million. I was aghast. They had no real losses. They still had the house, yet they were suing me for what they claimed was a perceived loss of revenue.

I shared my predicament with close friends. No one could explain why this was happening to me. Then I remembered that in my own book *The Attractor Factor*, I said that once you get the lesson, you no longer need the experience.

“What is the lesson?” I asked myself. “What *is* the lesson?”

After months of deep soul searching, I concluded that a program in me was attracting this situation to teach me a lesson about reading contracts. I had trusted my realtor, who should have deleted that line in the contract that was causing us all the problems, and hadn’t read it closely, despite a little nudge within myself to do so. I had ignored that inner warning. The result was hell. Once I got the lesson—obey the feelings and read those contracts—I felt free.

Then a miracle happened.

The couple offered to settle out of court. They no longer wanted \$3 million. They no longer wanted to pursue the case. It was a quick and peaceful end to the drama. It was over.

Although lawsuits often take years, this ended the very moment I got my clarity. That, to me, is another miracle.

Please note that I had to clean until I got the lesson and the program was deleted. Once it was, the scene dissolved. But you have to take complete responsibility for this to work.

An attorney once told me, “There’s something in the human brain that won’t allow people to say they are responsible. Even with evidence

piled up against them, they will deny and ignore and rationalize away their own involvement.”

That’s why Ho’oponopono has phrases such as *I’m sorry* and *Please forgive me*. Those statements help you awaken to your own part of whatever you are experiencing. Interestingly enough, those two statements are the hardest for most people to say. Those are the statements the majority of people object to even thinking.

Again, it’s not your fault that you may have something to resolve in your life, but it is your responsibility.

If you’re wrestling with a stubborn issue in your life, realize that the issue has nothing to do with you or anyone else. *The issue is a program*. It’s in you, much like bacteria or a virus. It’s more psychological. It’s what Ho’oponopono calls a memory. We have no idea where it originated, and we don’t need to know. We just need to delete it.

How? By practicing authentic Ho’oponopono. But before I explain new ways to delete old programs, let’s dig into some of the history of Ho’oponopono as we know it today.

Where did this strange method come from, anyway?

CHAPTER 3



Is Mornah Crazy?

The entire point of modern-day Ho'oponopono is to delete the data in yourself.

—Dr. Joe Vitale

Mornah Simeona was an odd duck. Dr. Hew Len thought so, too, at first. He walked out of her seminar three times. Even after he returned and sat through all the esoteric chatter about demons, elves, and spirits, he still thought she was crazy for two years. But something kept him with her, and he stayed loyal, a disciple of her updated brand of Ho'oponopono, until her death in 1992.

In 1976, Mornah adapted the traditional Ho'oponopono practice of healing in a group to healing within yourself. Mornah was considered a *Kahuna*, or keeper of the secrets. She didn't keep them secret, though. She held classes and revealed them to anyone with a few dollars. Nurses often invited her to clean hospitals, but she didn't go with a bucket and broom. She went to dispel spirits who walked the halls, rode the elevator all night, or flushed toilets at will. Mornah went to heal the hospital so that the nurses could have peace. Apparently she was good. Nurses in other hospitals asked for the same service.

Although Mornah was skilled in traditional Ho'oponopono, the group healing method, her focus was the more internal approach she apparently created herself. While she still honored Hawaiian customs and beliefs, she knew that if people took care of their own inner world, their

outer world would change. She created a modern self-help technique out of a Hawaiian tradition.

She often said that when you cut the *aka cords*, or ties to people and things, you were free. She compared a telephone line connection to an *aka*, or invisible link, to another person. To her, when you spend time with a person, place, or thing, you create an attachment to it—an invisible link that stays with you both, even when you leave that person, place, or thing. It also stays with the other person, place, or thing. Imagine a spider web connecting you to all you have touched, and you can sense the mess. She went so far as to say antiques you buy, and gifts you receive or give, also had *aka cords*. You have to be careful and, she thought, always delete attachments.

I once had Dr. Hew Len sign a baseball he had used in a presentation because I *wanted* his energy. I have a collection of materials owned by famous bodybuilder and movie star Steve Reeves because I *wanted* his energy. But what about the antiques I own, about which I have no clear idea who had them along the generations they passed? I have to intentionally cut the *aka cords* to those items, or else I may welcome their programming into my home.

Mornah felt we had to sever *all* *aka* chords to be free for Divinity to operate through us. When she went into hospitals, her x-ray vision, so to speak, could see departed souls still hanging around. Her Ho'oponopono was about karmic cleansing. Once she freed their bonds to this plane, they moved on. Her method was to say her favorite Cleansing Prayer. She compared it to the Lord's Prayer but preferred it for clearing bonds. It was her inspiration to do it this way. She gave it to the world as a gift for us to use freely. Dr. Hew Len and I still use it. Here it is:

Spirit, Superconscious, please locate the origin of my feelings, thoughts of
(_____ fill in the blank with your belief, feeling, or thoughts _____).

Take each and every level, layer, area, and aspect of my being to this
origin.

Analyze it and resolve it perfectly with God's truth.

Come through all generations of time and eternity.

Healing every incident and its appendages based on the origin.

Please do it according to God's will until I am at the present,

Filled with light and truth.

God's peace and love, forgiveness of myself for my incorrect perceptions.

Forgiveness of every person, place, circumstances and events which contributed to this, these feelings and thoughts.

Mornah said we are to say the prayer four times each time we want to release something. She felt that if you memorized the prayer, you could more easily bring it up in your consciousness but that reading it was perfectly fine.

One time a medical doctor asked her if his feelings of upset when a patient died stayed with the patient's soul. She said, "Yes." Talk about heavy. She explained that we have ties to others, and emotion makes them stronger. If we want to release them, we have to release ourselves. To release ourselves, we do Ho'oponopono, saying the script above.

According to Mornah, we are computers. We are packed with programming we had little to do with receiving. We were born on a time line that didn't start at birth but before it. She believed in reincarnation but said each of us was unique. What we came into this life with was far more than could meet the eye. Our minds were preprogrammed with data, most of which we no longer needed, and all of which was blocking the Divine from inspiring us.

As she taught Dr. Hew Len, and he taught me, our only purpose is to clean up our stuff. Even when we have a problem with another person, that problem is in us, *not* the other person. For many readers of *Zero Limits*, this was an issue. They glossed over it or misunderstood it. The entire point of modern-day Ho'oponopono is to delete the data in *yourself*.

Mornah repeatedly taught that the way to delete the programming was with her prayer. Repeating it four times was the trick. She also said that no one else needs to know about it. She explained that all you need is his or her name.

In fact, this is how Dr. Hew Len cleaned before each of our Zero Limits seminars. He asked me for a list of all attendees. All he wanted was their names. With those names, he looked at each one and mentally deleted any aka cords between himself and that person.

More often than not, he used the eraser end of a pencil and tapped each name as he silently said "Dewdrop" or "Delete." I doubt that he said the entire Mornah Prayer for each name—he may have held the list and said the prayer over that.

I can't stress enough that the whole point of doing any of this is your inner peace. No one else matters, except concerning the effect he or she has on your inner well-being. If someone pushes a button in you, clean, and clean again.

In Mornah's last filmed public appearance, someone asked if a thought form could be planted into a person's mind. I found this question fascinating. Ever since my own satori (or glimpse of awakening), I realized communication with the Divine is a two-way street. You can clear yourself so that you can receive inspiration from the Divine, and you can clearly *send* requests to the Divine.

Mornah said, "Yes, you can put a thought form into another's computer." This surprised me. Dr. Hew Len said, "Don't mess with another person. You will be messing with their karma and you will have hell to pay." Yet here was Mornah, Dr. Hew Len's teacher, saying you could influence another person.

Which statement was true?

Both are. You can send a message to another by having an intention, fueling it with emotion, and imagining it going to the other person. I would hope your intention is for wellness and healing of that person. I'm sure Mornah would want it that way, too.

But this raises the question, Who knows what is right for anyone? I don't know your time line through life. You don't know mine. Sometimes it seems obvious—people are suffering, so help them. But we don't see the larger picture. Their suffering may be leading them to a gift we can't see or predict.

Mornah's focus was on healing. I'm sure she wanted thought forms to be of positive intent. She openly admitted there were sorcerers who practiced black magic. She confessed that they had used it on her and tried to hurt her. She knew there was power of good and of not so good.

In fact, the early Kahunas of Hawaii were often evil sorcerers who were said to "pray people to death." According to Julius Scammon Rodman, in his book, *The Kahuna Sorcerers of Hawaii*, there was more black magic being practiced than white magic. There was more hate than love. It was more voodoo than white light. The love and forgiveness of modern-day Ho'oponopono wasn't seen. It was dark art for manipulation.

Scott Cunningham, in his book *Cunningham's Guide to Hawaiian Magic & Spirituality*, wrote that some Kahunas "sent spirits flying on destructive missions."

Some of this can be understood. Christians didn't arrive until 1820, at which point they started to convert and civilize Hawaiians, outlawing customs, such as the famous hula dance. Before that, fear, superstition, paranoia, and more dominated the people. They were terrified of the land, the dark, and others. The gods of wind, land, and sea might not hurt them if they behaved correctly, offered sacrifices, or hired a magician or sorcerer. They considered anyone who could help protect them a person with magical powers. Those powers were often used to curse or even kill any perceived threat. That was early Huna—a psychic weapon.

Mornah was considered one of the last remaining, authentic, old-school Kahunas, but she used her power for good. The difference was that, throughout Mornah's teachings, she focused on *healing yourself*. Your well-being is enough to influence others. She once went into a hospital and sat with the hospital director. She explained that if his hospital was to be more efficient and effective, then he needed to heal himself. She sat with him and read the prayer. As she told it, the next day the hospital improved.

Influencing others without saying anything to them isn't new. Phineas Parkhurst Quimby, generally considered the father of New Thought in the mid-1800s, which in time became New Age healing of all types, wrote:

It is an undisputed fact which philosophy has never explained that persons affect each other when neither is conscious of it. According to the principle by which I cure the sick, such incidents can be accounted for, and it can be proved beyond a doubt that man is perfectly ignorant of the influences that act upon him and, being ignorant of the cause, is constantly liable to the effect.

This also helps explain how Dr. Hew Len could bring his peaceful vibration to a chaotic mental ward and have his being, in time, settle people without them knowing it. They relaxed because of his unspoken calm. He affected them but without saying a word.

Mornah believed that the imagined world was as solid as the real world. She often said you don't need water as a cleansing tool, for example, that you could in fact *imagine* water. The same cleansing would take place. Dr. Hew Len often says blue solar water is a clearing tool made by placing regular water in a blue bottle and putting it in the sun for an

hour, but Mornah taught that all you need is the *mental image* of the blue solar water. It all happened in the mind.

I once had a clearing session with a seasoned Ho'oponopono practitioner who sent an e-mail, complete with capitals in odd places, saying, "The meditation opened with a huge Rainbow Drop that came and landed over you and everything. As the Drop melted it worked to divide up the memories of your physical concerns. The Drop then melted the pieces away. This process took several minutes. At the end you were given a Rainbow Cookie. This Cookie is a tool for you to use specifically with your experience of weight. Eat it often. Imagine eating cookies to lose weight. The meditation closed. And it is done!"

For Mornah and other veterans of Ho'oponopono, imagery was just as real as physicality. The entire focus, though, is on you, not on anyone else: *you*.

At the first Zero Limits event, held in 2006, two of Dr. Hew Len's students sat in the back of the room. They were like concrete statutes. They said nothing. They showed no emotion. They sat and observed in total, unmoving silence. Except for their Western dress, they may have been considered monks from a past life.

When I asked them what they were doing, one said, "Our job." I got the impression they were there to help Dr. Hew Len keep cleaning the room so that everyone could experience Divinity faster. I don't believe they were doing anything but cleansing themselves. Their focus on their well-being was deleting data in all of us.

Remember, the only intent is for your own well-being. From that place, what Dr. Hew Len calls Zero, you may be inspired to help another, but let it come from inspiration, not the intent of ego.

Meanwhile, keep cleaning.

Mornah felt that all of life was sacred. She took this literally. There were no exceptions. She saw inanimate objects as animate. She was animism incarnate. *Everything* was and is alive. She said the most important thing was to respect all life.

No wonder Dr. Hew Len talks to tables, chairs, rugs, and rooms. He's checking their well-being. He recognizes them as alive. He's animistic, too. He is looking for any aka cords to cut to allow purity.

I always thought Dr. Hew Len was a bit off when he talked to rooms and chairs, yet as my guitar collection grew, I noticed that each guitar seemed to speak to me. Musicians often say guitars have songs in them. I

picked up a guitar made by Huss & Dalton, and as I held it, I suddenly started strumming and singing an unusual pattern and words. It became the song “Ghost Train” on my album *The Healing Song*, but note that the song didn’t exist until the guitar seemed to tell it to me. Now I no longer question Dr. Hew Len talking to the furniture. Now I talk to guitars.

Mornah went even deeper. “You can clean the room,” she once said, “but what about the land?” She explained that all land was sacred and needed healing. When machines came and construction began, the land was desecrated. It, too, needs healing.

While writing this, I received a book manuscript from Mark Anthony, a lawyer in Florida who has the ability to see the unseen world. He calls himself the psychic attorney. His book is packed with evidence—from his own experience to those of researchers—proving there is an invisible world of beings.

Mornah was often invited to help the unseen spirits of hospitals finish their business, realize they were dead, and move on in their evolution. Dr. Hew Len often warned not to pay attention to ghosts, as your attention would attract them. He feels your sole duty is to take care of yourself.

However, whenever Mornah or Dr. Hew Len came across spirits with unfinished business, they cleared them. How? By repeating the Ho’oponopono Prayer. For both of them, the prayer was the cleaning tool that severed aka chords and released data so that everyone involved could be free. Mornah was once asked to clean up Pearl Harbor because departed souls still inhabited the area. She agreed to do so.

She also believed that you never did any cleaning per se. “The prayer is an application for relief,” she explained. Dr. Hew Len calls it a petition. Your cleaning is a request. It’s up to Divinity to do anything. Sometimes a person had a karmic debt to pay, and no amount of Ho’oponopono would help unless the Divine showed the debt was paid.

In short, clean and let go. Clear and trust. Practice Ho’oponopono, and have faith. Trust the process. Anything else is an ego demand, and the ego is not in charge. The Divine is.

Too many people in healing circles blame people for not being healed. They say you have to do this or that, and it’s your fault if nothing happens. Unfortunately those healers are doing more harm than good. According to modern, authentic Ho’oponopono, *no one* is to blame.

Ever. You have issues and challenges because of data, and you work to delete the data. But whether the data is deleted or not isn't up to you.

It's actually *more* data to expect results in a specific way. In other words, an expectation is a belief. Belief is data. This is why Dr. Hew Len continuously stresses in public and private that all he is here to do is clean. The rest is up to Divinity.

No wonder some considered Mornah odd. She couldn't guarantee results. She could guarantee that she would clean, but the results weren't up to her.

Think about it.

And clean.

CHAPTER 4



Will the Real Ho'oponopono Please Stand Up?

Clarity is the most important asset of your life.

—Dr. Ihaleakala Hew Len

Where did Ho'oponopono come from, anyway? Dr. Hew Len often said it came from other galaxies. There's a mind stretch for you. He told me it may have come from Lemuria, a lost continent, similar to Atlantis, that may or may not have existed. As an author wanting to know traceable facts, I found both of those possibilities not very useful.

What's the truth?

The original form of Ho'oponopono was used as a tool for healing relationships and resolving conflicts in families. It's at least a century old with no clear known beginning, although guessed to be Polynesian.

According to the book *Nana I Ke Kumu (Look to the Source)* Vol. 1, which Mornah recommended for understanding old-school Ho'oponopono, "Ho'oponopono was essentially a family matter, or only those most concerned with the problem."

Used in Hawaii by therapists, ministers, counselors, and heads of family, it usually involved a family sitting in a circle and taking turns airing

their differences, grudges, angers, and more. The purpose was venting the emotion, being heard, and ending with forgiveness.

It's still in use today but with a wide variety of people interpreting how it should be done. Many feel it is contaminated. According to *Nana I Ke Kumu (Look to the Source)*, "When Christianity came in, more than a century ago, Ho'oponopono went out." The old-school approach went along these lines:

- Opening pule (prayer)
- A statement of the problem to be solved or healed
- Self-scrutiny of each person's thoughts and actions
- Absolute truthfulness
- The leader controls discussion and directs the group
- Honest confession of wrongdoings to the gods and each other
- Agreement to make restitution to injured parties
- Closing pule (prayer)

In pre-Christian times, the sacrifice of an animal followed the above traditional Ho'oponopono practice. In times after Christianity's introduction, a meal followed the ritual. Mornah said fruit was just fine to eat afterward.

The Ho'oponopono Dr. Hew Len and I teach is the updated one Mornah taught. It's basically the same as traditional Ho'oponopono but without anyone else being necessary. It's all done inside. Mornah's insight was that it's all you. Dr. Hew Len goes even further and says no one else is needed. This is also why it's not necessary to teach Ho'oponopono or create products around it. All you need is the process—then all you need is to do it. If anything, having a personal coach (much like Dr. Hew Len had Mornah, and I had him) can be of help.

I once asked Dr. Hew Len if I should take training in Ho'oponopono. "No," he replied without a thought or any hesitation. "You're already there."

I didn't agree, so I continued to meet with people who had studied with either Mornah or Dr. Hew Len. I wanted to absorb everything I could. Of course, all I was really doing was adding data to my already overburdened mental hard drive.

Great. More to clean on.

What is real Ho'oponopono? The one you practice.

It's basically a tool, not a be-all, end-all religion. It's a step toward awakening. Along the way, many people have created products around Ho'oponopono. Of course, even Dr. Hew Len has items for sale. He offers his Ceeport stickers, for example. That's the image he was inspired to create. Ceeport means, "Clean, erase, erase, as you return to port." He has the same image on his business card, which he sells for \$10 each. I always admired that boldness. Most people strive to find ways to get people to accept their business cards. Dr. Hew Len *sells* them.

Dr. Hew Len once said, when someone asked him about creating a Ho'oponopono-inspired product to sell, "If the idea comes from inspiration, it's fine."

Use those products or not, as you feel inspired. But ask yourself if you really need them. In Ho'oponopono, the only person to change is yourself. When you use the method on your own upsets, no matter who or what flipped your switch, then you are practicing authentic Ho'oponopono. You don't need anything else.

As much as I would love for you to buy more copies of this book (and of *Zero Limits*) and hand them to everyone you know, only you need to do anything concerning any problem you experience. I know it's tempting to tell others, "Clean on it," but that's not how authentic Ho'oponopono works.

No one else has to do a thing to resolve any issue.

Just you.

Traditional Ho'oponopono looks like this: someone is upset because of a situation. To resolve it, everyone involved is called to a meeting. In that meeting, grievances are expressed, not always with love or accepted with forgiveness. The leader of the group holds everyone accountable, and the meeting continues, as long as necessary, until there is complete resolution: meaning unconditional love is restored in the group.

Modern Ho'oponopono looks like this: you are upset because of a situation. You then turn within, feel the pain, and plea with Divinity (God, Gaia, Tao, Zero, Nature, etc.) to remove your inner program (data, thought, or belief) that caused or attracted the situation. You repeat this cleaning, clearing, erasing, or repairing until you are at peace.

In the first scenario, you need and are dependent on others. In the second, you need no one. Dr. Hew Len, Mornah, and I teach the latter approach.

For example, a friend of mine was having trouble dealing with a woman in a group she was in. The woman seemed to say and do things just to irritate everyone. Because I was not in the group and didn't know the woman pushing all the buttons, none of this bothered me. I wasn't involved. But my friend sure was.

Out of desperation, she finally told me, "I tried Ho'oponopono because I couldn't out think the situation."

In other words, she kept trying to resolve the conflict she was experiencing by saying and doing things differently. But none of that was working. Because she knew the method from the book, *Zero Limits*, she decided to give it a go. As a result, she was able to find inner peace and finally get some sleep.

She was able to get to Zero regarding the situation.

Here's another example: several years ago my mother went into the emergency room. She'd been ill for 13 years. She had gotten far worse. She was suffering. Her vital organs were failing. The entire family was called in. I canceled events and went to be by her side.

She was in an intensive care unit that was so secluded that only five other patients were in there with her. Three of them died while I was there visiting. As I saw my mother looking so weak and pale, I felt helpless. Some part of me even felt angry. I thought she should have taken better care of herself. I was upset and afraid. I didn't know what to do. Even the medical doctors just seemed to keep her on life support and do little else. I was not at peace, and I felt helpless to do anything.

I remembered Ho'oponopono. The whole point is for me to find peace inside, and my peace would help her do whatever she needed, whether stay or transition. I started working on myself. I didn't try to heal her. I didn't know how to heal her. I had no way of knowing what to do to help. I knew I was upset, so I worked on myself. I needed to regain peace. I knew from my research into healers and healing that my own well-being could affect those around me. I did all I knew to do.

I sat there and looked within myself and repeated the phrases, "I love you; I'm sorry; please forgive me; thank you." I wasn't saying them to her, and I wasn't saying them out loud. No one could tell what I was doing and probably thought I was meditating or praying or simply sitting in helpless silence. I continued to do this practice until waiting hours were over.

That was several years ago. My mother is still alive. She is at home. She is not all that much better but she is still living and breathing and

talking and sharing and communicating. She has very bad days and very good ones. There have been times when she looks at me and says, “I love you.” There have been holidays when she has come into the room with everybody and sat with the family.

My father is her primary caretaker. As a former World War II U.S. Marine, who has been married to my mother for more than 60 years, he sees it as his mission to take care of her, so the rest of the family and I step aside and let him do what he feels best. Meanwhile, my mother’s extended life feels like a true miracle.

Did my Ho’oponopono practice save her life? Did my practice give her extra years, or did my practice do nothing but bring peace to me?

I don’t know. I have no way of knowing how to measure something like that. But I do know that my inner peace enabled me to be with my mother, to be centered and to be in the moment, and maybe that is the real miracle here. Maybe my allowing the reality of the moment, without judgment or demand, freed my mother to do what her being needed: in this case, get well enough to come home.

According to Larry Dossey, a medical doctor and researcher, writing in his book, *Healing Words*, “Researchers suggest that healers will be most effective if they strive to be completely free of visualizations, associations, or specific goals.” He goes on to explain that it may be best to allow a “Thy will be done approach” to healing.

As Henry Ward Beecher said, “The strength of a man consists in finding out the way God is going, and going that way.”

This is easier said than done, of course. Seeing my mother near death in an intensive care unit was unsettling. I wanted a certain outcome: her recovery. But authentic Ho’oponopono teaches that the Divine holds the perfect outcome, not me. I have to have such faith that I can let go, making the only work necessary finding my inner peace.

Let’s dig into this deeper.

CHAPTER 5



Whose Fault Is It, Anyway?

It's not the people; it's not the person. It's the program.

—Dr. Ihaleakala Hew Len

A friend dropped by and blasted me with sincere questions stemming from *Zero Limits*.

“How could *a child* have limiting beliefs already?”

The question arose because Dr. Hew Len’s daughter had a skin disease, and when he met Mornah, she helped heal the child.

“But how did the child get the disease in the first place? Aren’t they innocent?”

We come into life with programming. The science of epigenetics confirms that what our great-grandparents did often appears in the DNA of a child today. We don’t come into this world a blank slate. We aren’t a whiteboard with nothing written on it. We come with programming—and then download more from our parents and others, as well as from the culture we live in.

I told my friend that a person working in my Miracles Coaching® program lost her twins just days after birth. The mother felt guilty, wondering what she did wrong. The doctor said she did nothing wrong. This wasn’t her fault.

In another case, a famous bodybuilder I know had a heart attack. “How?” he wondered. He’s always eaten wisely and always exercised.

He did everything right. The doctor explained it was nothing *he* did. It was in his inherited system, based on what those in his family tree did before he was ever born. He had nothing to do with it.

My friend understood. “If that’s true, then we have a lot of cleaning to do,” he summed up. And that’s the point of Ho’oponopono. There’s so much data to clean that we may virtually never stop.

Dr. Hew Len went walking in downtown Austin during one of our events together. He said good morning to a stranger at a bus stop. There wasn’t a reply. Dr. Hew Len said he was instantly angry. He wanted a friendly hello. This shows you how much clearing we have to do. Dr. Hew Len has been practicing clearing for more than 25 years, yet a stranger’s snub offended him.

Keep cleaning.

Most of what you need to clean is unconscious. It’s your programming. I have it, too. I’ve been cleaning for years now, which has led to breakthroughs and moments of oneness with the Divine. But I’m not done. Neither are you. If you’re reading this, you have more work to do. That’s not a judgment of you or me. We’re human. We inherited programs. No one is to blame. But we have the responsibility to clean up the world by clearing ourselves.

If you want to be one with life and feel contentment now, keep cleaning. I say contentment, although I used to say the goal is to be happy now and add that happiness is a choice—until a conversation with a friend made me rethink my language.

Mathew Dixon is a remarkable modern Flamenco guitar player and is my guitar teacher. He helped me prep for my first music CD, *Blue Healer*. We went on to create two popular Ho’oponopono-inspired music albums, *Aligning to Zero* and *At Zero*. When he visits, we often talk more about life and Ho’oponopono than we do guitars or music.

One day Mathew riffed on the idea that happiness is fleeting. He said we all want love, and to that end, we do all kinds of things. But, he said, what we most want is contentment. It reminded me of the word *imperturbability*. In other words, we want to be at peace. Happiness might be one way to express it. Contentment is another.

Most of us aren’t happy, peaceful, or content. I’ve often said if you want to see how enlightened you are, visit your family. They know your buttons. Few of us are content when surrounded by family for any length of time. I used to visit my family wearing a psychic shield. I was on edge,

waiting for someone to criticize my lifestyle or me. However, these days I usually return home at peace. I keep cleaning, and somehow my family seems to change.

You have to clean—nonstop. It's the ticket to contentment. Other perks come along the way, which are almost mystical and superhuman. (I'll talk more about those later.) You don't want to get hung up on prizes. Cleaning to get anything is a program. You clean to be here *now*. The miracle is *now*. The power is *now*. The actual prize is *now*. Still, I don't actually know anyone *in* the here and now, so I keep cleaning.

Where did they come from? Why do the four phrases work?

I can't find any research to support where the phrases originated. It's easy to conclude that Christian beliefs (such as repenting with "I'm sorry" and "Please forgive me") were involved. It's also apparent that ancient Hawaiian superstitions may have created phrases around surrendering to gods or a Divinity that could heal or hurt. It's also tempting to say the four phrases are directly from what anyone would say in a group counseling session: "Please forgive me for throwing tomatoes at your house," and ending with forgiveness ("I'm sorry") so that one can say to the other, "I love you."

However they arrived, the four phrases are here to stay. Thousands are now repeating them to heal themselves of a long list of complaints.

But why do the phrases work?

That's even harder to say. It could simply be belief. The placebo is powerful. Coupled with the famous story of Dr. Hew Len and the hospital ward he helped close, the phrases become easy to believe as having magical powers.

And we can't overlook the possibility that the phrases *do* have magical power. Whether the power comes from your belief in them or from actually saying them no matter what you believe, no one can say for sure. I can imagine a scientist creating a study in which one set of people uses the phrases and the other does not. Then we *might* be able to say what worked. Because there are so many variables in such a study, even that can't be conclusive. (For the record, Dr. Hew Len once sent me a study revealing that people lowered blood pressure by using the four phrases as a meditation. But the study was so small that it's barely worth noting.)

I've often explained that the four phrases are trigger words for a longer process. For example, when I say, "I'm sorry," I'm really thinking, "I'm sorry for whatever program is in me that created this event." When I

say, “Please forgive me,” I’m actually meaning, “Please forgive my being unconscious to my own thought processes.” When I say, “Thank you,” I am meaning, “Thank you for releasing this program from my being.” When I say, “I love you,” I am returning to Source (Divinity or Zero) and wiping my inner whiteboard clean.

The good news is that today there are more clearing methods for us to use that bring faster results, and we’ll be covering those in another chapter. For now, let’s look at how science supports the ideas behind Ho’oponopono healing.

CHAPTER 6



Where Are These Programs Coming From?

You are already perfect.

—Dr. Ihaleakala Hew Len

I love the field of neuroplasticity. It's empowering. It states that your brain can be molded like plastic. And it can be reshaped and rewired *by you*—a self-directed neuroplasticity. This helps explain how Ho'oponopono works.

According to Dr. Jeffrey Schwartz, in his latest book, *You Are Not Your Brain*, written with Rebecca L. Gladding, MD, virtually any habit can be changed with the help of a four-step process. You can now end your self-sabotage or any other poor habits. You can break free.

I interviewed Dr. Schwartz. This medical doctor, psychiatrist, and researcher exudes high energy, has deep faith, and loves his work. He was an adviser for Martin Scorsese's film, *Aviator*, about Howard Hughes. Now Schwartz is helping people like us learn to rewire our brains so that we can get the results we want and become the people we long to be.

At the heart of his breakthrough approach is the understanding that you are something other than the material. That's why you can be separate from your brain, be mindful of it, and actually rewrite it.

Schwartz is a man of science, who also wrote a mesmerizing science-based book in 2002 called, *The Mind and the Brain: Neuroplasticity and the Power of Mental Force*. Yet he is also a spiritual man and isn't afraid to say so.

He doesn't declare where thoughts come from but suggests some of them serve you and others are deceptive brain messages. The latter you can learn to hear but not obey. I told Schwartz that in most of my books, such as *The Attractor Factor*, I call limiting beliefs what he calls deceptive brain messages. Both are thoughts that don't serve your highest goal. Schwartz explained that in his work with obsessive-compulsive disorder (OCD) patients, brain scans revealed that they were obeying messages firing in their brains that were hurting them. It wasn't a problem with the patients, though; it was a problem *with their brains*. With new skills, they could learn to retrain their brains. (Dr. Schwartz wrote about OCD in his first book, *Brain Lock*.)

But this is true for all of us. Our brains may not always be helping. The message for us is that no matter what the struggle, you can change it. It's learning how that's challenging. Schwartz's four steps are a universal solution that applies to everything—you name it—things such as BlackBerry or iPhone addiction, compulsive shopping, bulimia, junk food addiction, cheating, procrastination, and how to stop going back to your toxic ex.

In other words, those thoughts popping into your head, such as, "This Ho'oponopono stuff is BS!" aren't coming from you but from your brain.

Schwartz calls them deceptive brain messages—but until you separate yourself from them, they *feel* like you. Cleaning helps you erase them from memory. Cleaning helps you circumvent them so that they no longer fire off.

In short, here are the four steps from Schwartz to help you get a handle on this:

Step 1: Relabel: Identify deceptive brain messages and the uncomfortable sensations; call them what they really are.

Step 2: Reframe: Change your perception of the importance of the deceptive brain messages; say why these thoughts, urges, and impulses keep bothering you. ("It's not me; it's just my brain!")

Step 3: Refocus: Direct your attention toward an activity or mental process that is wholesome and productive—even while the false and

deceptive urges, thoughts, impulses, and sensations are still present and bothering you.

Step 4: Revalue: Clearly see the thoughts, urges, and impulses for what they are—sensations caused by deceptive brain messages that are not true and that have little to no value.

You can exercise your body, and you can exercise your mind. I'll call it Brain Yoga for now. This information teaches you to be the pilot of your brain and not a passenger letting it fly you into walls. Books and research by such neuroscience pioneers as Schwartz excite and inspire me. They prove that you can have what you want with persistence, intention, and strategy.

More importantly, you can get to a point where you are here. You are fully experiencing *this moment*, able to hear the Divine whisper its intentions and inspirations, and able to act on them without hesitation or fear.

Until then, clean, clean, clean.

CHAPTER 7



Control Switch

The Placebo Effect

Aoccdrnig to a rsceearcehr at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a total mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Your brain is designed to create shortcuts to understand reality and look for any threats to your survival. One of the ways it does this is by filling in the gaps—just as it did when you read the above gibberish. However, this unique ability can also create problems in perception. Your mind can be prone to error—and *you* might not even notice it.

The 2005 movie *Control* is a great example of how this works. It's the story of a sociopath, sentenced to death by lethal injection, who is given a second chance at life. All he has to do is be a test subject (guinea pig) of a new drug everyone hoped would bring peace to a troubled soul. Actor Ray Liotta, playing the character of the killer, reluctantly agrees.

Over time, his character calms down, experiences remorse, and truly appears changed. But we soon find out that every one of the other test

subjects in the study, all using the same experimental drug, died. Yet Ray was living. Why?

I don't want to spoil the movie for you, so I'll just say this—your expectations create the results you get. You don't have to know consciously what the expectations are. You will make conclusions about your own expectations from the people around you and from your own past.

Here's where Ho'oponopono comes riding in to save the day.

According to Dr. Hew Len, our past is part of our programming. What we expect about life and each other comes from the conclusions we made from previous experiences. In other words, you almost never see this moment clearly. You look at it through a filter.

In the movie *Control*, the main actor had a violent upbringing. He witnessed crimes of passion and hate. He unconsciously concluded that his life would be what he saw. It wasn't true, of course, because it didn't have to be that way. Yet his mind drew the conclusions, and he unconsciously lived them out.

As the story unfolds, he meets someone who helps him draw a new conclusion about himself, and begins to change dramatically. Why? Because his new perception of himself creates a new way of being—he becomes a benevolent soul rather than a violent one.

Ho'oponopono teaches that your past is not from this lifetime alone.

Dr. Hew Len says we carry data from amoeba and all lifetimes from the start of the universe. It's more than what you carry in your current life awareness. Your luggage is heavy. You packed for a trip lifetimes ago. You haven't unpacked yet, so what you see and experience is rarely the purity of this moment.

Even as you read these words, your mind is delivering them to you through a filter of preconceived programming. If you were taught to be skeptical, you'll read this book one way. If you were taught to be open instead, you'll read this book another way. If you like me and my books, you'll come with a certain expectation. If you're one of the people who don't, you'll read this book yet another way.

Well, where's the book?

If there are multiple ways to perceive these words, depending on your personal data and your expectations, where is the reality of this book?

Here's another mind quiz to further illuminate how the brain functions along these lines. Read the following sentence, and count how many Fs you see:

*FINISHED FILES ARE THE RESULT OF YEARS OF
SCIENTIFIC STUDY COMBINED WITH THE EXPERI-
ENCE OF YEARS.*

This example helps demonstrate that your brain has bugs in it. (By the way, there are six Fs. Did you catch the one in the word *of*?)

Here's yet another quiz: How many animals of each kind did Moses take on the ark?

Unless you've seen this question before, you probably answered, "Two." But you'd be wrong. Moses didn't gather animals. Noah did.

According to Wray Herbert, in his book, *On Second Thought*, a study was conducted in which college students were asked to read instructions on beginning an exercise program. One group read the instructions in clear, readable, black Arial font. The other group read the same instructions but in brush font, making it look "like it's been written by hand with a Japanese paintbrush."

The students were then asked about beginning the exercise routine. The ones who read the instructions in easy-to-read font felt the program would be easy to start and do. But the ones who read the very same instructions in the harder-to-read font felt the program would be too difficult. They wouldn't do it at all.

As Herbert wrote, "Those who struggled through the Japanese brushstrokes had no intention of heading to the gym. The reading alone tired them out."

Note those students did not *consciously* know that the design of the instructions was affecting their decisions. It happened outside of their awareness. A type font influenced them.

Your brain makes snap judgments all the time. It's trying to be efficient and keep you safe, and it's lazy. But as the above examples reveal, those shortcuts might be limiting your ability to see the reality of life and to make changes when you want them. You may not even see how everything and everyone around you is influencing you. It's happening entirely unconsciously.

Ho'oponopono invites you to let go of past programming that, essentially, creates these mental bugs, forgiving any and all past doings to find love and acceptance in this moment. It's to help you get clear so that you can awaken to the moment.

It's a tall order. Dr. Hew Len doesn't believe we will do it in this lifetime. (I think he's a pessimist—but that's my data.) At any rate, the thing to do is clean. Clean on this book, on your life, on your expectations—on anything and everything that occurs to you that is not the *miracle of now*.

The movie *Control* demonstrated that you get what you expect, even when it's unconscious. But that was a movie.

What about real life?

In a blog post I wrote about believing in magic, someone commented, wanting to know about ancient warriors who wore magic vests to protect themselves from arrows or bullets. He felt they were into magical thinking and not into reality.

I found that odd.

If I were going into battle, I'd wear anything at all that promised to protect me, including a magic vest—and I'd put it on quickly. I'd wear spaghetti strands on my head or a necklace of rabbit pellets if I thought it would help me.

I think you'd be a little silly not to do whatever it took to feel stronger, from praying, to rituals, to ornaments—you name it. Anything that helps you get through such a terrifying experience as war should be acceptable.

But let's look a little deeper at my friend's comment. When is magical thinking a problem?

My research in placebos—defined as “harmless pill[s], medicine, or procedure prescribed more for the psychological benefit to the patient than for any physiological effect”—confirms that when you believe in something, your belief tends to make it come true.

There are shocking scientific studies proving that when people with knee problems were led to believe they had knee surgery—they were given anesthesia and incisions on their knees but not surgery—they actually got better.

More recently, a study revealed that a placebo will work even when you know it is a placebo.

This isn't news. I've known about the power of belief since the 1960s, when I first read Claude Bristol's masterpiece, *The Magic of Believing*. Your belief molds reality. Believe something is true about yourself or your world, and you'll tend to attract the circumstances to match it.

This works with negative beliefs, as well.

The *nocebo* is a negative expectation and will just as easily create a match to it. In other words, if you believe that things will go wrong or that something will have a harmful effect, you will tend to attract that expectation.¹

This leads to an interesting predicament.

If your belief influences your reality so dramatically, then when is your belief in conflict with reality? For example, is wearing a magic vest going into war just deluding yourself? Is belief in a positive outcome despite current reality a self-delusion? Is belief in a negative outcome despite contrary evidence a mistake?

Probably.

Yes, you may be deluding yourself when you wear a magic vest or a blessed ring. But that very delusion may be the belief that will help you go through your life with strength and even be the extra edge you need to help you survive and prosper.

Put another way, what's your alternative? Go into battle with nothing? Go through life with no power?

Because your belief is the controlling element here, you are free to believe in the positive, the negative, or *nothing* at all. (I put *nothing* in italics because even believing in nothing is still a belief in *something*.)

Some think the great god called Science is the end-all, be-all of what's real, yet science is always coming to conclusions that contradict previous conclusions. And the current science behind placebos proves what you believe is more important than the so-called reality around you.

If science is the deciding factor on reality, why don't all scientists agree? Why are there scientists who believe in extrasensory perception, for example, and scientists who don't believe in it?

Gee, I thought science was the final verdict.

I quit reading popular science magazines, such as *Psychology Today*, because it was apparent they simply reported recent studies. Stick around

¹ www.washingtonpost.com/ac2/wp-dyn/A2709-2002Apr29.

long enough, and you'll find new studies to conflict with the old studies. And so it goes.

In short, what's real?

Ever since I released my book and audio program, *The Awakening Course*, I've stressed that reality is an illusion. It's not a new idea. Buddha and others, especially nonduality teachers, have said the same thing. When you come from the fourth stage of awakening, you see the illusion.

As Einstein said, "Reality is merely an illusion, albeit a very persistent one."

Again, you're free to wear magic amulets or vests or to do nothing of the kind. You can put your faith in magic, or you can put your faith in reality.

Both reflect your beliefs. Both, at essence, are reality.

After all, the so-called reality you see is viewed through your perceptions, and those perceptions are made from your beliefs.

If you've met me, heard me speak, viewed my pictures, or seen me on television or in movies, you know I wear rings and beads. Some of it is for branding, and some of it has real, esoteric mojo in it—and I believe it helps me. In fact, whenever I speak in public, I wear a special gem made in part from the Gibeon meteorite, which is estimated to be around 4 billion years old (that's older than planet Earth). It's beautiful, and I feel extra energy when I wear it. It was also a gift from my wife, Nerissa, a decade ago, so it has sentimental value, as well. (You can see me wearing it on the cover of my books *Attract Money Now* or *Instant Manifestation*.)

What's most important about it? My belief in it.

That said, what's actually real?

The truth is, I'd rather believe in a magical universe and see my life blossom with miracles than walk through it fearing every turn of a leaf.

At the same time, I subscribe to the Sufi saying, "Trust in Allah, but tether your camel first." Circling back to my friend's comment on my blog post about magical thinking, this means trust in your magical vest, but also do whatever is necessary to take care of yourself.

This is what cocreating reality is all about. Yes, there's magic, and yes, there are your actions in the physical world. The wisest thing would be to blend the two.

The only real danger in magic may be relying solely on it.

Shawn Achor, in his book *The Happiness Advantage*, suggests you wear rose-tinted glasses as opposed to rose-colored glasses. He put it this

way: “As the name implies, rose-tinted glasses let the really major problems into our field of vision, while still keeping our focus largely on the positive.”

I’ll end by quoting Bruce Barton, the subject of my book *The Seven Lost Secrets of Success*. He wrote the following in 1927 in his own book, *What Can a Man Believe?*:

Faith in business, faith in the country, faith in one’s self, faith in other people—this is the power that moves the world. And why is it unreasonable to believe that this power, which is so much stronger than any other, is merely a fragment of the Great Power which operates the universe?

In short, if I were going into battle, I’d definitely put on a magic vest—and I’d do everything else possible to stay safe. The magic vest may or may not have power in and of itself, but my believing in it will have power.

Said another way, a placebo isn’t actually real, but the placebo *effect* is. Have faith, and tether your camel. Oh, and keep cleaning!

CHAPTER 8



The Secret Mirror

When you feel trusting and safe, you can go ahead and talk about anything. You can let things arise and easily remove them. Trust is the first level of importance.

—Dr. Joe Vitale, from *The Miracles Manual*, Vol. 1

In early 2013, the company that runs my Miracles Coaching® program said they wanted to develop an online product with me. The company thought it would be an income stream and a lead generator for my coaching program. I thought it was a great idea and agreed to it.

Neither of us had any clue what the product was. We got on the phone with copywriters they hired and brainstormed ideas. I told them that a lot of my work was around the concept of life being a mirror and that maybe we could create a product that involved a mirror as a metaphor or a tool. From there I came up with the idea of the Secret Mirror. It sounded like a catchy name. But I have to confess that no one, not even I, knew what it was.

Months went by, and we decided to invite four people to fly in and have personal coaching with me—live, on camera. Like a reality TV show, the idea was for me to help them while it was being filmed and later, turn it into a product.

On the day of the filming, in the upstairs room at Brewster's Pizza in Wimberley, Texas, the camera crew was set up and ready. We'd even rented an antique mirror to use as part of the as-yet-uncertain product.

While the camera was rolling, I met the people and chatted with them about life and success.

So far, so good.

But then it came time for me to meet with each person individually and help each experience a breakthrough (again live, on camera) within 30 minutes or less.

I had no idea how I was going to do this.

Although I have decades of personal growth experience and plenty of techniques under my belt, helping a stranger transform on demand, on camera, was more than nerve-racking. In fact, it was paralyzing.

I started to panic.

I thought, “What if I can’t pull this off? What if I look like a fool on camera? What if I can’t help these people? What if I make it worse?”

Then I remembered the *What if up* technique that Mindy Audlin teaches in her book, *What If It All Goes Right?* She says to ask positive questions, such as, “What if it works out? What if I help people? What if it’s fun?”

This changed my energy. I felt happy and more optimistic—but I still needed to know what the heck the Secret Mirror method was.

Help!!!

I went into the bathroom, locked the door, and looked in the mirror.

I told myself I needed a clearing—*now*—and started mumbling the four clearing phrases out loud and to myself. I remembered to focus on speaking to the Divine, not to myself. My fears were programs. It was data. It was there from the past. I didn’t care how or why or who. I wanted *cleared*.

After several minutes, I took a breath, told myself I loved myself—and would love myself no matter what—and walked out to film.

In that moment, I understood the Secret Mirror technique. It all came together in my mind: a three-step process that involved the mirror, my guidance and coaching to help people understand their problem, and how to achieve the goal that each wanted.

It looked like this:

1. I explained counter-intentions. This is the idea that your conscious mind wants one thing while your unconscious mind wants another. That conflict prevents results. For example, if you consciously want more money but unconsciously have a program saying money is evil,

you will block receiving money. Your unconscious counter-intention, coming from the unseen more powerful part of you, will rule.

2. I then explained the Secret Mirror itself. This is a type of imagery experience in which the people I'm coaching mentally travel into the future, to a parallel universe but into the future and *past* the concerns they are having today, to see how that future version of themselves handled the issue they are currently wrestling with here. I helped people use an actual mirror and guided them into a waking trance (eyes open) as they looked into it. They could then ask their future selves questions about what to do today.
3. I then explained inspired action. This is the concept of acting on ideas that surface from your mind and appear in your waking reality. Because nothing happens until something moves, action is crucial to success.

Inspired, I adlibbed the entire gig. I let go. I trusted. I had faith. The first person I coached was transformed, on camera, in less than 30 minutes. The same thing happened with each of the others, and the Secret Mirror was born. I uttered a small prayer: "Thank you."

Months later, in late 2013, the company announced the Secret Mirror process to the Internet. The result was a beehive of conversation and a slew of orders. The new product was, and is, a hit.

Here's another story to illustrate my point.

Decades ago, when I lived in Houston, I used to go to Hermann Park and jog the 2-mile path around the golf course. Because I was overweight at the time, I pounded my feet and developed large heel spurs. These are calcium deposits on or under heels. Mine developed on the back of *both* of my heels. They were so huge that doctors showed them to other doctors, commenting on their colossal size. I was show and tell at medical clinics. Doctors passed my x-rays around. But none of them relieved the pain.

Over time, these spurs became extremely painful. They caused me to walk with a limp. That led to my getting a tiny tear in a muscle ligament in my right foot. Eventually I could barely drive because I was in excruciating pain. Because I believe virtually anything can be healed, I set the conscious intention to find a cure.

Along the way, I went to medical doctors, healers, therapists, chiropractors, foot specialists, sports specialists, acupuncturists, herbalists,

and more. I bought special shoes and shoe inserts. I tapped away the pain with emotional freedom techniques, prayed to my guardian angels, tried potions and creams, and searched online for relief.

One podiatrist gave me a steroid shot in the foot, which removed the pain for a month. But it returned. He advised surgery but wasn't very convincing in saying I'd have a cure. I passed.

I went to a prolotherapist who injected sugar water several times into my right heel, which was the most painful doctor visit of my entire life. He said it would feel like a bee sting. It felt more like a prehistoric monster jabbed into my foot with a claw as big as the doctor's nose. It was unforgettably painful. I moaned like a wounded animal.

And that didn't work, either. I kept taking action on every lead that came my way. Everyone had an opinion, of course. One woman said, "I'd just get the surgery." Like most well intended people, she had no idea if that was right for me. I constantly had to keep cleaning, keep taking action, and keep watching my step (literally, as the pain was horrific).

What was I going to do?

Then one day, at a retreat in Hawaii for members of the Transformational Leadership Council, I saw an announcement for a free Chi Kung healing on the beach. Something in me clicked. The words *free* and *on the beach* resonated. But I also had training in Chi Kung, the Chinese internal healing art sometimes called Qigong, and was more than curious. I felt it was worth a try. It felt like an inspired idea. I went.

Chunyi Lin is a certified international Qigong Master and founder of Spring Forest Qigong. He met me and a handful of others on the sunny beach. I told him about my heel spur and the tear in my ligament. He winced, as if feeling my pain. I didn't see much hope in his ability to heal me, because his agonized face seemed to suggest he couldn't really do anything for me, but my part was little. He told me to close my eyes, relax, listen to the ocean waves just yards away, and visualize love going to my heel spurs. I could do *that*.

I peeked through my eyes to see what he was doing. Chunyi stood at my feet and aimed his fingers at my spurs. He kept moving his hand in a small circle, focusing his energy and his intent on my feet. This went on for several minutes. I lost track of time. I didn't really feel anything happening, but I relaxed and let it be. After what felt like 15 minutes, he stopped and moved to the next person.

When I got off the beach and started to walk, I noticed there was more flexibility in my feet. I could move and walk easier. I didn't feel it was a cure, because I still felt pain, so I didn't think much of it. But over the next couple of days, my pain lessened, and my ability to walk increased. I grew excited.

I went looking for Chunyi before we left Hawaii to thank him and to ask what he did. He was very friendly and told me he simply sent energy to my feet. He asked for my name tag, took it, and said he would continue to direct healing energy my way.

That was at least two years ago. Today I have no pain at all, drive, walk, and even work out without difficulty. You can still see the bumps on my heels that show I have heel spurs. I'm still protective of them, but that's it. The pain itself is gone. Considering how much pain I had been in, and for so long, this was indeed a miracle.

How did this miracle occur?

I had an intention—to cure the pain—and I followed inspiration, which in this case was to see Chunyi. The combination, as with the creation of the Secret Mirror, created the result.

But what allowed all this to happen? How did I create something from virtually nothing? How did I finally find a cure?

I believe it had something to do with conscious intention, with Divine inspiration, and with taking action on both, so let's look further into how Ho'oponopono works when combined with those elements.

CHAPTER 9



The Law of Attraction versus Ho'oponopono

A clear intention—stated without desperation or need but with a childlike spirit of trust, faith and fun—leads to opportunities nobody could have predicted or orchestrated.

—Dr. Joe Vitale

Fans of my book *The Attractor Factor* or the movie I was in, *The Secret*, often have trouble reconciling the Law of Attraction with Ho'oponopono. Some even think I took a sharp right turn when I came out with *Zero Limits*. They didn't understand.

I don't see any conflict—they work fine together. I'm just more of the mind to say that there are *intentions* and there are *inspirations*, and what I want is the latter.

Let me explain.

I was walking down the hall of the offices for my marketing coaching program one day, and one of the coaches asked me, “Do you have any ideas for other coaching?”

Inspiration lit up my mind.

“I've always wanted to do something around miracles,” I said, “Maybe miracles coaching.”

We discussed it. Within a week we set up a website for it at www.MiraclesCoaching.com. We expected possibly 50 people showing interest in six months. We got 500 in one day!

That's inspiration.

In 2006, I held a private event called Beyond Manifestation. In it I explained there are three ways to manifest your reality:

1. *By default:* If you don't get involved in your life in a conscious way, you will have your reality created for you by the actions of others and by your own unconscious. It's an unawakened way to live.
2. *By choice:* You can consciously declare intentions, which will focus your body, mind, and spirit to go in a certain direction. This is better than default intention because you are more awake and more empowered.
3. *By inspiration:* This is where you allow Divinity or Zero to deliver fresh ideas to you. They may seem to come out of nowhere. If you relax and let go but stay conscious and awake, you can receive astonishing new ideas. This is a thrilling, and more enlightened, approach to life.

Intentions are still powerful. You can intend anything you want, but it's wiser to allow the Divine to give you what you state—or something better. That's when inspiration rules.

Look at it this way. Intentions are from your ego, based on your past. They're based on what your mind thinks is possible. This means that intentions are based on current data. They're based on memories. They're built-in limitations.

Inspiration, on the other hand, can blow your mind.

Inspiration can come from all that is—call it the Divine, Zero, God, Tao, or something else. It includes your mind but goes beyond your mind. It's how you can think bigger than ever before.

Another way to look at it is from the four stages of awakening, which I discuss in *The Awakening Course*. When I wrote *Zero Limits*, I didn't know of a fourth stage (I was concerned with the third stage). But there is a fourth stage, and it's when you become one with Divinity. Ho'oponopono can help you get there.

These are the four stages:

1. *Victimhood:* This first stage is where most people live. No matter what is happening, it is everyone else's fault or at least someone else's fault.

It's the world of the blame game. This is where most people live, as Thoreau pointed out, "lives of quiet desperation."

2. *Empowerment: The Secret, The Attractor Factor, and Think and Grow Rich* are all about empowerment. It's where you can intend, visualize, and manifest. It's fun—even thrilling. But at some point you run into something you have no control over, often a death or serious illness, and you are faced with limitations. You realize you don't control it all. You can't. This prepares you for the next stage.
3. *Surrender*: This third stage is the stage of Ho'oponopono as Dr. Hew Len taught it to me. You don't try to run the world. You strive to release your intentions and allow inspirations. You trust a process that is already at work. You learn to tune in to an undercurrent from the Divine. You trust it.
4. *Awakening*: In this final stage, your ego merges with the Divine mind. Almost nobody gets here, but some do. From the outside, you can't say who is enlightened or not. There's no way for you to know. And it comes by grace. You can't make awakening or enlightenment happen. It's not up to you. All you can do is clean, clear, and prepare. Again, the Law of Attraction isn't dismissed any more than grade school would be to a college student. It's part of your evolution. It's part of the ladder of awakening or, as the late Dr. David Hawkins might have put it, the map of human consciousness. They don't conflict. They are simply on different planes of spirituality.

I've always said the Law of Attraction is like gravity—it's there. You can dismiss it or not, but it's operating. It's just not the entire basis for understanding life. The greater tool is inspiration.

The wise approach is to make time to *allow* inspiration. This chapter came to me that way. I stopped to smoke a cigar (more about this soon) and let my mind roam. Call it a meditation or sending smoke signals to the universe, but all of a sudden, I got the idea to write about how Miracles Coaching® began. It felt terrific, and I stopped everything to write it.

Note that I didn't *intend* to write about any of this in this section—I was *inspired*. There's a big difference.

A few years ago, I decided to become a singer/songwriter because it was on my bucket list. I wanted to do it before I died. I had the intent, but I also had a lot of data, or baggage. I didn't know how to sing, play guitar,

or write songs, and I wasn't sure I could learn. After all, I was considered slow in school, sat in a special row with failures in class, and nearly flunked every course I took in college. I never thought of myself as smart, so how would I ever learn how to play music?

Of course, I cleaned. I repeated those four statements. I even cleaned on my frustration with cleaning. I kept it up and continued to get clearer. I reduced my inner demons to tiny mice, then to whispers, and then to almost nothing.

I wrote some good songs, too. "Got a Problem?" is a Ho'oponopono-inspired original song I wrote and recorded for my second album, *Strut!* The public rates it as a favorite of mine on iTunes. I'm proud of it as well as other popular songs I wrote, such as "Today's the Day!" (also on the *Strut!* album).

How did I accomplish my goal of being a singer/songwriter, starting with zero experience?

I combined intention with clearing. I coupled Law of Attraction with Ho'oponopono.

I mixed a spiritual cocktail that got me woozy with happiness. When you hear this story, you can see the Law of Attraction and Ho'oponopono at work.

I intended to create a product—but I also cleaned and let go. I did the same thing with the four people I talked about in the previous chapter: I intended to help them live, on camera—but I also cleaned and let go.

Intend it.

Clean and let go.

Simple, right? Yes, it's a balancing act. You want to focus on what you want—but without attachment, addiction, need, or desperation. If there is any of that baggage, you clean on it to release it.

The ideal is to be in a "Wouldn't it be cool?" spirit.

The area of Law of Attraction where people seem to be hung up the most is in the how of it. They set an intention and then wonder and worry about what to do to actually manifest the result.

They want to know the how—and that's a mistake.

In *The Attractor Factor*, I wrote that, after you state a clear intention, your final step is to let go while taking inspired action. But what does that mean?

The following story may help clarify the point.

In 2012, my personal trainer, Scott York, and I met and spent time at my home with bodybuilder and actor Lou Ferrigno (probably most

famous for playing the title role in the popular television series *The Hulk*). Hanging with him for hours was a highlight of my life. He was charming and open. I'll never forget it or him.

Afterward, Scott and I speculated on whom we'd like to meet next.

The obvious answer for us was the legend himself: Arnold Schwarzenegger. Both of us had read his autobiography, *Total Recall*, and were in awe of the man and his accomplishments. His list of record-breaking successes is staggering. Even at age 65, he's not slowing down. He has new goals, new passions, new projects, new movies, and a relentless drive to achieve more.

We decided we wanted to see him. That was our new intention.

But how would we achieve it?

We didn't fret over how it would happen. We didn't make plans or calls or ask people for introductions. I could have done that. After all, I know people who know him. I could have reached out and started to shake the trees, looking for my introduction.

But I didn't do any of that. Neither did Scott.

Why not? We didn't feel inspired to do so.

When I say, "Let go and take inspired action," it means let go of any attachment to, addiction to, or need for the result. This requires faith. It requires trust. It requires knowing that the intention will manifest but in its own time and place or that something even better will come along to replace it. We let go of any question of how to make it happen.

That's detachment—but that's only part of the formula.

The other part is that, at the same time, when you are inspired, act.

One evening Scott was fooling around on his iPhone, browsing e-mails while his kids played and watched television. As Scott scrolled through them, he saw one that said, "Want to see Arnold?"

Scott couldn't believe it. He thought it was a joke or a scam, but he clicked on the e-mail and read that a local person who has connections in the movie business was hosting the premiere of Arnold's latest action movie, *The Last Stand*. There was a contest where 20 winners could see the movie and then visit with him (and costar Johnny Knoxville) after the show for a private Q&A.

Scott doubted this was a ticket anywhere, yet he felt inspired to take action.

The host wanted a paragraph and a photo of every person wanting to win. Scott completed the requirements and then forgot about it. Later that same night, he received a response e-mail saying, "You won!"

He was told he could attend the event with a friend, and together we went to the movie premiere. We sat with a few other people and asked Arnold questions about the movie (great), politics (dirty), his goals (many), his future (movies), his exercise routine (daily), and more. We got our intention!

Do you see how this works?

A clear intention—stated without desperation or need, with a childlike spirit of trust, faith, and fun—led to an opportunity nobody could have predicted or orchestrated. Our job was to take inspired action when it appeared, and we did.

That's how the Law of Attraction works.

What do you want? What would be cool for you to be, do, or have?

Arnold said his father taught him to be useful, and that advice has guided his entire life. Be useful.

What intention can you state that delights you while making yourself useful to others? This will kick the Law of Attraction into overdrive. Just don't worry about how you will accomplish it. When ideas present themselves, act.

What is your benevolent intention?

State it—and then let go of it while paying attention to any nudges from within or opportunities that come your way. When you feel the inspiration to do something, act—that's the how of making your dreams come true.

This is the place where Ho'oponopono can help you because when you feel attached to, addicted to, or dependent on a certain outcome, you need to release it. You want to be at Zero, where you are fine with the intention or without it.

Dr. Hew Len often says that you don't need an intention at all. "Just clean so Divinity can come through you," he reminds.

That still sounds like an intention to me.

I once asked him, "If you keep cleaning, can an action step come to you that you should take?"

"Absolutely!" he quickly answered. "As you clean, you get everything out of the way, so Zero can tell you what to do."

Again, practicing Ho'oponopono is clearing the mental weeds and inherited memories so that you hear inspiration when it calls you.

Inspiration can feel like a directive from the Divine. It's deeper than your mind. You feel it in your body. You get the overall sense that

something greater than you wants you to do something. It nudges you from within.

For example, I was having dinner with Will Arntz, the producer of the hit movie *What the Bleep Do We Know!?* At one point I asked Will, “Are you working on another movie?”

“Not right now,” he replied. “I haven’t received my marching orders.”

I knew what he meant. Marching orders are commands from Zero for you to do something. It feels a little like the famous scene in the movie *The Blues Brothers*, where one of the characters keeps saying, “We’re on a mission from God.”

Some of my songs came to me as marching orders. The song “Ghost Train” (on *The Healing Song* album) felt as if it arrived out of nowhere. Even seasoned musicians would hear the first part of that song and ask, “What is that?” It sounds like something entirely new. It is. And it came as a gift from inspiration. I could have resisted recording it, but I wanted to obey the marching order to write it and sing it.

Many of my books are the same way. Obviously, there was a power behind *Zero Limits* that came from more than me. The book was written within two weeks. I felt more like a stenographer for it than the writer of it. An unseen hand inspired my thoughts and directed my sentences. It’s the only book of mine I’ve ever reread because it’s the only one that feels like someone else wrote it, although, in reality, it was just me. (Dr. Hew Len is listed as coauthor, but he has openly admitted in live events that he never read the book.)

Again, there’s nothing wrong with intention.

But a more elevated path through life is to keep cleaning until inspiration comes to you, and then let that inspiration be your new intention. Make the inspired intention your marching order. At that point, all you need is a detached attitude, a total surrender to the outcome, *as* you take action—and keep cleaning.

This is the combination that unlocks the path to awakening—you have desire but you also don’t. You have intention, but you also don’t. You want something, but you also don’t. You are in a spirit of letting go as you pursue your inspired intention.

When you can have such firm faith that you trust the moment and all that’s in it, not knowing what will occur next, you are a step closer to Zero. If you find this a challenge to do, then use Ho’oponopono to clear

the interference. Any doubts or uncertainties are data in your computer. Delete it to free yourself.

Once free, you can have, do, or be whatever you can imagine—but you'll probably be wise enough to prefer what the Divine imagines for you.

Remember, constant cleaning and clearing is what removes the data of the mind to allow something greater to come along.

Clean, clean, clean.

CHAPTER 10



Even So . . . Intentions Are for Wimps!

You don't always know the difference. It's very easy to be confused or swayed in one direction or another. Clean, clear, or pray on any impulse that shows up, whether you think it's from the ego or the Divine.

—Dr. Ihaleakala Hew Len

I've had dinner a couple of times with Dr. Garland Landrith, a cutting-edge quantum field psychologist and energy healer whose research was cited in the highly acclaimed film, *What the Bleep Do We Know!?* He's a fascinating guy and a deep thinker.

In one of our conversations, he said thoughts and intentions were two different things. This fascinated me because it coincides with my own personal discoveries. I asked him to explain. He said, "Intentions are the backdrop to your life, while thoughts come and go over that backdrop."

This seemed uncannily similar to my own practice of having an intention (or inspiration) as I enter what I call the whiteboard and then releasing that intention as I sit in that space. (I've included a whiteboard meditation for you in Appendix B.) Any thoughts are just clouds floating by. They aren't needed or paid much attention to.

However, Landrith has some refinements that I find powerful. He went on to tell me that in his quantum meditations, people could get results faster if they practiced three things:

1. Have an intention.
2. Let go of that intention.
3. Let thoughts be around phrases such as, “Yes, yes, yes,” “I love you,” and, “I am so blessed.”

This might not mean much to you until you realize Landrith has been involved in hundreds of scientific studies proving that this new way of meditating and manifesting works.

The key seems to be twofold:

1. Letting go is more important than having an intention.
2. Thoughts around positive words create an energy vortex that attracts the positive.

As we explored all this over dinner, we both agreed that intentions were not as important as we previously thought. Yes, it’s good practice to want something benevolent as an intention, but it’s not essential. By letting go into that background energy of life and by keeping thoughts circulating around positive words and phrases, you naturally create an outcome for your highest good.

In other words, learning to make the paradigm shift to see the miracle of right now enables you to stay in the flow of life where miracles are the norm.

When you’re there, who needs intentions?

We agreed that one of the best ways to get into that Divine Groove is with gratitude. I’ve written about this many times and in many places. When you feel grateful for something, anything, in this moment, you alter the signal that comes out of this moment. You attract more of the same vibe to match it in future moments.

In short, what you feel now tends to attract what you’ll be experiencing next. I’ve often said that what you are thinking with emotion right now will tend to manifest in your life in three days. Either way, you are more or less bringing about your future by your most energized thoughts.

Again, this part isn't anything new—it's basic Law of Attraction, a gentle reminder to watch your thoughts. But the more you can get your thoughts to circulate around positive words and phrases—such as, “Yes, yes, yes,” and, “I love you”—the more you can upgrade your inner vibe to attract the miracles you seek.

There's a little more to this secret.

A friend of mine wrote me an e-mail and in it stated, “Divine wants me to keep writing.” Yet what he wrote was judgmental and negative. Does that sound like the Divine?

Another friend once said, “My guardian angels don't want me to have money.” Really? Does that sound like what a guardian angel would say?

Let your background intention be whatever you want to manifest, but let your thoughts be of the most elevated nature you can imagine. As much as possible, keep thoughts of love, positivity, joy and optimism in your awareness. This is why key elements of modern ho'oponopono are around phrases such as “Thank you” and “I love you.” They help you stay in the zone of zero.

Let me explain this another way:

Your intention is just a white canvas with a painting on it. The painting is what you would like to manifest—and your thoughts as you look at that painting need to be positive ones in general. Your overall attitude is one of, “Not my will, but thine, be done.”

No pressure. No deadline.

Of course, you still take action when you're inspired to do so, but it's not driven by a *need* to do so.

When I wrote my book *The Attractor Factor*, I hammered home the idea of having an intention. It directs your energy and focuses your direction. After practicing Ho'oponopono for almost a decade, and having several satori experiences, I've come to realize that intentions can be limitations.

I was on a radio show once, and I was asked where I wanted to be in a year. In the past I would have answered with some colorful goal. But that day I said, “I have no idea. Whatever I say will be a limitation based on my experience of what's possible. I'd rather the Divine surprise me.”

In the authentic Ho'oponopono new tradition, you want to clean to hear the Divine's intention, not your ego's intention.

After all, doesn't the Divine know more than little ol' you?

Dr. Hew Len has his own views on intention. As a gift, I handed him a copy of *The Secret*, the popular film about the Law of Attraction. He accepted it, smiled, and said, "I'll put it on the shelf."

I was surprised. But as I grew to know him, I understood him better. For him, intentions are limitations. They are programs. They are memories. He would more likely advise, "You don't need intentions. Allow the Divine to inspire you."

What I don't think he grasped is this: wanting to follow inspirations is in itself an intention. In other words, you might word it like this: "I intend to follow the inspirations the Divine gives to me."

It's still an intention, just a more evolved one.

Let me put it this way: my intention in writing this book is to allow Divinity to speak through me.

That's an inspired intention. It's still an intention, but it's also coming from, as well as allowing, inspiration. As I write this book, I keep asking the higher part of me, "Is this what you want me to say? Is this right?" I am continuously writing and checking in to see if I am on course with my *inspired intention*.

I sense this may still be confusing to you, so let me share one more insight.

Dr. Hew Len and I were walking on a dirt road one day when I asked him, "How do you know the difference between a memory and an inspiration?"

In other words, how do you know if your desire is an intention from your ego, memory, or programming or an inspiration from Divinity?

Dr. Hew Len didn't miss a beat in answering, "You don't know."

"What are we supposed to do to know the right thing to do?"

"Clean," he said. "I clean on any decisions three times. If the same answer is still there after three cleanings, I go with it."

Clean, clean, clean.

CHAPTER 11



Wish Box or Gift Box?

When I started to surrender the control of my ego, I said, “Okay, Divine. I’m not making out very well all by myself. Help me out. Show me the way and I will do it.” That’s when I found the escalator through life, and I’ve been riding it ever since.

—Dr. Joe Vitale, from *The Miracles Manual*, Vol. 1

Bill Phillips is a legend. He’s written three bestselling books, created the famous Body-*for*-Life fitness contest along with breakthrough nutritional products that are life changing, and contributed millions of dollars to the Make-A-Wish Foundation, and he continues to support people in achieving their health and fitness goals at his center in Denver, Colorado.

We became great friends right after he transformed my life more than a decade ago when I entered his Body-*for*-Life contest five times in a row, losing almost 100 pounds in one year. Later, I entered his Transformation Camp, a whole-being approach to change. Now that I’m 60, I’m transforming my body yet again with his help.

We were having lunch one day with his beautiful wife, Maria (who lost 60 pounds in six months following his program), and he said something startling.

“I always knew I’d win a Super Bowl ring,” he said. “I didn’t know how it would be possible since I didn’t actually play football in the famous

games. I was a coach and trainer to many of the athletes. I just knew it would happen, even without any evidence that it was possible.”

Yet, sure enough, on July 15, 1998, during the awards ceremony, Bill was called forward and presented a Super Bowl ring for his support of the winning team. His dream came true.

But it didn’t end there—a year later he received a second one.

“That,” he said, “made me feel like life is just a wish box.”

I found that fascinating. I had to explore it.

“Did you intend to win it, or did you have a premonition you would win it?” I asked.

A deep thinker and practicing meditator, Bill teaches transformation (he wrote a book titled that), and knows there is more to life than what meets the eye. He looked at me, smiling, processing the question.

I went on to explain what was on my mind.

“Oprah said she knew she would be famous even when she was a kid. Ayn Rand had most of her philosophy of life articulated in mind when she was six years old. And I always knew I would be an author.”

I continued, “I once asked Rhonda Byrne, the creator of the hit movie *The Secret*, the same question—did she intend the movie or did she receive inspiration to make it—but she couldn’t say with any clarity. She told me she ‘called it forth.’ But where did the idea for it come from? Do you think we intended those dreams—or did we tune in to our destinies?”

“That’s a great question,” Bill said.

“Maybe we need to spend less time intending and more time receiving,” I suggested.

He loved the idea.

I believe this is so important that I want to repeat it here as a type of aphorism:

Maybe we need to spend less time intending and more time receiving.

As I continue to practice Ho’oponopono and get clear, it becomes more apparent that there is some sort of underlying current to life. In other words, it feels as though Divinity has a plan for each of us, and we can tune into it.

If Divinity is trying to guide us, we need to get quiet to hear its whispers and feel its nudges. This means to go into the silence more often,

to practice meditation more often, and to listen to the flowers and trees more often.

I saw Dr. Hew Len standing in a field once, his arms folded, staring at some weeds. When I asked him what he was doing, he said, “Listening.” This wasn’t uncommon. He often walked through gardens to listen to the plants. It’s an ancient tradition of Hawaiians to not only respect all forms of life, but also to actually listen to what they may be trying to say, to the clues they’re giving us.

Remember, your current reality is simply what’s happening in this moment, based on the memories and beliefs you’ve had in the past. You’re on autopilot. Your future is somewhat predictable because anyone who looks at your present with objectivity can see a tendency to go in a certain direction. But underneath this programming is a Divine life path waiting for you to discover it.

I’m occasionally asked to read people’s future by looking at their energy field. It’s easy to do because most people are wearing their data. Their beliefs and memories are right there for anyone to see—anyone but them, of course. We can’t usually see our own data because it’s too close to us.

No wonder Dr. Hew Len can sit with people and describe their future—most of it coming about because of what they’re believing right now. Their memories are running the show, not their inspirations. It’s data, not the Divine, for them.

“As you clean, you change your path,” he once said rather suddenly at a Zero Limits event.

As you practice Ho’oponopono, you clear the data in your subconscious (Unihipili), which frees you to have the path the Divine has waiting for you. The more you clear the lower self of its programming, the more your higher self (Aumakua) can guide your way.

In that same lunch with Bill Phillips, his wife asked me how I got off the streets of Dallas in the late 1970s. She was fascinated that I went from broke and unknown to living the lifestyle of the rich and famous.

“I did *everything*,” I told Maria. “I read books at the library, I went to free lectures, I kept practicing the self-help methods I learned, and I just kept working on myself to change my self-esteem issues and limiting beliefs.”

Eventually, I also realized that when I didn’t listen to my inner guidance, life was rougher, and when I did, it went much smoother. This inner guidance is the Divine leading my way.

After practicing Ho'oponopono for almost 10 years, it's clear to me that the Hawaiians have a wonderful tool for clearing the data so that we can hear that still, small voice within, whether we call it God, the Divine, or Nature.

And it's as simple as listening.

Instead of a wish box, I'd say life is more of a gift box. Rather than putting your intentions in the box, it may be wiser to look in the box and see what gifts await. Would you rather tell the Divine what to do or accept the gifts the Divine has in store for you? After all, as Dr. Hew Len says, "Divinity is not a concierge."

Bill didn't know how he would win a Super Bowl ring, but he did. Twice.

I didn't know how I would ever become an author, but I did.

Yes, you can pray for your wishes and demands and pretend that the conscious self (Uhane) knows what's best. But why would you, when Divinity is the source of magic and miracles? The results are so much more spectacular when you listen for the Divine's promptings and premonitions, surrendering control to Divinity itself.

Keep cleaning, and accept the wonders you are offered.

Your life is a miracle.

Accept the gift.

CHAPTER 12



The Art of Un-Attracting

Data speaks, and you speak data—so you are not anywhere in control.

—Dr. Ihaleakala Hew Len

“What’s your greatest fear?”

The question was sudden and deep, and it surprised me. Maybe it’s because I’m not used to such philosophical and psychological inquiry at dinner with someone I admire and had just met. Maybe it was because it was Lou Ferrigno, *The Hulk* TV star and bodybuilder I spoke of earlier, asking it, or maybe it was because I was still humbled by the reality of having a meal with this childhood hero of mine. I couldn’t believe this superhero—a mountain of a man with a gentle soul and a sharp mind—was with me, let alone asking me probing questions.

I took so long to answer that he finally nudged me, saying, “Come on. You know what it is.”

“I’m afraid of failure,” I blurted out.

Lou smiled.

“You’re scared of losing everything,” he said in understanding.

“I didn’t think that was there,” I confessed, “but apparently it was.”

He admitted he had fears, too. At one point he had the fear of public speaking. As a child with a hearing defect, he struggled to be heard, as well as to hear. Today he speaks fearlessly before tens of thousands of people. He also admitted he has the fear of drowning.

In Ho'oponopono, a fear is just a program. Like software, it's only wiring in your brain—neither good nor bad. Mornah, as well as Dr. Hew Len, often described people as simply computers, rarely so clear that they have no programs. I have no idea if Mornah was enlightened. Hawaii considers her a national treasure, but that doesn't mean she was awakened. I'll bet she had programs, too.

Lou's fears are just programs. Mine are, too. Fortunately, you can erase fears as easily as anything else by saying the Cleansing Prayer Mornah gave us, preferably out loud and preferably four times.

I didn't talk about Ho'oponopono with Lou because we were meeting to talk about our mutual interest in legendary bodybuilder and actor Steve Reeves. Ho'oponopono didn't come up, but if it had, and I'd had the chance to release both our programs, it might have gone like this:

*I am the "I"
I come forth from the void into the Light,
I am that emptiness,
That hollowness beyond all Consciousness,
The "I," the "Id," the "All."
I draw my bow of rainbows across the waters,
The continuum of minds with matter.
I am the invisible, untouchable breeze,
the undefinable atom of creation,
I am the "I"
Spirit, Superconscious, please locate the origin of my feelings,
thoughts of the fear of losing everything.
Take each and every level, layer, area and aspect of my being to this
origin.
Analyze it and resolve it perfectly with God's truth.
Come through all generations of time and eternity.
Healing every incident and its appendages based on the origin.
Please do it according to God's will until I am at the present
Filled with light and truth.
God's peace and love, forgiveness of myself for my incorrect perceptions.
Forgiveness of every person, place, circumstances and event which
contributed to this, these feelings, thoughts
Peace be with You,*

*All My peace.
The Peace that is "I,"
The Peace that is "I Am,"
The Peace for Always,
Now, and Forever, and Evermore.
My Peace I give to You,
My Peace I leave with You.
Not the World's Peace,
But only My Peace.
The Peace of I*

In a real way, you practice the art of un-attracting with a Cleansing Prayer, such as the one above. When you have a program active in your brain's computer, it will attract the very thing you love, hate, or fear—and it's your emotions that activate it. But if you release the program, deactivating it, so to speak, you free yourself to be in the moment, to be happy now, and to allow for Divinity to inspire, or even awaken, you.

The key to modern-day Ho'oponopono is letting go of all programs so that you can be one with Divinity, otherwise called at Zero. The secret is to delete the programming as you become aware of it. When you do, Divinity will come to you and through you.

At that point you can say, as Lou Ferrigno once said after a body-building contest, "Now I can eat my cake."

CHAPTER 13



New Clearing Methods

Complete responsibility means accepting it all—even the people who enter your life and their problems, because their problems are your problems. They are in your life, and if you take full responsibility for your life, then you have to take full responsibility for what they are experiencing, too.

—Dr. Joe Vitale and Dr. Ihaleakala
Hew Len, from *Zero Limits*

When you attend a Ho’oponopono event, they ask you to sign a nondisclosure agreement, which I did. This is why I couldn’t reveal all the secrets I learned when I first wrote *Zero Limits*, coauthored with Dr. Hew Len. It wasn’t until I held my own Zero Limits Ho’oponopono events led by both of us that I didn’t have to sign an agreement. I own the copyright to them and, as a result, I can now reveal to you the secrets of Ho’oponopono. (See the Resources section in the back for the URLs to the Zero Limits events.)

In *Zero Limits*, I primarily gave you one method—the four phrases. Those lines are a type of mantra, prayer, or petition. They were the focus of the book. I’ll reintroduce them here and explain them but also go beyond them.

It’s time for you to know the advanced secrets.

Whenever I spend time with Dr. Hew Len, I’m reminded of the fundamentals behind *Zero Limits* and Ho’oponopono:

- There’s nothing to do but clean.
- The more you clean, the more you can receive inspiration from the Divine.

- There's either memory or inspiration, and usually it's memory (data).
- The only thing to clean is what you feel inside.
- The only goal is freedom—to be at Zero.

Knowing the fundamentals is one thing, living them is quite another. This is why we might use books, CDs, DVDs, tools, seminars, coaches, and whatever else we can use to remind us that all the work takes place within.

The world is made up of data, and it's that data that needs to be cleaned. But we can only perceive all that data from within. In other words, there's nothing out there. It's all inside you. That's where you experience problems—and that's where the cleaning needs to be done.

But what is the right way to clean? If cleaning is the number one most important thing to do and the core of the entire Zero Limits process, how do you do it accurately?

Although there's no one right way to clean, I've found these five ideas work well for me and for others who've followed them:

1. *Notice something wrong.* This can be triggered by a thought, another person, an event, or anything else. This is the stimulus. Before *Zero Limits*, you notice a problem you consider out there. After *Zero Limits*, you realize the problem is inside. No one can make you mad or upset; you do that *inside* yourself from what you perceive outside yourself. Whatever the case, the first step is to notice you don't feel good. You're angry, upset, worried, scared, or any other of a wide range of emotions and feelings that could be labeled as unhappy.
2. *Start to clean on the feeling.* It's not about cleaning on the other person, the thought, the situation, or anything out there. Again, the problem is inside. I'm the one aware of a problem. I'm the one who has to clean it. Saying, "I love you," "I'm sorry," "Please forgive me," and, "Thank you," is the way to clean. You can say them in any order. I say them nonstop in my mind while feeling the problem as I perceive it. And I say them to the Divine.
3. *You can use other cleaning methods.* For example, Dr. Hew Len explained blue solar water and how it could help us: "Take a blue glass, any color blue, and pour regular tap water into it. Put the bottle in the sunlight or under a light bulb (not fluorescent light) for 15 to

60 minutes. It will solarize the water. You can add it to your drinking water, or any way that you use water. It's wonderful if you have pets, and in any cooking you do. I love to put it in my laundry. I even spray my car's tires before I go on a trip. Blue solar water is a cleaning tool. Drink it or use it any way that you're using water."

4. *Let go until prompted to take inspired action.* Dr. Hew Len once told me that he cleans on a decision three times. If the answer is the same after those cleanings, he takes action on it. This means that if I get an impulse to do something to resolve the perceived problem, I might clean on it three times before I actually take any action. This is a way to ensure the action is coming from inspiration and not memory.
5. *Repeat.*

Everyone wants a shortcut to cleaning and reaching Zero. I do, too. But that very impatience needs cleaning. Wanting something right now is memory playing out, urging us to get instant gratification. It's data. The Divine has no time and no urgency. Wanting things to unfold faster than they unfold is a wonderful opportunity to clean.

I keep cleaning because it makes me feel lighter, happier, and healthier. It's a fast-track way for me to remove the data in my being so that I can get closer to the Divine. It's also easy, effortless, and free.

While Dr. Hew Len has taught many methods for clearing, I also learned that clearing methods could be invented—or inspired—on the spot.

For example, at the last Zero Limits event, someone said clearing was like having a mental Etch A Sketch toy. Dr. Hew Len loved it and said, "I love his image of the Etch A Sketch. You've got this thing with all this data on it, including your own question, and we shake it and it's gone. I love that image. I'm going to use that as a new cleaning tool. When I have a question, I'll just pretend I wrote it out on my Etch A Sketch, like, 'What is the meaning of life?' Okay, there it is and shake it! It's gone! Wonderful! I'm free, I'm free."

Another time, when Dr. Hew Len saw my business card, the one pictured in *Zero Limits*, that has a photo of my car named Francine on it, he told me it was a clearing tool.

"It is?"

"Yes," he said. "Visualize the problem and then use the edge of the card to slice it up."

Was my card really a clearing tool? I didn't know then, and I still don't know. But Dr. Hew Len pronounced it as truth, and I often use the card to help me get clear of any issues that appear in my life.

How about cigars as a clearing tool?

What? *Cigars*? Aren't they bad for you?

Not according to Dr. Hew Len. Cigars can be peace pipes or smudge sticks. I once heard that Dr. Joseph Murphy, one of my favorite New Thought writers, smoked a lot of cigars. He would say, "I am sending smoke signals to the gods." I like that. My cigar smoking has become a meditation. I relax and reflect as I enjoy.

It reminds me of the monk who asked his teacher, "May I smoke while I pray?"

The teacher said, "No!"

The monk then wisely asked, "May I pray while I smoke?"

This time the answer was, "Yes!"

It's all in perception.

When I was promoting the online videos for the last Zero Limits event, I walked viewers through a new clearing process.

Simply imagine whatever problem you're currently having as a field of energy. That's what it is, anyway. Some call it a thought form.

Then imagine a knife. Next, visualize yourself cutting up the problem. As the energy breaks up, you can actually feel it dissolve. (In the online video, I used a *furba*, a Tibetan ritual knife.) You can do the same thing.

Essentially, you can use anything as a clearing device or tool. Even this book is a clearing tool. You may have noticed that at the front of the book there's an invocation. It's a prayer to clear this book so that, as you read it, it cleans you. Maybe you feel it; maybe you don't. *Cleaning is happening anyway.*

Also, the very cover of this book is a clearing tool. As you gaze at it, you can almost feel it clearing and cleaning negativity from your mental databank. Whoever created the cover at the offices of my publisher, John Wiley, was inspired. The cover is a powerful tool for deleting programs, in my opinion.

It's all a matter of what you believe.

One day Linda Manzer, a legendary guitar builder based in Toronto, Canada, offered me one of her used handmade, high-end guitars. I already had three of her guitars and knew she made masterpieces. I asked

for a photo of the one she was offering to me, and I sent it on to Mathew Dixon, my adviser and friend. He took one look and exclaimed, “That guitar is a cleaning tool!”

Was it?

I now own the guitar, nicknamed Marilyn because of her curves, and I admit there is something in the aura around it. I love it. Mathew and I played it on our second album together, *At Zero*. We both agree it is special.

But is it *really* a clearing tool?

When Dr. Hew Len said my business card was a clearing device, I started using it as such. I wrote about it in *Zero Limits*, and since then people often ask if they can see the card.

For example, when I was in Moscow, seminar attendees asked me to use it on them. They wanted me to wave the card over them as if it were a holy instrument of magical powers. I did. I knew the power was in their belief—not me, not the card.

It’s the same for furbas. They’re ancient and infused with cultural stories. You can also simply imagine them and get the same results—see this in your mind’s eye.

When I was working on my second music CD, *Strut!*, I decided to use an imagery exercise to help manifest the CD being a success. I went to a graphic artist and asked him to put me on the cover of *Rolling Stone* magazine. The idea was to create an authentic-looking magazine cover so that I could look at it every day and program my mind for success. I had recalled that Jack Canfield and Mark Victor Hanson did this before their *Chicken Soup* books became legendary best sellers.

My graphic guy made the cover, and it was breathtaking. Every time I looked at it, I smiled. It radiated upbeat vibes. Right then I decided it was a clearing tool. Whenever I looked at it, it helped clean and clear me of any doubts about my music being a success.

Remember, it’s what you do in your mind, with your mind, and for your mind that really matters. It’s about you clearing the data. That’s what matters so that there’s space for the Divine to enter. Anything that you truly feel is clearing is probably going to help, simply because of your belief in it. Think back to the placebo effect we discussed. Your mind is powerful beyond measure. When you believe in something as a clearing tool, you enlist the power of your mind. Of course, at some point, you want to go beyond mind and right to zero. But we’ll get to that shortly.

I was on a radio show with Dr. Hew Len once, and a caller confronted both of us in a belligerent, nasty tone. It rattled me, but not him. I thought, “Why are these people doing this?” I wasn’t getting it.

During a commercial I said I was sorry to Dr. Hew Len, explaining I didn’t realize we would have these kinds of questions. I apologized for everyone. He said, “It isn’t the person; it’s the program.”

It’s not the person; it’s the program.

A light went on in my head, and I have never forgotten it.

Whenever we ask questions, including the ones I ask myself about what is and isn’t a clearing tool, they’re coming from a program, or data, that shows up on top of Zero, obscuring the Divine.

It’s the same when people in front of us are in any way upset—yelling or crying, for example—they’re feeling that way because of a virus of the energy field, a program. They don’t know it, of course, because the program has them. They’re a host to it.

At that point, use any cleaning tool you have, or get inspired to create to resolve and release the program.

While writing this section for you, I received a call from a friend.

I’d been in good spirits and happy, completely enjoying the process of writing this for you. But my friend was upset, and I listened patiently and attentively. Soon I also began to feel upset, sucked into her quicksand. I went from feeling strong and clear to feeling weak and unhappy.

What happened?

When my friend called, I caught the virus—the program—like a child in a doctor’s waiting room catching a cold from someone there. It didn’t matter that I’d done years of cleaning. At first I was upset about that. Then I realized I had to clean on my upset.

Cleaning on everything is the secret. You clean on every moment, using whatever method you like, whether there’s an upset in the moment or not.

For example, you’re reading this thinking, “I don’t want to clean on anything.”

Clean on that.

“I don’t want to clean on that.”

Clean on that.

"All this cleaning is a waste of time."

Clean on that.

"What if this cleaning doesn't work?"

Clean on that.

"What if this cleaning works?"

Clean on that.

"I feel fine so I won't clean right now."

Clean on that.

"But why clean if I'm doing fine?"

Clean on that.

"I don't understand."

Clean on that.

"I do understand."

Clean on that.

"I'll let you clean for me."

Clean on that.

"Cigars can't be a cleaning tool!"

Clean on that.

Getting the idea?

You clean all the time, in every moment, whether you have a trigger to clean on or not.

"But why do I need to clean if it's all going fine?"

Nonstop cleaning clears the road ahead of you.

I have a smooth life today, although it wasn't always that way, because I spend my time cleaning. I do it night and day, I'm doing it even right now, as I write these words to you. As I do so, it's like a street sweeper who cleans the roads at night so that you can drive on them the next day. Cleaning keeps my road through life clear, as you'll see in some of the stories to come.

Again, virtually anything can be a clearing tool. I believe my Linda Manzer "Marilyn" guitar is one. I also believe the cover of my *Sun Will Rise* album is one. The cover of this very book is one. Dr. Hew Len believes my business card is one.

What really is a clearing tool?

The one you believe is.

CHAPTER 14



Got a Problem?

All you have to do is look in the mirror and fall in love with yourself—no matter what the rest of the world says.

—Dr. Joe Vitale, from *The Miracles Manual*, Vol. 1

Here's something you can probably relate to. It wasn't easy to go from zero to creating six albums in two years. I hired pros to help me: Daniel Barrett, lead singer for the band Porter Davis and producer at Rubicon Studios, held my hand in the studio; Guy Monroe, a wizard at vocal training, taught me to sing; Mathew Dixon, a modern-day Guitar Monk and Ho'oponopono disciple, taught me to play guitar at a level I had previously only hoped for; Sarah Marie McSweeney, a talented singer/songwriter and music teacher, was the first to hear my original songs and encourage me.

I also attended a songwriting workshop with two famous singer/songwriters, Ray Wylie Hubbard and Kevin Welch. I hired top-rated singer Lee Coulter to give me singing and songwriting tips. I hired Jay Frank, author of *Hack Your Hit*, to advise me on creating marketable music.

When I went into the studio, I hired true legends in music, from rock and roll Hall of Fame star Joe Vitale (yes, the famous drummer with the same name I have) to bass player Glenn Fukunaga. I also hired three Grammy winners to help me with one of my albums (*The Healing Song*).

All of this time, effort, and money paid off. My albums were well received. Songs such as "Today's the Day" on the *Strut!* album became standouts with buyers on iTunes and CDbaby, two of the top online

music stores. Other songs were considered for a movie soundtrack. I was compared to Johnny Cash, Tom Petty, and Leonard Cohen. Reverberation.com, an online website for musicians, voted me number one local singer/songwriter in March of 2013.

Not bad.

So you might imagine the devastating impact it had on me when a family member told me he didn't get my music.

He said he had to be honest—often a smokescreen statement for a follow-up criticism—and advised me to stick to books.

He added, "I'm not a fan."

I didn't ask for his opinion, yet he felt compelled to give it out. I wasn't used to hearing such negativity, even though my father often warned that people will be judgmental. "Even your own family might be against you," he sometimes reminded.

It was shocking. I couldn't believe it. Hurt and confused, it shook me to the core of my being. Obviously, there was a button in me that my relative pushed—and it stayed pushed. This issue bothered me for weeks. Even with all the self-help techniques I know, I found it difficult to relieve this pain.

Of course, if my relative had music experience, he might be worth listening to. A general rule is to take advice only from people already successful in the field you are asking about. But my relative is not a musician, nor does he play music. He has little to no knowledge of music theory, music history, or even popular music today, yet he judged me as if he knew what he was talking about. His unsolicited review hurt me deeply.

Everyone is entitled to his or her opinion. I once walked out on a Bob Dylan concert. I love his songs (and even rewrote and recorded my own version of his famous song "All Along the Watchtower" on my *Strut!* album), but his screeching got to me. Still, I never called Dylan and complained. I kept my thoughts to myself. (Bob, if you're reading this, please forgive me. I'm sorry. Thank you for your music and for giving me permission to record "All Along the Watchtower." You are a *legendary* songwriter. I love you.)

In the case with my relative, I wanted to be like musician Tom Petty, who, when a reporter asked him what he said when people complained that his music wasn't good, replied, "It's rock and roll, man; it ain't supposed to be good."

But I wasn't detached.

A program—data—was being activated in me, and my relative pushed the on button to it. I didn't know how to respond to my relative's offensive, let alone uninvited, criticism. Most people in my circle of friends and family are more loving and supportive.

I also knew from reading books, such as *The Power of Un-Popular*, that I don't have to please everyone, just a small group of dedicated fans. I've even taught people in my seminars and coaching programs that all you need is a niche of people who love you to become wealthy. Forget the ones that don't. Yet my relative's ugliness stung me deep. I couldn't drop it.

Dr. Hew Len told me, "It's not the person; it's the garbage you have of that person. So when I worked with people at Hawaii State Hospital, what's going on in me is that I'm experiencing judgment, anger, resentment, etc. Now I'm stuck. I'm away from myself and I want to come back to Zero."

I was being reminded that the situation wasn't about my relative; it was about *the program* we shared. My goal was to delete the program so that I could be free. At that point I wouldn't care what my relative said. And most likely, he'd just be quiet.

How was I going to make that happen?

As I kept cleaning, I remembered that what we don't like in others is often what we unconsciously have and don't like in ourselves.

I thought of my relative saying he was not a fan of my music. I turned the statement into something I might say and asked myself, "Do I believe this about my own music?" In other words, am I secretly not a fan of myself as a musician?

As much as I didn't want to admit it, a part of me was deeply judgmental of my singing and songwriting. A part of me *agreed* with my relative. All my relative was doing was voicing what I was suspecting all along. As I've often told others, the outer is a projection from your inner. My relative was, in many respects, me.

This was a huge insight and one I didn't like. I wanted it to be my relative's fault that I felt bad. I wanted my relative to change. I didn't want all the growth to be in my ballpark.

But this is how authentic Ho'oponopono works. You don't look without; you look within.

As Swiss psychologist Carl Jung said, "Who looks outside, dreams; who looks inside, awakes."

My insight about this situation didn't stop there.

Later, while doing cardio in my gym, I felt inspired to practice Ho'oponopono out loud, which was unusual. I rarely talked while working out, mostly because the intensity of the workouts left me panting. But something said, "Do it."

I thought of my relative's words and how bad they made me feel. As I kept my awareness on my feelings, I proceeded to say the following aloud:

I'm sorry that some aspect of my being or my programming or my ancestry triggered this judgment of me and my music. I'm sorry that I overreacted and forgot my peace. I'm sorry that my unconscious programming caused my relative to judge me harshly.

Please forgive me for judging my relative as being insensitive. Please forgive me for having this sensitivity to criticism in me. Please forgive my ancestors for whatever they did or thought that brought that belief system into my being today. Please forgive me for being oblivious to my inner thoughts.

Thank you for bringing this belief and data to my awareness. Thank you for hearing my plea to erase this data from my mind, and from all minds. Thank you for helping me to appreciate my relative giving me this opportunity to clean and clear and break free. Thank you for reminding me of love under all the darkness.

I love you, I love my relative, I love myself, I love my ancestors, and I love the Divine for erasing all inner limitations and data so I can be here now to experience the miracle of this moment and the miracle of love. I love you, I love you, I love you.

Interestingly enough, as soon as I went through the Ho'oponopono plea, out loud, I felt the inner shift. In fact, it was such a deep clearing that I could hardly remember what my relative had said about me!

This often happens with true healing. The event that you were complaining about is gone. You can barely recall it—and, if you do, it's with no emotion around it. Like a story you've read, it's interesting but didn't happen to you.

That's the miracle of Ho'oponopono.

My discovery with my relative was this: if I wanted to experience a real healing—fast—I needed to speak the cleaning phrases *out loud*. Whether this meant my mind was more involved, my voice was

resonating with vibrations of the universe, or my plea was being heard by angels who couldn't read my mind, I don't know.

Clark Wilkerson, in his 1968 book, *Hawaiian Magic*, explains, "It has been observed and is the divine truth that if you speak something with sincere desire and deep emotion and shout it aloud, it will be done."

Voicing my petition *out loud* to the Divine became an advanced, simple yet surefire way to get a healing or a result. My relative and his judgment no longer bother me. I have no idea if he now likes my music or not. I don't care. *I* like my music. I'm not trying to compete with great musicians—I'm just trying to create. And from this perspective, I'm succeeding.

In 2013, 10 of my songs were nominated for Posi Awards, the Grammys of positive music. I must be doing something right—despite what my relative (and I) had previously thought. My clearing of the program we had shared cleared the way for my music's success.

As always, the solution is clean, clean, clean.

CHAPTER 15



The Fifth Miracle

When you're clear, you don't think. You just do.

—Dr. Hew Len

How can you create real-world miracles with Ho'oponopono? In October 2012, I told my music producer and friend, Daniel Barrett, that my desire to make more music was dead. I didn't feel inspired or connected to the muse. I was happy with the four albums of healing music I had already created, but I didn't see any more on the horizon.

I felt done.

As we talked, I kept practicing Ho'oponopono inside myself, repeating those four phrases. I had a sneaking suspicion that I might be deceiving myself. After all, self-sabotage is rampant in virtually all of us, and usually, we don't know we're doing it. Was I?

Daniel suggested we find a way to ramp up my energy for music. He didn't know how but felt there was a solution.

In a moment, an inspiration came to me—I knew a way to jump-start the muse. But I wasn't sure I wanted to do it.

I took a deep breath and said, “I can set the intention to record five new songs by Christmas.”

Christmas was only two months away. It would be a miracle to write and record five new songs by then. Not only would I be starting from scratch, but I was also exhausted after just completing my fourth album, *The Healing Song*.

Daniel didn't miss a beat. “Why not go for 10 songs?” he asked.

I gasped. Now that would be raising the bar, even for me. I had already broken records by creating four albums in less than two years, and four miracles seemed plenty.

I accepted the challenge anyway.

We agreed that I would work to create 10 original songs within two months, and together we would record them for my fifth album.

We felt the exhilarating energy of having a goal that scared us yet also delighted us. We were expectant, uncertain, open, and willing—and we had no idea how a new album would come out of nothing. I had a lot of cleaning and clearing to do, and I leaned on my practice of Ho'oponopono to pave the way for me.

Remember, I didn't have any ideas for new songs or any passion for new music. I felt tapped out. Yet this new, inspired intention called forth more music. The new goal stirred my imagination, and within days I had new songs coming to me.

I couldn't turn off the creative juices!

I'd be sitting, reading a book on my iPad, and suddenly a song idea would enter my consciousness. Immediately I'd stop what I was doing to write it down. (Always take action.)

Other times, I felt inspired to check out different forms of music, such as early or vintage rock and roll, called rockabilly music. I simply followed the muse to see what occurred. I loved the searching, exploring, and learning. (Always follow inspiration, too.)

Within weeks I had more than two dozen good songs. Of those, I chose nine that I thought were solid. I wanted to leave the tenth idea open to inspirational improvisation in the studio.

I felt ready to record album number five!

My band (not really *my* band, but they were the same musicians who recorded *Strut!* and *The Healing Song* albums with me) got together again. We went into the studio on December 18 and 19 before Christmas and recorded 10 new tracks.

I'm told music doesn't usually come together this quickly, easily, or with this much energy and focus. But when we got together in the studio, we made space for magic to happen around my songs.

The result is my fifth music album, *Sun Will Rise*—another miracle.

When I held the finished audio CD in my hands and listened to the original music I'd written and performed, brought to life with the musicians who supported me, I started to cry.

That this could be created out of thin air is still astonishing to me. To think that the songs are so good, the music so amazing, and the messages so relevant, just makes me stop and stare in awe and gratitude.

I once asked Dr. Hew Len about taking action.

He said, “When you’re clear, you don’t think. You just do.”

If you have to think, then you have opposing beliefs wrestling in your mind: one wants it one way; another wants it another way. The ideal is to be so clear that the inspiration is there, and the nudge for action follows. You act without dwelling on it because the action is pure. No interference. No second-guessing.

I’m not saying this is a continual way of life for people—even Dr. Hew Len meditates for answers. When a friend sent me a movie script to bring the book *Zero Limits* to life, I asked Dr. Hew Len for his permission because we jointly own the copyright to the book. He sent me an e-mail saying, “Divinity says no.”

How do you argue with Divinity?

Because I’m aware that knowing the difference between Divinity and ego can sometimes be a tough call, I asked him a second time. He sat with it and, again, passed.

What’s curious is that he had no logical reason to pass on the script. I was perplexed as to why he would turn it down. It was a great opportunity to bring his amazing story to the big screen. A movie had been a dream of mine. I wanted it. I also knew Dr. Hew Len had been open to the idea earlier because he once told me he wanted actor Robert De Niro to play him in the film. But Dr. Hew Len’s blatant “No!” stopped everything. I accepted it but was confused.

As time went on, I discovered that the potential movie producers were being exploitive and manipulative. They wanted me to persuade Dr. Hew Len to change his mind by using some psychological tricks that I knew Dr. Hew Len would just see through. I knew right then that the reason Dr. Hew Len said no was because these movie producers, ultimately, would have been a regret.

I say this to make the point that he had to sit with it because he didn’t have a clear answer, so don’t be hard on yourself. The reminder here is to love yourself. We’re all doing our best. If things don’t seem to work out, set an intention, ask for guidance and clarity, and take whatever actions are next. A *no* may be protecting you and keeping you ready for a huge *yes* success. You have to trust. You have to have faith.

If there's any essence to Ho'oponopono, it's in the idea of trust. Trust yourself. Trust life. Trust Divinity. The ancient gold ring I wear, engraved with the Latin word for faith, *Fidem*, on it, is a reminder for me to have faith. The mustard seed coin I carry, and often give copies of to friends, is another reminder.

I have no idea when a movie will be made from the incredible story of Dr. Hew Len, but I have faith it will happen. I just don't know how or when. As with the music album I made—when I was out of juice to write or record more—miracles will happen if I go with the flow, take action on ideas, and always, always, always, have faith.

That's the secret to miracles.

Or at least one of the secrets.

Let's explore some more. . . .

CHAPTER 16



More Zero Limits Event Secrets

Cleaning is the only path to Zero and Inspiration.

—Dr. Ihaleakala Hew Len

Dr. Hew Len and I held three Zero Limits events together before he decided to stop traveling and speaking, and go into retirement. It didn't surprise me because he often said, "I just want to tend my garden but Divinity keeps pushing me out the door."

I usually felt like the straight man at the events, the comic relief to Dr. Hew Len. Some called me the nice one. People sometimes found him harsh, but I never did. I loved him then and love him still. I always appreciated his clear focus in our events. He didn't beat around the bush—he was direct.

For example, he asked the attendees, "If you were looking for the most fundamental skill, the most fundamental asset to run a business, what would that be?"

After getting a few answers that didn't satisfy him, he said, "I'll tell you what the most important asset is because, if you don't have it, then you're in trouble. You can be as enthusiastic as you want and provide a service. You can do all that, but the most important asset is to be clear. Once you're clear everything happens, so clarity is the most important asset in your life. If you're not clear, which most of you aren't, I don't care what you provide or how good your service is."

He went on to explain that people like Jesus and Buddha were clear. They didn't need to be enthusiastic or get more information. They were clear, and their clarity allowed them to be inspired. Clarity, what he often called Zero or the Void, was the goal.

Dr. Hew Len once told me, "If people would put God first, they would have all the money they would ever dream of."

It's like the famous story that I wrote about in the beginning of *The Attractor Factor* about why the people who went to South America did not do as well as the people who went to North America in terms of material wealth and financing. Why? Because the people who went to South America were in search of gold, and the people who went to North America were in search of freedom to pursue God.

They were in search of God.

The human mind, full of its data and programming, would be boggled trying to affect the kind of deep life changes and occurrences that can be made so easily simply by cleaning and allowing Divinity to whisper its inspirations. I get chills thinking about it. It's the sublime power of Ho'oponopono.

"Ho'oponopono is only about looking at what's going on in me that I experience certain people in certain ways, or certain ideas," Dr. Hew Len said. "Then the question is whether I'm willing to let it go. Once I let it go, then something wonderful happens. Instantly, when you're at Zero, this is the home base of the Divine, the I AM," Dr. Hew Len said.

How easy can it be?

Can you believe as easy as breathing and eating?

At the events, Dr. Hew Len demonstrated a process to let go and breathe away the data.

Sit comfortably with both feet on the floor and your spine resting very gently against the back of the chair.

The thumb represents the Divine, the I AM in you. Your pointing finger (index finger) is the directional finger and represents you as a being. Take the Divine in you (thumb) and the directional finger and put them together, so that you and the Divine are one. Then just put it in your lap.

This process will prevent jet lag. If you're having dysrhythmia, it will put you back in rhythm. The whole idea is to get back into rhythm.

With your eyes closed, breathe in (through your nose) very gently, like a normal breathing process.

Now begin counting while you inhale and exhale as follows: as you breathe in, count to seven, pause to the count of seven, then exhale counting to seven, pause again, and repeat. Each round consists of breathing in for seven counts, pausing for seven counts, exhaling for seven counts, and pausing for seven counts. That's one round. Do this for seven rounds—seven rounds of the Ha.

In the seminars I've held with Dr. Hew Len, we discussed the clearing benefits of eating strawberries, blueberries, and even M&M's candy. Yes, I know. M&M's. When I first heard it, it sounded insane. But Dr. Hew Len always says you don't need to actually eat the candy; you can just lick it.

Lick an M&M?

Not eat one?

Hardly.

If you're like me, that might be a stretch. It reminds me of the man who went to a psychiatrist because he felt dumb. The doctor prescribed some pills. The man took them for a week and came back, saying, "Doc, it may be just me, but these pills seem nothing more than candy."

The psychiatrist replied, "See, you're getting smarter already."

It depends on whether you believe anything is a cleaning tool. According to Dr. Hew Len, even eating sugar and chocolate can clear data. He said these were only considered bad for us because of our perceptions. A personal favorite of his was hot chocolate. He said:

Hot chocolate erases memories that put money first. So, what does that mean? It means you're going to put God first. I drink hot chocolate to erase memories in me that put the world first and not Divinity. You don't have to say or do anything; just drink it. You have to realize that chocolate is not the problem—it's your experience of that, and you can let go of those experiences.

If you have any kind of issues, it's the memories—not the food, not the people you hang around with. It has nothing to do with sugar. It has nothing to do with all that stuff. It's our perception—whatever that is—that's the problem.

If you're going to have to eat something, why not eat something that can clean data—like strawberries, blueberries, gingersnaps, M&M's? Even jelly beans are a cleaning process that specifically gets you to be at the right place at the right time.

To a skeptic, these methods might seem a bit out there, but in modern-day Ho'oponopono, that would just be more data—because there's nothing out there.

You can't be hung up on something without it being part of the data mill of your mind. Everything happening is happening *in* you, so who's to say, except you?

Personally, I am willing to use any method that might work. As Dr. Hew Len reminds us, "The ultimate goal is to be free. Free from what? Free from the past so that you are always in rhythm with the Divinity."

In my experience, an open mind gets you further than a closed one, and if it can potentially offer freedom, I'm all for it. But if you really want to test the limits of your mind, consider if the famous story about Dr. Hew Len healing an entire ward of mentally ill criminals is true or not.

Was it all just a big fat lie that suckered everyone—including me?

CHAPTER 17



Did It Really Happen?

The Big Fat Lie

The wonder of it all is that we are not in control. Control. Intention. All are but illusions. Who decides? Memory and Inspiration, one a thorn, the other a rose. Either leads the Soul by the proverbial nose. Really.

—Dr. Ihaleakala Hew Len

People who've read *Zero Limits* often ask if the story was real. "Did Dr. Hew Len *really* heal the entire ward of mentally ill criminals? If so, why didn't I hear about it on the news? Where's the public record of it?"

I didn't believe the story when I first heard it, either. But after talking to Dr. Hew Len on the phone, I did. Later, I attended my first seminar with him, which convinced me further of his authenticity. We went on to write *Zero Limits*, and I co-hosted three events with him, eliminating any doubt in my mind. I knew believing was smarter than not believing. After all, I also wrote a book called *Faith*. Belief has power, and I'd rather believe in miracles than not.

Still, as a good nonfiction author, I needed to know more, and when I next had the opportunity, I asked about it again.

“*Ao Akua*,” he began, calling me by the Hawaiian name he gave me, “I didn’t do it alone and it wasn’t easy.”

“Was everyone healed?”

“No,” he replied. “We never did get Billy well. He was moved to another facility.”

When I was researching *Zero Limits*, I contacted social workers who were at the hospital while Dr. Hew Len was there. They openly said they felt something in his presence, but they also never claimed he was a messiah. They never attributed any healings directly to him. No one said the inmates were cured and the ward closed directly because of anything Dr. Hew Len did.

That doesn’t surprise me.

Life is so interconnected that my breath out affects your breath in, but you’d never consciously look at me and say, “Hey, thanks for breathing!”

The fact that the media never reported on the hospital doesn’t surprise me, either. Years ago ABC News came to my home and interviewed me for an hour. We covered a lot of territory, including my books and people who have been transformed. Yet they didn’t select the positive news for airing—instead, they edited out the good stuff and broadcast a few seconds of me fumbling for an answer after they blindsided me with a question.

Mainstream media aren’t designed to tell you positive news. They need you to stay in fear so that you’ll buy their advertisers’ products. (I say this as I’m cleaning on it.) This is why they broadcast horrible, tragic, and unhappy news. When nothing bad happens locally, the news stations look for an unhappy story from another area, even other countries.

And when the media can’t find enough current bad news, they often rerun stories from their archives. In fact, as I was writing this, friends contacted me, congratulating me on my appearance last night on ABC News—a segment that first aired *three years* ago.

But you rarely if ever find them reporting on positive news.

After all, what might the headline be in a mainstream news source about the healing of the inmates in the mental hospital?

Insane Patients Healed—No Explanation—Let’s Celebrate!

If the media wanted to report on Dr. Hew Len being a healer, they might run a headline, saying:

Weirdo Does Nothing and Patients Healed!

In short, the mainstream media aren't designed to write about positive events or miraculous occurrences. They are more inclined to take the negative angle to even the most overwhelmingly positive case. I would have had better luck with the media telling them about my Bourgeois guitar that appears to have a face in the wood on the back of it. (It really does.) Some think the face looks like an Indian. I think it's far more controversial and revealing. The media could then say:

Buddha Discovered INSIDE Guitar!

Or even,

Jesus Seen in Guitar!

Or maybe,

Secret Author Sees Savior in Guitar!

Of course, a miraculous story billed as reality needs to be at least somewhat true to be of any real use. Fictional stories or worse, stories billed as true that turn out to be fiction, can be harmful. This is not the same as using a metaphorical story. Many hypnotists tell these kinds of stories to address issues in your subconscious. That's different. That's not lying. It's just plain fiction.

I recall reading a book by a popular self-help author who wrote that Harry Houdini, the famous magician, didn't need to do magic tricks in later years. He said Houdini did "real magic." I was appalled. Houdini actually spent his remaining years proving real magic *didn't* exist! As a lifetime member of the Society of American Magicians, the very group Houdini founded, I know Houdini was against deceiving people and firmly had his feet on the ground.

Why did this author lie to the masses in his book? I don't know, but I was so upset with his innocent, ignorant, or intentional lie that I tossed his book in the garbage. It took me awhile to forgive him. One friend rationalized the lie by saying, "He probably told the story to get you to believe in real magic." The thing is, that blatant mistake led me to

conclude I couldn't trust anything else the author said. He became an unreliable source.

I didn't want the Dr. Hew Len miracle story to be a Houdini story, so I kept digging to learn more. I continued hearing of somewhat similar stories, such as this one (received by e-mail and used here with permission):

Dear Dr. Vitale:

I read your book, Zero Limits, in December, 2008. I work as a life coach and parenting instructor at the Women's prison in Baton Rouge. I hold three classes each week with 20 women in each class.

I began doing Ho'oponopono immediately after starting the book. I could see instant results with the women in the group. I shared the information with them and bought five books for them to take turns reading.

They have shared so many success stories with me about how the deputies in charge of them are changing. One day last week, there was some sort of disturbance going on in the prison. I could hear the commotion outside of my classroom. The warden stepped in my classroom and had this stunned look on his face. He couldn't believe the calmness and quietness of the room with all of the ruckus going on outside. He told me, "I don't know what you are doing, just keep doing it." He has shared with me on several occasions that all of the women are behaving better and are actually getting to have privileges they have never been able to have before.

I am also having positive changes with my teenage daughters and husband.

Thank you so much for bringing this information to light.

—Cindy Ray-Huber

Regional Director, RCB of Baton Rouge

As humans, we all have challenges. We all have things to clear on.

Dr. Hew Len came to visit me when we were working on *Zero Limits* together. We drove down a number of country roads, looking for the bed and breakfast I had rented for him by phone. As it became apparent that we were lost, I heard him sigh. He seemed to be getting frustrated. He said, "I should have called for directions." Those were his words, but what he actually meant was that *I* should have called. His tediousness with me reflected a man not at one with all there is.

Another time, I saw a photo where he was holding hands with a young woman as they walked along the beach. It looked romantic, although Dr. Hew Len is 50 years older than she is. That doesn't make it a problem, since they may be in love, but it's a sure sign he's human.

But even Jesus was human. As a regular man who lived and breathed, he appeared to do miracles. According to the author of *Zealot*, Jesus was never accused of trickery in his demonstrations. He wasn't doing magic, but miracles. He was accused of many things but never of being a magician. He was a man who apparently performed miracles with the help of the Divine.

Is that what the very human Dr. Hew Len was doing?

After all, Albert Einstein said, "It is quite possible that we can do greater things than Jesus, for what is written in the Bible about him is poetically embellished."

But I don't want to dodge the question: Did Dr. Hew Len actually help heal 99 percent of the inmates in the mental hospital for the criminally insane?

I believe so. But how can we be sure?

Look at it this way: if I secretly pray for your well-being, and one day your sickness is gone, will you give me any credit? Probably not. How could you if you didn't know I had been praying for you?

Mathew Dixon was inspired to write a book called *Attracting for Others*. The premise is that when someone tells you he or she wants to be, do, or have something, you secretly clean on him or her having it. You clear whatever is in you that comes up in you so that the person you met can have his or her desire.

In other words, you become a ninja for good. It can be as simple as saying the four phrases, using some of the advanced secrets you've learned here—or anything else you may be inspired to share to help him or her.

Now stop and consider: if someone silently cleans on something you want, and you get it, will you give him or her any credit? Of course not. How could you? You had no idea he or she was doing anything for you. He or she did it covertly and benevolently.

The same may be true for the story of Dr. Hew Len and the hospital. His clearing of himself sent out an attractor field that affected everyone else. They got better but can't give him any credit since they had no idea he was doing anything for them.

Mainstream news has no way to report on a story like this. They want to see visible cause and effect. If Dr. Hew Len dispensed horse pills and people got better, they might give him airtime. (Most likely they would find something wrong with the pills, though, and report on *that*.)

In short, believe in the story of *Zero Limits*, if for no other reason than it gives you power to create your own miracles.

And if that still seems incomplete for you, clean on it.

CHAPTER 18



How to Start Your Own Religion

Ua ola loko i ke aloha

—Love is the source of Life.

Dr. Hew Len stood up at our second Zero Limits event and announced, “Let me show you how to start a religion.”

He then walked to the whiteboard—always the whiteboard (more about this shortly)—and put a dot in the center of the white space.

“One person has an awakening of Divinity,” he said. “It is pure and inspiration.”

He then drew more circles on the board.

“From there, the awakened person tries to tell others about his or her experience.”

Dr. Hew Len continued, “But the others didn’t have the experience. They don’t understand. They *think* they do. They don’t. So they go out and try to teach others about the awakening they never had. And then a religion is born.”

I totally understood. Whenever I studied awakened ones, I always scratched my head over their followers. The followers never seemed awakened. Over time I concluded that most people are sheep. They follow the head goat, the leader who may or may not actually know where he or she is going.

Where was Mornah's place in all this? Dr. Hew Len more than suggested that Mornah was awakened. She'd taken the old-school, traditional Ho'oponopono—the problem-solving method of airing out differences vocally, in person, in a circle, until there is forgiveness and peace—and made it an internal process. But Mornah's awakening didn't mean anyone else practicing her version of Ho'oponopono was awakened.

Was she awakened? We can't know with any certainty. We can only assume it, and it makes the story more compelling when we do.

What about Dr. Hew Len, whom I've spent countless hours with? Is he awakened? Is he enlightened? Or is he part of the sheep herd?

When we were having coffee one morning, he said, "You're getting it."

I didn't know what I was getting. We hadn't said a word for several minutes. My mind had run out of questions.

In that silence, there was an opening in my heart, as though a window opened. Later I called it a *satori*—a glimpse of awakening. It didn't mean I was awakened. It meant someone allowed me to see awakening. Was it Dr. Hew Len? Did his being trigger my own satori?

I believe that he's Mornah's loyal disciple, practicing what he learned from her, and that he's doing his personal best, through his own idiosyncrasies, to do the work of cleaning.

Clearing like this has the effect of settling the inner being. As we relax, we may one day awaken. I've written in my book *The Awakening Course* that enlightenment comes by grace. It isn't a push-button experience. You can't declare, "I'm meditating until I'm awakened!" Declarations like that come from the ego, and the ego has to sit by the wayside to allow awakening to occur.

But let's return to how to start your own religion.

A few years ago, I gave a presentation about Ho'oponopono to my peers at a Transformational Leadership Council meeting. (See the Resources in the back for a link to watch the video.) These are the movers and shakers in personal development, many of them legends in the world of self-help, many of them people who changed my life decades earlier, when I was broke, unknown, and struggling.

When I got on stage, I showed them a whiteboard—my favorite tool and metaphor for life—and then invited them to step up and write on the board all the ways we can transform. After 20 minutes of writing down their answers, I asked, "What happened to the whiteboard?"

It was covered in black writing. It could no longer be seen.

“I’m here to suggest that your very methods for change may, in fact, be a block to inspiration from Divinity.”

Then I told the story of Dr. Hew Len, the mental hospital, and the practice of Ho’oponopono. As I spoke, I erased the writing on the board. By the time I was done, we could see the whiteboard again.

We were back to Zero.

Dr. Hew Len’s explanation of how a religion starts fits exactly what most authors, speakers, teachers, change agents, and others do. Of course, we believe we’re helping—and we are, usually. However, looking from a higher-level perspective, what we really want is to be so open that inspiration can whisper in our heart and we’ll hear it.

In other words, if I’m convinced that the only way to help anyone is through eating carrot cake (which *does* help, believe me), then whenever I hear a problem, I’ll suggest carrot cake.

Disciples of Ho’oponopono are often like this. They’ve forgotten that Ho’oponopono is just one of many techniques, not the end-all, be-all of self-help or spiritual practices. It’s designed to help you erase all the interference—what Dr. Hew Len calls programming—so that you can be available to Divinity’s inspiration.

The success of my book with Dr. Hew Len, *Zero Limits*, brought awareness to Ho’oponopono on a mass scale. Unfortunately, it gathered a lot of sheep, too. Of course, not everyone falls into that thinking. There are those who sincerely believe in what they’re doing. But could it be that they’re like the disciples of an enlightened being—the being was awakened; the disciples were not?

And if so, what are you left with? How do you know whom to follow, what to buy, or what to do?

You are left with cleaning.

As you do the practice, you clear the data of the mind to allow clarity, and as clarity comes, you will know.

Here’s another way to get there.

Mornah once taught that you should take a sheet of paper and write down every person, place, or object related to whatever it is you’re cleaning on.

She said, “Your subconscious will grasp the whole issue better, and you will sense more to the problem than what first gets described.”

From there, you say Mornah’s Prayer over the sheet of paper.

For example, let's say you have an issue with another person at your work. The first thing is to realize the issue is in you, and it's showing up as a perception in your mind about the other person. The button being pushed is in you, and this outer person is simply the trigger. As Dr. Hew Len often said, "Have you ever noticed when you have a problem, you are there?"

Next, write out everything concerning the issue: the person's name, your job description, company name, work address, and anything else that comes to mind. You're dumping all the elements of the problem onto this sheet of paper. As Mornah pointed out, it helps your inner mind grasp the whole situation.

Then read her prayer over the paper, preferably out loud, at least four times. After that, tear up or burn the paper.

Go in peace, expecting the Divine to handle the details.

It will.

Is zero really all that important? Is returning to the whiteboard all that necessary?

Dr. Hew Len talks about Zero as a way to express Divinity. Others talk about a zero frequency. For me, zero is that emptiness or void where no thoughts, beliefs, or data can exist. It's the background witness of life that can allow inspiration to reach you from Source.

I know that concept might rattle your mind, so give me a moment to explain.

I had an eccentric teacher in high school in Niles, Ohio, who taught me algebra. His name was Ron Posey. I had failed algebra in junior high. With Mr. Posey, taking the class in high school, I got straight As. He was a genius at teaching.

He'd stand in front of the class and ask, "Are zeros important? Is a zero nothing?"

He'd then write the number 1 on the chalkboard and say, "Give me six zeros behind that 1 and I'd have a million dollars!"

Yes, zeros count.

But what you really want is to be *at* Zero.

Let me take you there right now.

CHAPTER 19



The Miracle of Ho'oponopono

The #1 thing you can do to unblock your energy so you can attract more of the big dreams you want is to forgive anybody for anything throughout your entire life—and, most importantly, to forgive yourself.

—Dr. Joe Vitale, from *The Miracles Manual*, Vol. 1

Decades ago, I was a disciple of Bhagwan Shree Rajneesh, later called Osho. He was a bold and controversial figure. I felt he was enlightened. Recently I read two books about him—one by his dentist, who lived with him for several months, and one by the woman who ran his operation for years and was later imprisoned. One depicts him as Divine; the other, the Devil.

I've also been a fan of the late Dr. David Hawkins. He created a tool called the Map of Consciousness, and his insights have helped me. Then, not long ago, I read a detailed scientific book, written by one of his loyal fans and a loving biographer of him, proving that map of consciousness inaccurate and his testing to create it flawed.

Who is the guru?

That's the real question—and a fair one.

After all, in a culture where inordinate value is given to the notion of expert status, chances are a lot of experts will be running around with various and conflicting information. Where do we turn? They're probably not going to be like the young Indian man in the movie *Kumare*

who grew up in America but later pretended to be a guru, getting a small following, then later exposing himself as a fraud—saying he’s the guru to *himself*.

The truth is that sometimes we get to see behind the scenes of people we admire, as I did in the case of Rajneesh and Hawkins, and sometimes we don’t. It’s a good reminder to follow our own inner guidance. After all, how will you know whom to trust and follow? Don’t you ultimately have to trust and follow *yourself*?

What is the point of Ho’oponopono? What is its purpose? Hawaiian tradition says Ho’oponopono is a forgiveness ritual. Dr. Hew Len says we’re only here to clean. Mornah, his teacher, felt we were here to heal. Splinter groups of Huna and Ho’oponopono have their own answers.

I have one, too.

In my worldview, authentic Ho’oponopono is a method to help you reach peace. It’s a tool for deleting old programs, beliefs, and other data so that you can be here now and receive inspiration from Divinity. Its main purpose is to forgive everything—and everyone—from every time and every place. Although I practice it daily, I know it’s not the only tool. It’s one of many.

In 2013, I gave a presentation on a technique called *The Remembering Process*, which Daniel Barrett and I wrote about in our forthcoming book of the same name. In that talk, I pointed to a large whiteboard and said, “That’s you without programming. You are clear. You are at zero. From there, you can receive inspiration.”

I went on to ask people to notice their body. Was it comfortable? Did they have any aches or pains? I explained that although they could feel their body, they weren’t their body. They were separate from it. They could witness it and not actually be it.

You might ask yourself about your body right now. Obviously, you have one, but because you can observe it, you must not actually *be* it.

Then I asked them to notice their thoughts. What were they thinking? As I was talking, their minds were running. They were listening on one level but also commenting on another. If they could experience their thoughts, it meant they were somehow not their thoughts. They were separate from them. They could observe them.

What about you? While you’re reading, you’re also thinking—but you’re not your thoughts. You can notice your thinking, which suggests you must be different from your thinking.

I then asked my audience to reflect on what they were feeling emotionally. For example, when my talk was humorous, they laughed. At other times, they were moved in other ways. If they could feel emotions, then they couldn't be the emotions. Instead, they were observers.

Again, what about you? You experience emotions. You may have experienced different ones as you read this book. Regardless, if you have emotions and can describe them, then you are in some way not your emotions.

"If you aren't your thoughts, or your body, or your emotions," I asked, "Then what are you?" In many spiritual contexts, the word *witness* describes this background awareness. In Hawaiian spirituality, in Ho'oponopono, that background is called the Divine. Some call it God. Others call it nature. Dr. Hew Len and I call it Zero.

Regardless of the name you give it, that Divinity is in you, and it's the same Divinity in your friends and family, in Mornah, in Dr. Hew Len, and in me. The great goal is to be one with Divinity—that is Enlightenment, the Awakening. When you are one with all that is, you are one with the source of life itself.

The miracle of Ho'oponopono is that it is an easy way to delete what is between you and Divinity. When I point at the whiteboard, I am pointing at a symbol. When you practice Ho'oponopono, you are moving toward that whiteboard or Divinity. When you are one with it, you are at peace. When you are there, you are *at Zero*.

I know some people say that the background awareness is nothing, yet, as I heard Pope John Paul once say, "What you call nothing is what I call everything." That everything is Divinity—and it loves you. It wants the best for you, your family, and the world. Once we delete the programs interfering with our hearing Divinity and feeling its unconditional love, we will experience the miracle of right now.

That's the goal of Ho'oponopono.

And that's the miracle of it.

It is for you to be the guru to you.

AFTERWORD



Getting the “Hang” of It

We live in a belief-driven universe. Change your beliefs, get a different universe.

—Dr. Joe Vitale

Dr. Hew Len often told me that when you are at Zero, it's then that inspiration can come to you. When you aren't clear, all you have are memories—old programs, beliefs, experience, and other data that just get in the way.

One day while relaxing and meditating, I received the inspiration to look up a Hang. I know; it makes no sense and didn't to me at the time either, but as Dr. Hew Len teaches, when you are clear, Divinity can deliver. So I did what every self-respecting modern person would do—I googled it.

It turned out that a *Hang*, pronounced “Hong,” is a musical instrument created by Felix Rohner and Sabina Schärer in Bern, Switzerland, in 2000. It's not a drum—as the creators are quick to correct—it's an entirely new musical instrument.

Frankly, it looks like a UFO, a spaceship of some kind. Imagine two wok pans, or two garbage can lids, melted together with dents on it. It's not the best image, but you get the picture. The dents are tunings, and

when you tap the Hang with your hand, it makes an otherworldly, soothing, mysterious sound.

I wanted one.

Unfortunately, the Hang is in such demand that the handful of manufacturers who make them have all closed their doors, and their waiting lists are months to years long. Used ones are almost impossible to find, but I located two on eBay.

One was an early version by Rohner and Schärer, with a “buy it now” price of \$8,000. The bidding started at five grand. Knowing that a new one usually sells for \$1,500, I didn’t want to spend several times that amount for a used one.

The other Hang was Italian and listed on eBay for \$700. Something in me said to bid on it, so I studied the pictures, watched a video of it being played by someone in Italy, and decided it was mine. I won it.

Later that day I received a check for \$1,250—the exact amount I paid for the Hang on eBay. I took that as a sign that I was to have it. With having the inspiration to first look up the Hang, winning the bid, and the money showing up, I knew it was meant for me.

Why was it meant for me? I met with Mathew Dixon, my partner and guitar teacher, and told him the story. As I was talking, I realized I could create a melody with my Hang and add my voice reading the Mornnah Prayer to it. The combination of prayer and Hang would be an intensive, relaxing, and thorough cleaning tool. (You can listen to Mornnah’s Prayer, read by me, with the Hang played on the audio, at www.MornnahsPrayer.com.)

As Dr. Hew Len pointed out, when you are at Zero, Divinity has a clear path to your brain. I wasn’t looking for a new instrument, let alone a Hang. I had no idea Hangs existed. I wasn’t even looking to create a new audio. However, I was open to whatever—then whatever showed up.

Dr. Hew Len often says we’re already wealthy, yet we don’t realize it because our data covers it. We worry. We make excuses. We try this and that, usually out of fear. We rarely get into the miracle of the moment and just *be*.

That could be the mantra of Ho’oponopono—“Be and grow rich.” All you need is to get the Hang of it.

Finally, as Dr. Hew Len explains on our website at www.ZeroLimits.info the goal of Ho’oponopono is complete freedom.

When you are free of data—thoughts, beliefs, programming—you are available to receive inspiration from the Divine.

My goal in writing this book is to help you be free.

And it all begins with me.

Peace be with you.

Aloha Nui Loa

(All my love)

APPENDIX A



Ho'oponopono Questions and Answers

Q: How long do I do Ho'oponopono for daily?

A: All day. At first, it takes a conscious decision. Over time, it becomes second nature. I'm saying the phrases as I write this book. It's the background chatter in my mind.

Q: Do I think of the particular problem when I am doing Ho'oponopono?

A: If you have one, yes. If you don't, no.

Q: I am practicing the phrases daily, but it seems things are getting worse.

A: When you shake up a bottle with sand at the bottom, the bottle looks cloudy. Until the sand is removed, you'll see some specks floating. Keep cleaning.

Q: Can I clean for someone else?

A: You clean on *your perception* of someone else. If you perceive an issue in him or her, it's really in you. Clean the inside.

Q: How do you use chocolate to clean? Do you eat it?

A: Eat it. Smell it. Lick it. Meditate on it. This is something Dr. Hew Len feels is a true cleaning tool. But who knows? Maybe he just wants an excuse to eat chocolate.

Q: Can I say the phrases in a different order?

A: Yes.

Q: Can I just say the “I love you” part?

A: Absolutely.

Q: What if I feel angry as I clean?

A: Clean on the anger.

Q: What are the names of the inner child?

A: Whatever you feel they are.

Q: When cleaning on a business, property, and so on, do you have to be physically there at the address to clean and talk to it? Do I need the address?

A: The address helps. Photos help. But you don’t need to be there.

Q: When I think I have a question, instead of asking I should pause, clean, and realize it isn’t I who has a question; it is my memory or the data who is asking?

A: Yes.

Q: How does cleaning up my stuff help the world be at Zero?

A: You are the world. Peace begins with you. If you’re waiting for someone else to get happy before you do, then you’ve missed the point, and you’re still not clear. Work on yourself first.

Q: How do we know once we get to Zero? Will we *know*? Is getting to Zero the goal? Once we’re there do we stay there, or is it a constant effort? Is Dr. Hew Len at Zero?

A: You won’t ask any more questions.

Q: When doing the breathing exercise, does it matter if we breathe more than seven times?

A: No.

Q: I have been doing Ho’oponopono for a few weeks, but nothing is happening.

A: Nothing? Really? How would you know? There is so much happening outside of your conscious awareness that you haven’t the foggiest notion of. Have faith.

Q: When are Dr. Joe Vitale and Dr. Hew Len doing another seminar?

A: When Dr. Hew Len comes out of retirement.

Q: I have started on the four phrases and the cleaning process. How will I know that I am doing right?

A: The fact that you are doing it is right.

Q: Can I use Ho'oponopono on my health problems?

A: Yes.

Q: How do I know what to clean?

A: Clean on not knowing.

Q: During the breathing exercise, should we exhale through the mouth or what? Also, during the breathing exercise, should we be focusing on the memory or problem that we want to clear, or should we focus on nothing but the breathing?

A: Let the issue be in the background. Focus on breathing.

Q: My girlfriend broke up with me. Can I use Ho'oponopono to get her back?

A: No, but you can use it to clear your frustration, regret, or feeling of loss. She was an outer manifestation of an inner program. You can attract another. There are several billion people on the planet.

Q: Will Ho'oponopono heal and reform the person who I am upset at?

A: No. It will heal *you*. When you are healed, the outer person may change.

Q: Do I need Dr. Hew Len to give me my true name?

A: No.

Q: If I say the phrases in French, do they have the same effect?

A: Yes.

Q: Do you have another book on Ho'oponopono after *Zero Limits*?

A: This one.

Q: How can I use Ho'oponopono to change my financial situation?

A: Clear what bothers you about your financial situation. Compared to developing countries and people who can't afford to read even this book, you have it made.

Q: I would very much like to learn more about Ho'oponopono and teach this method of cleaning. Where can I get more information?

A: There is nothing to teach. Your work is on you. Let your life be an inspiration. However, if you want personal help, consider Miracles Coaching[®].

APPENDIX B



The Whiteboard Meditation

A house divided against itself cannot stand. This is true for nations, communities, organizations, and families, as well as for individuals. In the House of Humanity, the individual is the common denominator. When the individual is divided, the house is divided.

—Dr. Ihaleakala Hew Len

At the end of the second Zero Limits event, this one in Maui, I held a private meditation on the morning after the experience. This meditation was so inspired, and so powerful, that I want to include it here for you to enjoy. Note: You can find the audio to this meditation in the Resources section.

Meditation isn't something you do just in a 1-hour period when we all get together and officially call it meditation. Meditation is how you live your life. I used to have a T-shirt that said, "Meditation is not what you think." I love that quote.

The first level of what we're talking about right here and where I'm leading you to—because the meditation has already begun—is to go past thinking. Consider this past weekend, and consider that whiteboard. You can pretend that there's a whiteboard here. At some point, you may want to close your eyes whenever that feels comfortable for you. Just let it happen, and in your mind, allow a great big whiteboard to be the

background. If you don't see it very clearly, imagine that you just pull your chair up a little bit closer to it in your mind, or you reach forward and bring it a little bit closer to you in your mind.

You have the whiteboard, and as I'm talking, as you're sitting, as you're breathing, and as you're relaxing, things get written on the whiteboard. Just let them come and let them go—nothing to focus on, in particular, right now. Just allow the whiteboard to be the background of your experience. In reality, you are not your thoughts, so let them come and go like clouds just floating on by. You're not your emotions. You're not your feelings. You're not your body. You are, in fact, the whiteboard itself.

Just for a moment, feel, see, and sense that background, that whiteboard, that witness that is the essence of who you are. Sounds you hear, feelings you have, and thoughts that you have, you can just let slide by. There's nothing to pay attention to. There's nothing you have to do. You're just learning to be a witness.

Over the weekend, as I was writing on the whiteboard, you noticed I always erased it. When we left at the end of the weekend, the whiteboard in the room was, again, a whiteboard with nothing on it.

If any part of your body feels a little uncomfortable sitting in the chair, sitting on the floor, you might just mentally note, "My body feels a little uncomfortable" and let that slide, too. As you relax, you keep your eyes closed, and you enjoy this moment within yourself, your connection to the whiteboard, your connection to the Divine, I invite you to consider something you would like to have, do, or be in your life. It can be very small, such as a good breakfast or a good lunch. It can be very big, such as a house, a relationship, or a healing. It doesn't matter. Let it just bubble up. You don't have to think about it. Something will surface. Just let it bubble up.

As it bubbles up, pay a little bit of attention to it. You're not addicted to it. You're not attached to it. You just allow it to be in your awareness and welcome the experience of having that in your life. What would it feel like to have, do, or be the thing that's bubbled up in your awareness? See if you can embody that moment. Notice the whiteboard is still behind you. You can still be one with the whiteboard. It's representing the Divine, and what I invite you to do is to allow the thing you would like to be, do, or have to float into the whiteboard. In whatever way that looks like for you, let it just dissolve, transport, or transfer into the

background of your being. Just let it go. You've turned over your request to the whiteboard.

If there's any one word that describes the whiteboard as you're sitting there with your eyes closed, it's usually *love*. Allow the feeling of love to surface in your body, in your awareness, and in your being. However that feels for you, feel love. Feel a connection to the Divine, and feel it by allowing it. Thoughts come and go. My voice comes and goes. Bodily awareness comes and goes. Emotions come and go. Behind it all is who you really are.

Bring your attention to your breathing. Breath goes in; breath goes out. Breath goes in; breath goes out at whatever rhythm is right for you. As you're breathing, imagine that energy is coming up through your feet from the earth, from the core of the universe. Energy is coming up through the soles of your feet. It is coming up through your ankles, through your legs, slowly coming up. You can feel this energy coming up.

Imagine it if you don't feel it at first. Just imagine as you're breathing, energy is coming up from the earth, connecting you to the Divine through the physical. Coming up through your body. Coming up through your heart. Coming up through your throat, through your head. Out the top of your crown and into this room. Energy is coming up through your feet. It is washing you, washing you from the inside, and energizing you.

This energy is helping to fuel the very thing that you would like to have, do, or be, the very thing that bubbled up from the whiteboard. Allow this energy to come up through your feet. You may feel a tingling as it goes up through your legs, a tingling through your midsection. You may feel a vibration or chills. It will be unique to you. Allow the energy to come up through your feet, through the body, and out through the top of your head. You're becoming a tuning fork for the Divine.

I'd like you to reach and touch the hand of the person next to you so that we can all be holding hands as this energy comes through. We can share it. There is a buzz in this room. There is a buzz in your body. Let it go through as an electrical current going through this room, through this bodily connection. This energy is coming from the Divine, through the earth, through your body, out your crown, and out your hand. It is being shared with everybody in this room. It is cleansing you. It is energizing you. It is helping you to materialize the very thing you said that you wanted to have, do, or be, and behind it all is this clarity of the whiteboard. You are the Divine.

As you're holding hands, you know how to do the cleansing you worked over the weekend with. You can be silently saying, "I love you," and if you just said that alone, it will ripple through this entire room, touching every person's heart, helping to heal and cleanse everybody. Through us, it extends to the universe. "I love you. I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you."

You are welcome to stay in this experience of this moment as long as you like. You can open your eyes whenever you like. "I love you. I love you. I love you. I love you. I love you. I love you. I love you. I love you."

You are all incredible people, spiritual connections to the Divine with it shining through your eyes. Do you see that in everybody? Do you see that as you look across the room? You see Divine? See the Divine? There is a buzz going, as if my fingers have been licked and put in light sockets. I had to drop to the ground here for a moment.

I am incredibly grateful for all of you coming to Maui, coming to the weekend, and then coming for a meditation here. I honestly didn't know if there would be five people here or 50 people here. I had no idea that virtually everybody who went to the event would come to this. I had no idea. I am grateful for the fact that you have all come and that each of you went into this deep state. I mean, I looked at every single person, every one of you, and you all went into that deep state, going towards the whiteboard.

The meditation that I've been doing here, if you'd like to have little explanation—which Dr. Hew Len would call bullshit—to explain what I was doing, was first to help lead you to the Divine, to what I keep calling the whiteboard. It's easy for me to call it a whiteboard because you can imagine writing things on it, then erasing it, but second, I wanted to take you to the whiteboard to have some sort of connection to it. What I've learned is that when I've made a connection to the whiteboard, I can make a request of the Divine.

It's important to realize that when I make a request, I've learned that it's not a need. It's not an attachment. It's not an addiction. It's more like, "It would be really cool if I got to experience such and such," that kind of request. There's no need for it to happen at all and no desperation at all. It's more as if I've gone to the lap of God, if you will, and said, "May I have this?" The way I communicate that request is through feeling, imagery, and focus, and that's why I was inviting you to feel what it

would be like to have, do, or have already experienced the thing that you were—whatever it was—that you wanted. You were offering that to the Divine as a feeling.

Then I backed away from that because you sent your request in. There was no addiction and no attachment; you just sent your request in and walked away from that to go into more cleansing. “I love you. I’m sorry. Please forgive me. Thank you.” I brought you back to the whiteboard, and then, at that point, I simply felt inspired to bring energy up into my body.

It was already happening to me, and I felt inspired to share it with you. That’s why I was guiding you to imagine the energy coming up through your feet, connecting you to the Divine and helping you be a spiritual being having a physical experience, and then I just allowed that to be. I also felt inspired to have you connect by holding hands and touching, creating this energy circuit, and then I allowed that to be until I collapsed. There was so much energy buzzing through me that I really did go down and just shut up.

Then I just allowed you to go wherever you went and to come out from wherever you came from. Some of you are still there, and that is totally fine because at the beginning, I said, “Meditation is not what you think.” I also said, “Meditation is not what you do in a 1-hour period. It is what you do with your life.” You’re still meditating. As you leave the room, you’re still meditating. As I said yesterday, as you’re walking, you can be walking meditatively.

Go in peace.

APPENDIX C



An Interview with Dr. Joe Vitale

By Kory Basaraba*

The following is from a teleseminar where I was interviewed about *Zero Limits* and Ho'oponopono. Because it is so in depth and revealing, I want to share it with you here.

Kory: Hi, my name is Kory Basaraba from Peak Life Publishing, and I'm excited because with me on the phone is someone whose work I've admired for a long time. Someone I call a friend and a mentor, Dr. Joe Vitale. Joe, thanks for taking the time to join me for this call.

Joe: I always love talking about this subject and I always love talking to you, so this is great.

Kory: Thanks for that. Speaking of subjects, I'm excited because I'm going to be asking you some questions about the ancient Hawaiian healing tradition of Ho'oponopono. A subject that I know you have a lot of experience with and people have a lot of questions about, so our goal here is to help people understand what is Ho'oponopono and we'll give them some insight into how they can use it, so let's go ahead and get started.

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You wrote about your experience with Ho'oponopono in your book *Zero Limits*. What was it about Ho'oponopono that got your attention and made you inspired to write a book about it?

Joe: Well, the thing that got my attention was something that I've never been able to forget. When I first got it, it hit me like a possible miracle story that could have been a lie or an urban legend it was so big, so huge.

A friend of mine had told me a story about a therapist who helped heal an entire ward of mentally ill criminals in Hawaii. But the punch line was that he healed them without working with them directly. He used some sort of unusual Hawaiian healing method.

So it was a hands-off miracle cure because these were prisoners who were mentally ill. They were in an asylum and this doctor somehow cured them, so I thought I've got to know if this is real. And here's the punch line, if it is real, and at the time I didn't know yet—I suspected it wasn't—somebody had to tell that story because it was so inspiring. If that giant hospital with all those patients and all those problems can be healed, then you and I and the people listening and the others walking around on the planet with our tiny little problems by comparison, can also heal them.

So I was inspired by the story. I wanted to find out if it was true. And I wanted to tell about it and learn about it.

Kory: That makes sense because hearing about it does sound like a miracle and gives us so much hope that it's possible for us if it's true. So what did you discover when you investigated?

Joe: Well, you know what? The first time I heard the story I didn't investigate it. I dismissed it for a year. This is how smart I am. I'm fairly open-minded, but I'm also skeptical and I wanted more proof and my friend who told me about it didn't have any proof. He didn't know anything about it or have any resources; he didn't have a book or a website. There wasn't anything to show me. So I dismissed it for one entire year.

The next year he told me the story again, and I thought this is a sign; we've got to go look this thing up. He and I got on a laptop and started doing research. There was hardly anything; a couple of names came up, and we didn't even know for sure if they were the names of the therapist. But at that point my quest began.

When I left that event and got back to my home in Texas, I started doing some more digging. I did find the therapist, and I found an e-mail for him. I e-mailed him and then got him on the phone.

The first of many phone calls and probably the most unforgettable phone call was that first one. So I found him, e-mailed him, set up a time, and he said to call him. I did.

Kory: I imagine that must have been an exciting yet cautious moment for you, to be cautiously optimistic to hear: Is it true?

Joe: At that point it was coming together; it was passion, excitement, curiosity, hope, inspiration, all kind of things. And I was wearing my journalist hat, you know, asking the hard questions like, “Is this really true?” and “Where was the hospital?” and “What was he doing?”

I wrote about this in the book *Zero Limits*, but it got interesting because he was telling me about this unusual Hawaiian technique, but it was so out of my realm of experience. I’m a guy who’s done all this research in metaphysics and written about spirituality and visualization and affirmations and miracles and magic and all of that kind of thing.

But he was talking from a completely different level of understanding life and our connection to the Divine. So even, though, that conversation ended up lasting about an hour, and that in itself was amazing because he just gave his time; he didn’t know me at all, but he was very generous and very open.

From that call he said that he was doing a workshop, I think it was that weekend or the one after in California and I and the friend that told me about this flew out there and attended it.

Kory: Did you have the sense that you were on to something exciting here as you were on that call?

Joe: I definitely did, and I got all my questions answered. I didn’t understand all the answers, but I got my questions answered and I went to the seminar and met the therapist whose full name is Dr. Ihaleakala Hew Len.

As soon I met him I liked the guy. I loved what was going on in the workshop, and I talked to him right there and then about writing a book and he didn’t want to do it.

At that point in time he was very resistant; he said there was somebody else that was supposed to write a book, and he didn’t want to do one at that time.

But I was still curious, and I wanted to learn for myself and learn so I could share it with others because I'm the kind of scout that goes out there looking for healing techniques and healing modalities and all these different tools that will help people so I can share them. I want to use them on my life, but I want to turn around and share them so I can help others.

Kory: Sure, well that's obviously what you've done many times over the years with your books and programs and courses is help us with tools to help our lives.

So there you are at this event, and the process is called Ho'oponopono, I hope I'm saying that correctly.

Joe: You are.

Kory: So what was it that you discovered about Ho'oponopono that you discovered that really got you excited, that there was something new here that we could all use, I guess?

Joe: I guess there were two or three things going on. One is the simplicity of this. This is a very easy four-phrase process that you say within yourself to resolve any and all problems that you are perceiving in your life or in the world.

In the workshops that he did and later he and I have done some together, we explored other things you can do. But the heart of Ho'oponopono is taking responsibility for everything in your life.

And this is a big concept to get your head around and the reason I was excited was because it meant you're empowered. You don't have to go to another person, you don't have to change another person, or go for another product or a service or any number of things.

It's an inside job. I liked that. That's a feeling of empowerment, and you're no longer the victim in any way, shape, or form; you are totally responsible for everything. So that thing appealed to me.

Then the four phrases were so easy for me to begin to say that for me today, it's the background tape in my mind at this point. But then just learning them, I don't know how life could get much easier than just saying those four phrases: I love you, I'm sorry, please forgive me, and thank you. We can talk about and explain those more if you want as we go into this.

And then I guess the third thing that excited me was all the stories I was hearing of people who were having profound changes from doing Ho'oponopono.

The first biggest one was with Dr. Hew Len working in the hospital for the criminally insane and virtually single-handedly making that transition where all those people were released and that ward ultimately ended up closed.

So when I heard all of this, I was excited; what are the possibilities, what are the implications or challenges that people have that can be dissolved by doing this simple, unusual, hard-to-pronounce, crazy little technique?

Kory: Yes, that's right, and people might not be aware that Dr. Hew Len helped those people but never saw those people. He was a psychologist, and he didn't actually see them face to face. He worked on himself to cure their problems, and that's what makes it such an amazing process.

Joe: Just to be accurate about that, he saw them, just not as a professional client. In other words, as he went through the wards he'd see the people there because he was having to be there. That was his job to be in that ward and see the client, but he didn't see them professionally.

He didn't have them come in like a traditional therapist does [where] they sit there and he sits in front of them there and they talk to each other. He didn't do any of that.

He looked at their files, and as he looked at the files he felt whatever was going on inside of him, and it could be anger, it could be rage, it could be shame, it could be frustration, unhappiness, whatever he's feeling.

He owned that and then asked questions about how he brought that into his reality. He was taking 100 percent responsibility for everything that's happening to him.

Mentally ill criminals are now in his reality; he's taking responsibility for it and feeling the aches and pains within himself and he's doing what he calls cleaning. *Cleaning* or *clearing* are the terminology he used with Ho'oponopono. He's cleaning those feelings, and as he cleans himself and feels better inside of him, lo and behold, those patients started to get better.

Kory: Right. I recently had a chance to watch the videos of the seminar you and Dr. Hew Len did together, and it was an amazing experience for me to see how he teaches and how you interact with him and your experience.

One of the things we did recently, you and I, is we sent a survey out to your subscribers to see what questions they have about this. So I've got some of those questions here in front of me.

We actually got a flood of responses, and they're great questions because they're going to help us understand it. It does seem really simple at first. People can find the four phrases on the Internet, or they've read your book and they go, "Is that all there is?"

And at one level, yes, that's all there is, but on another level there's a certain amount of teaching that goes along with it that helps us use it. So let me just get into some of the questions we got.

A lot of people wanted to know about your experiences; can you give us any examples of changes in you when you were doing the Ho'oponopono processes?

Joe: Yes, that's so easy because there were so many of them. Keep in mind that I now do this every day, 24 hours a day; it's so automatic it's even happening when I'm sleeping.

So in other words the four phrases are going on even right now; I'm doing the cleaning even as we speak. What does that do? First of all it calms me. I'm taking away, to the best of my ability, any of the old programming.

And *programming* is a term that's often used by Dr. Hew Len in *Zero Limits* to refer to beliefs, negativity, past energy blocks, thought forms, and all that kind of stuff that prevents us from being here now, and at peace in this moment. As I'm doing that, I'm having more and more and more of those moments of a sense of awe.

Some of it's hard to describe because in the past the old Joe would be all wrapped up in whatever he's doing, whatever he's wrestling with, whatever the challenge was, whatever the opportunity was, whatever the problem was, whatever it happened to be. And there'd be more of a Type A behavior in the sense of trying to wrestle it to the ground.

These days it's so much more relaxed. Now a specific example when I was in that very first workshop with Dr. Hew Len years ago, I think six years ago now, I started to get a urinary tract infection, I felt it coming on, I was travelling, I was out of town, stress was high, all of this, I was doing something completely unknown.

So there was a lot of stress, a lot of feelings going on that were cautious, and I felt that urinary tract infection coming on and I thought, well let me just use the four phrases on that. So I started

saying, “I’m sorry, please forgive me, I love you, thank you,” as I was aware of the physical condition and I just kept focusing on it and focusing on it and it went away. It dissolved, it disappeared, and I didn’t do anything else.

I didn’t take medicine, I didn’t go to a doctor or go to the hospital or drink lots of water, I didn’t even do any of the obvious simple things that you might do. I just did what I learned in *Zero Limits*.

That was one of the first things I did. Then I started using it for anything that would show up, meaning that—I think I wrote about this in *Zero Limits*—I got an e-mail from a fellow who was off-the-charts angry at me. I don’t remember why, and it doesn’t really matter.

That’s part of the point of cleaning, it doesn’t even matter where these energy blockages show up; just when they show up you’re supposed to clean them.

So instead of replying to him, which in the past I would have done; I would have been articulate; I would have found his side, come from my side, been persuasive, done my best to calm him down.

I didn’t do that; I didn’t do that at all. I sat down, and I did my Ho’oponopono: I love you, please forgive me, I’m sorry, thank you. I kept him in mind, and I did this within myself until I felt a sense of peace.

Then I went back to my business, and I looked at my e-mail and there was another e-mail from him apologizing for the first e-mail, which I never replied to.

It was like problems were being resolved without my having to participate in the resolution in any outward way. Those were a couple of the big things that showed up.

Kory: Those are great examples, and like you say, it begs the question, What else is possible? What are the implications if this can happen with this simple technique? That’s very exciting.

So those experiences helped your belief in this process and encouraged you to keep using it and trying it. Now you taught this to a lot of people. Do you have any experiences from your students or people that have come and told you that reinforces this whole idea that it really works?

Joe: Yes, there are hundreds, if not thousands of stories coming in at this point. I hear from somebody virtually every day, or my assistants do when they read some of the e-mail that comes my way and I can’t keep up with it.

And one of the immediate stories that comes to mind was a doctor who had a twin brother and the brother got sick very suddenly and died. And his brother, he was a twin, so you can imagine everything going on. Everything from he's lost a family member, he's lost his own personal brother, his twin, which has to bring up a lot of feelings like *I could be next*.

So he was very much into fear, into grief, into a very depressing time and he came across *Zero Limits*. He came across Ho'oponopono, and he was at his wit's end, so he tried something.

He started using those phrases and learning everything he could about Ho'oponopono on his grieving, and he resolved it very quickly to the point that he ended up being so happy and so strong that he returned to work. His relationship and his health is super; actually he's even doing more things for his own health by doing the Ho'oponopono, not as a result of the grieving or the loss, but as a result of the Ho'oponopono.

I know this because he hunted me down, he wrote me an e-mail, he begged to get on the phone, and I got on the phone with him and he spent an hour thanking me about everything he has been able to do and heal within himself.

So that's on the level of a huge grieving. And I lost a spouse years ago, and I know how deep that is when it comes to grieving. I know how long that can last, so this guy went through it and healed it very quickly.

And then there are the people that do it for other things. I've had people who do it for business, say that their business was lagging. And I've heard stories about people that would do Ho'oponopono on their fear about money, their fear about their income dropping, or their fear about their business not succeeding.

So that person would start doing it and then report back to me that business increased, but the punch line was that he didn't do anything outwardly to make it increase.

Now, again, for myself as an entrepreneur I'd be suggesting he take some ads out and do some e-mail and direct mail and some other stuff. He didn't do any of that. He worked on himself; he worked on his feeling about his relationship to his business and his money using the healing method of Ho'oponopono, and as a result his business went up without him doing the traditional marketing methods that I would encourage him to do.

There's relationship ones, I hear that all the time. You mentioned the seminars that Dr. Hew Len and I did together. The last one called Zero Limits III was probably the best one of all. I don't know, we were just in the same groove, everything was coming together, and we had all these people standing up and giving us their stories.

And I remember one woman talking about her relationship with her sister, which had never been that great; they never really got along; they were always fighting each other. But this woman learned Ho'oponopono, and she was sitting in front of her sister one time and she was just complaining about everything under the sun.

Typically that would have just ruined both of them, but instead this person who learned Ho'oponopono was sitting there and internally saying the phrases and she noticed that her sister calmed down; she changed, she relaxed, she didn't go into the temper tantrums or the cat fighting that might have been there in the past.

So the stories go on and on and on; it's just amazing what people are trying it on. I had one teacher who told me he was using it in the classroom but there was one particular student—I think this was grade school level; I'm not sure—but one particular student who wasn't participating, was very shy, was very withdrawn. Instead of trying to work with the student head-on, the teacher just sat in front of the room doing what he normally would do, but added the Ho'oponopono in himself as he thought of that student.

He said the student started to participate, started raising his hand, started to do the exercises, and blossomed. The only thing he can attribute it to, and this is what most people say, the only thing they can attribute it to is what they were doing internally in terms of these phrases and Ho'oponopono.

Kory: Those are great stories and I think it's important for people to hear these stories because when you introduced Ho'oponopono, the results and the life-changing events, they sound like what we really want.

We want to have more peace in our relationships, we want to attract them, we want all these things and sometimes we're afraid to believe in something because, What if it doesn't work? What if it doesn't work for me?

I just want people to hear this so they know this is not just an occasional success story; it's story after story after story and your personal experience of Ho'oponopono working for them because I

was thinking about this a lot recently. Anyone who's on a spiritual path or trying to improve their life, we're lucky when we come across, we stumble across something like this that really works for us. You know? I see this as a gift that really helps people find something that works.

Joe: That's what it's all about. That's why I have the complete method for doing this; it's on the website: www.zerolimits.info has it. I've given it away. When we've done the seminars together, those have always been a big treat.

Unfortunately Dr. Hew Len wants to retire, so he's doing next to no travels and next to no seminars, so I think that's why the last one we did was such a treat, for those reasons. In my mind I relive the whole experience, but Ho'oponopono is a very simple, very direct, very results-oriented process.

I'm still enough of an entrepreneur that I want results from what I'm doing in spirituality. So that's one of the additional reasons why I like it so much.

Kory: Yes, because people do get results and you saw results, and a lot of people that actually wrote in, they have questions about that. A lot of questions about using Ho'oponopono for specific outcomes. For example, what's the most effective way to use Ho'oponopono for wealth creation?

Joe: There's so many ways I can take that. I think the first thing people need to be aware of in relation to Ho'oponopono is it's all about dissolving a problem within yourself. It's not about changing anything on the outer.

Whenever anyone looks on the outside and says they have to change that relationship because they don't like that person, or I've got to change this financial situation because it's not looking so great, they're coming from the wrong perspective in terms of Ho'oponopono.

Because what you want to look at is, Why are you afraid of your financial situation? So in other words focusing on it, there's a reason why you're focusing on it and more often than not it's not a pleasurable reason. You're focusing on it because you're concerned about it.

Ho'oponopono is to help you dissolve that concern, that worry. When anything looks like a problem out there, Ho'oponopono is what you want to take out of your magic bag and run to the rescue with.

Here's what happens that's so beautiful. As you take care of that feeling of concern inside of yourself the problem goes away. So, after that kind of lengthy philosophical explanation, what's happening with the wealth one, and I saw this in my own life, is incredibly magical when it comes to money and attracting wealth in.

A large part over the past few years because of doing Ho'oponono, everything gets easier and easier and easier. I don't focus on the outer; I focus on the inner.

I've seen Dr. Hew Len spend money very easily. In fact, we went to lunch one time, and we walked around our little town of Wimberley, Texas, here. And we went into a little shop and he bought a couple of little knick knacks and he left a \$20 tip for the cashier.

Now this was very unusual. This wasn't at a restaurant where you'd leave a tip for someone who'd waited on you; this is a clerk behind a retail store, and he bought a couple of trinkets and he leaves a 20-dollar bill. And that person didn't even know what to do with it, it was so unusual.

And he looked at me smiling and said, "You know, the Universe is just going to bring it on back; the entire planet is wealthy." And it's not just an affirmation; it's a way of being. This is how he's looking at the world.

So, wealth already exists. When we look out and we don't see it, that's the issue we want to clean on. We want to clean on our perception of reality so we don't sit here thinking, *Wow, when is wealth going to come to me? When will money come in? When will finances come in?*

When you actually clean that issue, then you look out and go, *Wow, look at the wealth everywhere, look at the opportunities everywhere and look at the money come to me from everywhere.*

There's a massive difference, but it all begins by cleaning the perception of any concern on the inside using Ho'oponono.

Kory: So the shift I'm hearing is that whenever we have external problems, most of us attempt, or are taught even, to go out and try to solve those external problems.

What this gives us is another way of looking at it where we go inside and say where is that problem in me, and this gives you the tools to solve it. I guess what that does, is once it's clear inside of me, then I'm free to go out and do the things I would not normally do to create the wealth. Or I would follow and take action where maybe in

the past I'd be too worried or concerned. It opens up possibilities. Am I on the right track with that?

Joe: You are on the right track, but I need to take you down the road just a little bit more because the first thing is that there are no outer problems. That's one of the first things we learn in Ho'oponopono. There are no outer problems.

One of Dr. Hew Len's favorite statements—and he says it in every seminar and I'm sure it's in the Zero Limits event—he says, “Have you ever noticed that when there's a problem, you are there?”

He always gets a laugh when he says it, and I think, *What a wonderful mantra*. I'm going to write a song just with that little phrase in there. Because whenever there's a problem you are there. Why is that the case? Because you are participating in the creation of that problem, and the participation is an inside event.

When you take care of the problem on the inside, again, cleaning that issue as you perceive it on the inside, that outer, what you perceive as being on the outer will disappear. It will morph, it will change, it will float away, it may so disappear that you may not even remember that you had it as a problem at one point. It will be that gone from your memory.

This is the power of the cleaning, so when people are cleaning on wealth, for example, and their concerns about it, they may take opportunities that they wouldn't have acted on before. They may take actions that they wouldn't have acted on before. Or they may not have to do anything but go on about their living, breathing reality, doing whatever they do during their normal days and the wealth will come to them because they're no longer blocking it from coming to them.

See that's the other thing that goes on is that your perception is changed. Instead of looking out, like I'm looking out on my second floor of my new office seeing all of these wonderful trees, and it just looks like this is a lush, prosperous Universe.

But at one point, decades ago when I was struggling and in poverty and homeless, I would not have seen that. I would have looked out there and seen nothing but problems, but yet the trees exist, the lushness exists, yet the prosperity exists.

So when we clean the issue within ourselves our mind really does expand, but what really expands is the blinders we had on all the

time. That gets dropped so we see the opportunity for the wealth, the finances, and so on, whatever it happens to be.

Kory: That's very helpful because I can certainly look inside and find places where I'm feeling problems. I'm experiencing things as problems inside of me and to be able to let those go would be such another whole level, you know?

Joe: Stop there for a second because that's huge. When we experience those problems inside of us, first of all, that's the only place they are, *inside of us*; they're not outside of us.

You perceive a problem as being on the outside because you're using your eyes and your ears and your brain and all of that. But all of the input is in your brain; it's in your mind-body system. The problem is in us, within ourselves in our psyche.

When we focus on that problem by holding it in our awareness, and they're so big we don't have to worry about holding them, there are lots there. So you focus on it, or you anchor it and play touch and go with it there and you do the "I love you, please forgive me, I'm sorry, thank you," and focusing on the problem, that problem will start to dissolve.

When it's entirely out of your body, you don't feel it in your system again; when you look out, you won't see it, it won't be there, it will have been resolved, or it will have moved away. There may still be something to do, but it comes from within you to do it.

Kory: Okay, that makes total sense because obviously there are problems that I have resolved. I don't think about them anymore; they're completely gone, and I can see how being able to accelerate that process or work with that on demand is huge; it opens up so many possibilities for happiness, reducing stress, and like you said, having a more joyful life. That's very exciting.

So when people are asking questions about how can I use it for this or how can I use it for that, one example that I have, which I think is relevant to most of us is: How can I use it to completely forgive someone?

Joe: You've got to remember that it's not about the other person. It's about yourself and what you're really doing is forgiving yourself. That's the very first thing you're looking at here.

Maybe it would be useful to dissect the phrases for a moment because when I say, "All you have to do is say, 'I'm sorry, please

forgive me, I love you, thank you,' however you feel it, whatever order it feels right," that's simple enough.

But what are you actually doing when you say these? For me, I'm saying, "I'm sorry that I've been unconscious; please forgive me for not being aware of my own programming, of my own beliefs of my negativity, of my past memories. Forgive me and I'm sorry for not being alert in a conscious, responsible way to how I've helped create this problem I'm perceiving." That's what you're really saying.

Then the next things are thank you; you're thanking Divinity, which is the term Dr. Hew Len likes to use. Some people might want to say God or Tao or Life or Nature, whatever that bigger energy field is that we're all part of. You're saying thank you for it cleaning this problem from within you.

And I like to end with, "I love you," although you can say it anywhere, but if you end with, "I love you," any word to describe the Divine or any essence of the Universe, the essence of your own soul is love. By saying, "I love you," you're starting to merge back into the essence of life itself. You're starting to merge back with the Divine and your devotion to the Divine.

So "I'm sorry; I love you; please forgive me; and thank you" are so much more than just four phrases. There's actually quite a bit of energy behind each one of them. They're almost like a spiritual combination lock that opens up the feelings within you so you can release them. It doesn't matter if it's an issue of forgiveness for somebody else or if it's a health problem for you or somebody else; whatever it is that you're perceiving as an issue, that's what you're focusing on as you say these four phrases internally to your connection to the Divine.

So in many ways, that's the recipe for any problem you would throw at me. That would be the very same answer.

Kory: So whatever we're experiencing as a problem or an issue is the same process, and I really liked the distinctions; it was really helpful to understand what am I thanking and what am I sorry for.

Because I had a couple of people write in and they said, "When I say I'm sorry I feel like I've done something wrong, but I haven't really done something wrong," so they have a resistance to saying, "I'm sorry."

Joe: That's the number one thing people are resistant about. I would say the first thing people are resistant about is taking full responsibility for everything in their lives.

That's a big one that as I said in the beginning of this interview, but it's also the most important one because instead of intimidating you, it empowers you, it frees you to be able to resolve the things that are going on, or that you perceive are going on.

And the other one is, "I'm sorry." I've heard so many times over the years people don't want to say, "I'm sorry." They feel like they did something bad or they committed a sin or a crime, and I talked to Dr. Hew Len about that one time and he said, "Well they can change it to, 'Please forgive me,'" but people were still objecting to even that, because I had offered that one.

He said, "Well, they don't have to say it, but a better solution would be clean on your issue with saying, 'I'm sorry.'"

Kory: So when you say the phrase whatever feeling comes up you would clean on that.

Joe: You would clean on that, and I've given a lot of talks about this. And of course we did the Zero Limits events, and people would often bring up that very statement about "I'm sorry." And I'd say, "You know, I've gone to a number of funerals and I walk up and say to the family, 'I'm sorry.'"

Why do I say that? And I've noticed other people say that when they walk up. There's a death in the family, and I was talking to a guy this morning who had a client that was diagnosed with a terminal illness and they're all upset and I said, "I'm sorry." Why would I say that?

I am not directly responsible; I don't even know who those people are, but in some way, shape, or form, I feel like a feeling of sympathy is the appropriate response. In some way I'm trying to show love and comfort by saying this.

When I say, "I'm sorry," to the Divine, I do not think I screwed up. I think I've not been conscious and we're all driven by our unconscious mind; our conscious mind is just the tip of the iceberg. The unconscious mind is the power ship; it's the nuclear reactor; it's the warehouse of all this information and all the programming, and we're not aware of what's in our unconscious mind.

So very often we do something unconsciously, whether we later notice we did, or someone points out we did, or we may be in a

situation where we have what we perceive as a problem with another person, but we don't even see how we unconsciously participated in the creation of it. So I say, "I'm sorry because I wasn't aware. Please forgive me for not knowing what's in my unconscious mind but let's work on it now. Thank you for healing it, cleaning it, wiping it out and I love you."

Kory: That's a great example because you would say, "I'm sorry," if someone is going through a sad situation. And if I found out that I had inadvertently hurt someone else's feelings that I cared about, that offended them, I would say I'm sorry for that, you know? Even though I didn't do it on purpose, I still have that same feeling to say it.

Joe: That's perfect, that's a better example even than the one I just gave because that's what we're saying. We were inadvertently behaving or thinking in a certain way that got us this feeling we don't like. "I'm sorry for that; I didn't know that's what was going to happen. I'm really sorry; please forgive me."

Kory: Along these lines, it is a big issue of taking responsibility. I've got a couple of questions here that I think are relevant, especially given the time we're in.

One person wrote, "I'm still baffled that it's my fault or the buck stops with me, especially about the current situation in Japan. I'm trying to get my head around it, and I'm willing to trust the process."

Joe: I'm glad she's willing to trust the process because the great key to making all of this work is trust. When I did the first seminar with Dr. Hew Len we were talking about this and he had asked me early on, "Have you ever heard the phrase, 'You create your own reality'?"

And I said, "Yes, I'm one of the guys who writes about it. I get on a soapbox and talk about it. And he says that if somebody shows up in your life like [someone] did in his and [that person is] a mentally ill criminal, didn't he help create that reality too? In other words, if you create your own reality, there are no loopholes, there are no escape clauses, there are no hidden little corners where you didn't create that.

If you create your own reality and Japan is now in your reality, by extension, you had to have some hand in creating it. Now when you look at Japan the real issue is, How do you feel about it inside? If you're looking at it as a neutral event that you're not feeling one way or the other about, you're probably fine.

If you're looking at it going, "Oh my God, how could this happen?" or you're going, "This is a terrible catastrophe," or, "Oh my God, where is God; the devil's out, whatever it happens to be." Any of those feelings that are turning into a problem.

You're looking at it, and you're no longer happy; you're no longer in this moment with appreciation or gratitude. You're looking at that as an issue; that's what you have to clean.

Kory: So you need to take this cleaning process to that idea or those feelings and get to the point that you're clear.

Joe: And get to the point that you're clear. At that point you may be inspired to do something about Japan, or you may be inspired to just go about your business, live your life, and do what's going to be useful here. I don't really know, but it will be unique to each person.

We won't really know, so we want to keep cleaning and clearing so we can hear inspiration. What most of us are doing is just acting; we're not even acting; we're reacting to other people, reacting to thoughts; we're reacting to the news bulletins; we're reacting to life. We're not responding, we're not being inspired, we're not coming from that place of a connection to the Divine. By this constant cleaning, we can get there.

Kory: That's great because a lot of people have this confusion about, "I'm responsible, and it's my fault." And that brings in feelings of guilt and how do you explain that when people are looking for a distinction there?

Joe: Yes, that's a great one, and I've heard that one a lot over the years. While we're responsible for what's going on, we are not in any way, shape, or form to blame for it. To blame would probably be in the form of you intentionally did something to yourself or somebody else, and even then I'm not sure that would be a correct way of looking at it.

What we really want to do is take full responsibility for what's going on emotionally in our lives. I remember there was a TV ad that came out decades ago, and I always remember the guy's line; it was, "Your problem is not your fault, but it is your responsibility."

I always loved that because it's so clear. You're not to blame; nobody is pointing fingers at you at all saying that because you have a smoking issue or whatever, it's not your fault that you're smoking, but it is your responsibility.

What that does is kind of separate the line from condemning you to helping you and at the same time it puts it in your lap. Now you're free to do something about it.

Kory: If you think it's someone else's fault, or you have the view that other people are responsible for your life, then you're really powerless to do anything about it. This way you have the power to actually make some changes and work with it.

Joe: Yes, and this works. One of the examples that's just floating into my awareness right now is Mabel Katz is one of the teachers of Ho'oponopono and she's studied with Dr. Hew Len. She travels around and has written a book or two and she has been a tax attorney, or bookkeeper, I can't remember which it is, but she would go into the IRS to do audits representing her clients doing nothing but cleaning and would tell me, face to face, that she would have the IRS completely dismiss, or tremendously lower fees and penalties, because of this cleaning she's doing.

Now, when most people think of the IRS they think, "Well, that's one company we have no control over; we can't get in there." That's not true. Thinking that is part of a perception that leads to a problem. She's coming from the standpoint that the IRS is part of her inner being and whatever her relationship is to the IRS she's cleaning on it within her: "I love you; I'm sorry; please forgive me; thank you; I love you; I'm sorry; please forgive me; thank you."

They change. Whether it's all a feeling, whether it's a projection, I don't know how far we can go with a metaphorical, metaphysical description of all of this, but from a whole Ho'oponopono Zero Limits standpoint you change the inside and the outer changes.

In my Zero Limits event, the last one we referred to a few times, I stood up there and told them, "You know, trying to change the outer world of other people is like standing in front of your bathroom mirror in the morning and putting makeup on the mirror, or shaving the mirror."

Kory: I saw that part; that was a great analogy. Yes, people really got it; it helped me get it.

Joe: Yes, people got it; in fact, there was one guy running a camera, and when he heard it, he almost collapsed. I saw him; he just folded over and sat down. It just went to his gut; it just went to that level. But it's the whole image we're trying to reflect in Ho'oponopono; we're not

trying to change out there. The projection is what we're projecting from inside; we want to clean up the projectionist, who is the person experiencing it.

Kory: That makes total sense. I have another good question here, Joe; this person asks, "Do I need to be in any particular frame of mind when I do it or can I just say the phrases, say, as I'm driving to work in the morning?"

Joe: I love that question. You know, on one of the audio programs I made for Nightingale-Conant, there's one entire CD that's just me saying, "I'm sorry; please forgive me; I love you; thank you," for 20 or 40 minutes. It's like a mantra; it just goes on and I know people who drive around listening to that all day long.

In fact, a few years ago I was in LA when they talked about me having a Joe Vitale television show out there. I was in LA, we got in this woman's car, and she was playing that track, and she said that she plays it all the time and whenever she does, the traffic gets out of her way.

Now, she's in LA. This one morning we were going to one of the studios; I don't remember which one it was, and she said, because of traffic we should leave an hour early. I thought, "Okay, we leave an hour early." So we get in the car and she puts on this CD; it's me chanting; it's on low so we can still have a conversation, and we got to our appointment an hour early because there was no traffic in LA.

So no, you don't need to be in a particular frame of mind. I think that just learning to say them, whether you're assisted by an audio or something, or doing it on your own; I love doing it on my own because you'll get to the point where we all have this self-talk in our brains.

Most people have this self-talk going on right now, from, "This is cool," to, "I don't quite get it," to, "Oh, I forgot to feed the cat," to you know, whatever it happens to be. As you keep doing the phrases the new self-talk going on in the back of your brain becomes, "I'm sorry; I love you; please forgive me; thank you; I love you; please forgive me . . ." It keeps going.

Kory: I had that experience, only in the last few days since watching the videos and really doing the cleaning. I just find myself walking down the street and the phrases are running through my head, and I notice that when you're having those thoughts, you're not having any

negative thoughts. What a peaceful state and what a great thing to be able to do because so much of our stress is that we're worried about stuff and we're stressed out and freaked out and you can just switch to this.

We had another person write in, and she asked how she could substitute her self-talk with the beautiful Ho'oponopono phrases. "If I remember, I repeat them; otherwise my normal self is going, 'Blah, blah.'" What you just said is that by noticing, they just kind of take over. Did you notice that in yourself? How long did it take to get where the thoughts kept running automatically, do you remember?

Joe: Very quickly. I wouldn't say that it was overnight, but it was very quickly in the sense that a couple months into it probably, and you have to remember, this isn't hard work, like I was forcing myself, like going into the gym and doing a hundred push-ups or something.

It wasn't that at all; just say, "I'm sorry; please forgive me; thank you; I love you." I'd just do it as often as I could remember it and it is helpful to have little triggers out. So in other words, have a little yellow sticky on your computer, on your dashboard that has the four phrases, or just reminds you to say the four phrases. Little things like that can keep you going.

Kory: One person asked, actually several people said that they don't feel it when they're saying the sentences; is it important that they have a feeling or emotion attached to it?

Joe: I love that because I asked Dr. Hew Len that when I was first learning it directly from him, and he said, "No, you do not need to feel them, you need to say them. As you continue saying them, you will feel them, but when you first start out, it can be by rote; you're just mouthing the words. Just reading a script more or less."

But as you start thinking about it, I am able to describe what's going on with the four phrases now because they've opened up to me. It's almost like, I haven't said this before, but it's almost like a poem that has different layers of meaning to it. Or like a song that when you first hear it, it's like a song that might be catchy, and you like the rhythm of it or a few words in it.

But as you sit with the song and you learn more about the song or the poetry, those four phrases end up being a treasure chest. So as you say them at first they may be, "I'm sorry; please forgive me; I love you," and they're just words. But as you stay with them there's a feeling that comes with it.

So to answer the question, no, you don't need to have the feeling, but I believe the feeling's going to come as you say them, and it's an exquisite feeling.

Kory: So really it's just a matter of just start, start saying them, start using them.

Joe: Yes.

Kory: Okay, that makes a lot of sense. Another question I have here that's on a lot of people's minds is, "How do these four statements work, and how do they interact with the Law of Attraction?" I imagine you get that question a lot; what's your response to that; how do they integrate?

Joe: You know, first of all, everything you have in your life you attracted. There's no violation or conflict here. Ho'oponopono and Law of Attraction are still working in the same reality.

Ultimately when you look at your life that you're the source of everything coming into your life, the Law of Attraction is working. That's why you have everything coming to you.

It's just that when you don't like what's coming up in your life, what are you going to do about it? How are you going to change it? Ho'oponopono is the eraser technique. That's what you use to take care of the things that are showing up that are the ones you didn't want to attract.

I'm trying to imagine some kind of problem here. A boss has a problem with a coworker for example; the Law of Attraction standpoint is you attracted that.

Now the skeptics would say, "No I didn't because I wasn't thinking about that at all." But the deeper understanding of the Law of Attraction is that you attract everything in your life based on your unconscious beliefs. Not what you're consciously intending, it's what you're unconsciously intending and most of the time you don't even know what's in your unconscious mind.

That's why Ho'oponopono is so important. It cleans the negativity in the unconscious mind. As you clean that, then you're going to be less likely to attract something you wished you didn't attract. So they work together.

Kory: They really do; it seems like they support each other if what you're attracting in your life is the sum total of your unconscious mind, your unconscious thoughts; then the cleaner your

unconscious becomes the more you're going to be attracting what you want.

Joe: Yes, absolutely. The more you'll be in alignment with the Divine, your path through life. The more you'll lead an inspired life. When you look around everything that you'll be attracting is a match to that road. Ho'oponopono is a way to make the Law of Attraction work smoother for you.

Kory: Great. I have another question here for you. Someone says, "I'm currently studying the course in miracles. Do you think the course and Ho'oponopono are compatible, and if so, how would you integrate them into your life?"

Joe: I once asked Dr. Hew Len a question about doing other techniques or other methods along with Ho'oponopono, and he said that as long as you are inspired to do them, then do them.

In other words, if you get the intuition, you get the feeling bubbling up from within, if you get inspired to study the course in miracles and as you're reading the course the background in your mind is, "Thank you; I'm sorry; please forgive me; I love you," I think what you've just done is enriched the power in a course in miracles.

This would be with anything else. I don't care what somebody might bring up, the Sedona Method, a releasing technique or hypnosis, or any of the methodologies that are out there to help enrich your life; you will make it better by doing Ho'oponopono with it. And again, how would you do it? As you study the course in miracles and you're doing the daily exercises for a year, you're still doing Ho'oponopono: "I love you; I'm sorry; please forgive me; thank you," with them. I think it's going to speed up the effect of actually attracting miracles.

Kory: I can see that because as you're going through these courses, often we get to places where it's uncomfortable, or it raises emotions and it raises things for us to look at. And now we have a way to process those things as they come up where sometimes we don't know what to do when we start feeling angry or upset. Now I've got something to turn to.

Joe: It's a beautiful technique that's working all the time.

Kory: How do you recognize when you're in Zero State? Do you have any thoughts on that?

Joe: Yes. I have thoughts on that, but how to express this and describe this. I've used the image of a whiteboard to get my point across. It's in my most recent talks, and I think in the Zero Limits events I've talked about it.

I gave a talk to a bunch of transformational leaders a few months ago, and I had a whiteboard put on the stage. It was completely white, and I looked at it and hopefully as people are hearing me speak they can visualize a whiteboard. There's nothing on that whiteboard; it's plain white. Then I invited all the people in the audience to tell me all the ways we could heal ourselves or clean ourselves, or improve ourselves, all the self-help techniques we start writing on the board.

That went on for minutes until the board was black. We looked at the board, and I said, "Okay, what happened to the whiteboard? Well, it's now been covered up by what we think will help us get to the whiteboard."

The whiteboard is my image of the Zero State. It is that place where there is nothing but purity; there are no thoughts, no feelings other than one that could possibly be described as love and out of that Zero State, out of that whiteboard, inspiration can come to you.

Now the problem with this, and this is why we don't recognize what the Zero State is because even as I'm describing it, people are asking themselves questions, or making comments on it, or liking it or disliking it, or visualizing other stuff that's written on the whiteboard. All of this stuff on the whiteboard; all of the thoughts and beliefs that are in our unconscious mind is what's keeping us from the Zero State. So if you can imagine erasing all of that and you're back to this whiteboard one of the things you notice is extreme peace. The more you keep doing this cleaning, the more you get to the Zero State and once you start to taste that, that's what Buddha-hood is all about; that's what enlightenment is all about; that's what a Satori experience is all about.

That's what I think we're on a quest for unknowingly, looking for something to make us happy, not knowing that the happiness that we want is in this moment underneath all the thoughts and feelings and expectations and desires and all of that. It's all right here. So the more you're doing and I'm doing the Ho'oponopono the more we get to touch base with that. So those are a couple profound reasons

that I think everybody can be doing it, especially when it doesn't cost anything, it's free, and it's simple. Four phrases, you can start doing it right now.

Kory: There are so many spiritual traditions around the world that people could follow, Buddhism or Shintoism or wherever your path leads you, but now that I've discovered Ho'oponopono I can't imagine not having it. It fills such a huge gap, you know? I'm wondering if you've ever felt that too, or how you look at this in the totality of your spiritual journey, where this fits in for you. Where does Ho'oponopono fit in on the spiritual journey?

Joe: I am the most grateful for it. I'm the most grateful for Dr. Hew Len, Ho'oponopono, learning this, being able to share this. You know, I think you know, I've written like 53 books, but *Zero Limits* is the only book I've ever reread after it was published.

Kory: Really?

Joe: Yes, and I've done that fairly recently. I picked it up looking for a reference, and the next thing you know I was captivated and I read the whole thing. I don't know how many authors entertain themselves with their own books, but I never do that. I did that with this one, and I relived the experience. I relived the experience about hearing about Ho'oponopono, hunting down Dr. Hew Len, the first adventure with him and then all of those wonderful conversations I had with him.

So this is, I'm holding a copy of the book in my hand and I'm smiling; this is my little baby; I love this book. So, I'm proud, inspired, grateful; grateful is probably the most appropriate word. To know of this and to get to use this and more important, to get to share this.

Kory: I appreciate the fact that you took this time out of your life to write the book and to do these seminars and to share the information and you know, you're releasing *Zero Limits III* as an online version, which I think is going to help a lot of people around the world get to use it.

Joe: They're going to love it.

Kory: I think so too; no waiting for shipping, you just turn it on and it's ready to watch. It's all there; the whole weekend is there, and it's one of the most awesome seminar events I've seen—and I've seen lots of them. My family has watched it and everyone I show it to really enjoy it. So that's a big step for us to get Ho'oponopono out there.

Joe: It will be wonderful for people to get to watch that because first of all it's a big treat to see Dr. Hew Len in action because he is entertaining, but he's also very deep. Then there's also all those questions that people ask, and I don't even remember all of them. I'm kind of his sidekick; I'm there to support him, but he's really the guru and we want to hear from him.

There's so much information, inspiration, and I actually think people would want to watch it several times. I just relive it in my mind over and over again; it was so beautiful.

Kory: Absolutely. Well, Joe, I thank you very much for your time; you've answered a lot of questions and really given me and everyone listening to it a lot clearer picture of what Ho'oponopono is and how we can use it, and I really do think this is a gift for anyone. So thank you very much.

Joe: Oh, thank you for the questions and making time out of your day to do it. So Godspeed to everyone listening. I love you, I'm sorry, please forgive me, and thank you.

Kory: Thank you, Joe. Take care; all the best.

APPENDIX D



Zero Limits Questions and Answers

Because so many people ask questions about Ho'oponopono, it's useful to add them here. As Dr. Hew Len often points out, the mind is a busy body. It asks the same questions, expecting different answers. With that in mind, no pun intended, I'll add some more common questions, along with my answers to them.

- Q:** I noticed that the order of the phrases is never the same. I've heard that the order matters, and then I hear that it doesn't. I'm afraid that I will do this wrong and that my misunderstanding of the process will adversely affect the outcome. Does the order matter?
- A:** It doesn't matter what order you say the phrases in. The idea is to say them. Follow your inspiration and say them within yourself in the order that feels best. Let your feelings be your guide. In the last Zero Limits event, Dr. Hew Len shortened the four phrases to just two: "I love you" and "Thank you." Getting hung up on the phrases and anything about them is yet another thing to clean or clear on. The phrases are a simple tool to use as a cleaning device to help you work your way to Zero. That's all. Being afraid of doing them wrong is something to clean. My "I Love You" audio that I recorded is even

missing one of the phrases; however, it's still a cleaning tool and works regardless: <http://www.milagroresearchinstitute.com/iloveyou.htm>.

Q: When I'm cleaning, whom do I say it to? Me? The other person I'm cleaning on? I'm confused.

A: You never say it to the other person. What you are doing is cleaning the part of you that is perceiving the outer as a problem. It's never about anyone else or anything else. The outer is the trigger that caused you to want to change something. Again, you don't want to change the outer. You want to change the inner. You use the clearing phrases to do that. You are addressing the Divine—no one else.

Q: When I have a problem and I do the cleaning, do I focus on the problem or the person while I'm cleaning? If my son has the problem, and I want to clean for him, am I invading his personal space if he doesn't give me permission to clean on him first?

A: This is similar to the above question. Again, you don't focus on the other person. You focus on you. The problem isn't out there; it's in you. You focus on the problem as you experience it. You always experience it within yourself. As Dr. Hew Len has often asked, "Have you ever noticed that when you have a problem, you are always there?" The problem is in *you*. That's where you put your focus and direct the cleaning. You are asking the Divine to remove the energy you are feeling within yourself as you look out there and see the problem.

Q: Do I have to clean forever and ever for as long as I live? That seems tiring and an awful lot of work. Is there another way?

A: There is so much data in the world—programming, beliefs, and negativity—that our challenge is lifelong. Yes, you have to keep cleaning, but how hard is it, really, to say "I love you" and "Thank you" inside yourself? Also, at the last Zero Limits III event, Dr. Hew Len taught us all a shortcut. Because your inner child holds all of the data in your unconscious mind, you can teach your inner child how to clean so that when your conscious mind forgets to clean or needs to take a break from it, your inner child is cleaning 24/7, regardless. (See Appendix E.)

Q: If all I need are the four phrases, then what's up with all these Ho'oponopono products that people sell and profit from? If you ask

me, capitalizing on spirituality is a turnoff and makes me question the validity of Ho'oponopono. Can you please answer this for me?

A: Thinking people are capitalizing on spirituality suggests that money is bad. Money is not bad. Money is in fact neutral. Money is even spiritual. I created an entire audio course about this issue (*The Secret to Attracting Money*). If everything is of the Divine, why would money be an exception? The products are there to help you. If you don't want them, don't buy them. Why sit in judgment when others are creating products to help you feel better, get clearer, and be happier? They are doing you a service. Judging it as bad or unspiritual sounds like a limiting belief that needs to be cleared. It sounds self-righteous. After all, even Dr. Hew Len sells products, as does almost every other ho'oponopono teacher. I'll clean on it.

Q: How do we teach others to clean?

A: You don't. No one else needs to know anything about cleaning. Only you do. Dr. Hew Len has spent the past 25 years cleaning himself. He openly says the only reason he is alive is to clean. It doesn't matter if anyone else does it. It matters that *you* do it. One of the things I hear at events is people hearing problems and then advising others, "You should clean on that." Wrong. Whenever you hear a problem, it's *yours* to clean on. Just start doing the cleaning immediately. In fact, you should never tell anyone to clean on it. Whatever you hear or experience is yours to clean on.

Q: I've been to a Zero Limits event, and I still don't get it. What's this all about?

A: Basically, this is about returning to Divinity. In my audio program *The Awakening Course*, I say there are four stages to awakening. Most people never leave the first one (victimhood). Thanks to movies, such as *The Secret* and *The Compass*, many people are getting to level two (empowerment). Thanks to the book *Zero Limits*, some are aware of level three (surrender), but there's also a fourth level. That's where you awaken to Divinity. That's where the Divine consciously breathes through you. Zero Limits is a way to clear out all the data (or head stuff) that stands between you and the Divine (Zero). What's this all about? It's about getting clear of the static in your mind so that the Divine lives through you with awareness and love. To get there, we have a lot of work to do, so, keep cleaning.

- Q:** What's the difference between Zero Limits seminars and Ho'oponopono basic and advanced courses? Do I have to attend any of these first before taking the next class? If this information is to be made private, why are you allowed to reveal some of the secrets in *Zero Limits* or release recordings of your Zero Limits events?
- A:** The main difference between a Zero Limits event and a Ho'oponopono basic event is this: with Zero Limits, you get me as the co-instructor. You have to take the basic Ho'oponopono course and practice the methods you learn for at least two years before you can take an advanced Ho'oponopono course. I was permitted to release some of the information because Dr. Hew Len gave me that permission. He is, after all, the coauthor of *Zero Limits* and the main instructor of Ho'oponopono. If he says I can write a book, or release audios or DVDs, then of course I can.
- Q:** "I am sorry!" Does this mean apology or sadness? What do I have to be sorry for when everything in the Universe is perfect? I don't like having to say it.
- A:** You need to say "I'm sorry" and "Please forgive me" for being unconscious. It has nothing to do with regret, guilt, shame, or blame but everything to do with realizing you've been asleep. When you bump into someone in the store, you say, "I'm sorry." Why? You made a mistake. You were unconscious and did something while you were unaware.

When you address the Divine and say those phrases, you are letting the Divine know you were unconscious. Forgiveness is one of the most powerful transformative tools you have. If you aren't willing to ask for forgiveness for being unconscious, you are probably blocking the Divine's flow in your life in other areas, too.

Having said all that, I once asked Dr. Hew Len what to tell people who complained about saying, "I am sorry." He said, "Tell them they don't have to say it."

APPENDIX E



Dr. Hew Len Visits Your Inner Child

At the third Zero Limits event, Dr. Hew Len walked us through a meditation to meet our inner child, which I have included here in its entirety.

There is a part of you that needs to know how it works called the subconscious. I'm going to take you through that now. So if you'd close your eyes, kind of relax. This is the most important relationship in creation. More important than any physical relationship that you have. So if you just sort of relax with your eyes closed I'm going to take you through, to me what is the most important relationship in creation and that's between the conscious and subconscious or what I'm going to call between the mother and child.

The mother being the conscious mind, who has choice that can either care for the child or ignore it. So let's suppose for now, remove the terminology where the conscious mind is really the mother aspect of creation and the subconscious is the child and it's the child who has all of the memories since creation and is burdened. Burdened.

So if you have depression, it's the inflammation in the child that's experiencing the depression. So we want this relationship to work. So the first thing you want to do is you want to do this really slowly. And the first

thing you want to do is you want to say to this child, “Oh, for the first time in creation, I am acknowledging your presence in me.”

So that’s the first thing you—it’s important to do is to acknowledge that you are aware that there is this being in you called the inner child. And you’re talking to this inner child and saying, “Oh, wow. This is the first time that I am aware that you are part of me.” Then the next thing you want to say to it is something very simple. “I love you. I love you.”

And then you acknowledge the fact that all of the hurts and pains are data kept in this child and you say to this child, very simply, “I’m sorry. Please forgive me for all of the accumulated memories that you experience as sorrow, as grieving, as pain.” So you’re talking to this child, acknowledging your responsibility that all of the woe that the child has, that you have created, accepted, and accumulated and that you would like to have it undone.

So one of the processes, very simple to do is you must always ask the child for permission. You must never go to the child without asking for permission. So this is what you want to do. You want to say to this child, “Please, please allow me to stroke the top of your head with love and concern.” Just talk to it. “Please allow me to do this.” And just do it. You don’t have to imagine anything, just do it.

See yourself, just stroking the top of the head of a child. And as you’re stroking the top of the head of the child, you’re saying to the child, “I love you. Please forgive me for all of the accumulated woes that you now have stored in you. I’m sorry.” Again, I’m stepping back and this is the most important relationship because you can teach this child how to do the cleaning and so you can put this child on automatic, but if you have not been acknowledging this child or really caring for it, it won’t do it.

So as you’re stroking its head, “I love you. Thank you for being part of me and I’m sorry if I have been neglectful. Maybe I’m not taking good care of you. If I have manipulated you, I’m sorry.” And then you kind of take an inventory. You talk to the child where all of the memories replay as problem, and you say to the child, “If you don’t mind, help me to let go.” So you start at the top of your head if you’re having a headache.

Any back pain, you work down your body. You take an inventory, and you say to the child, “Oh, I am experiencing this headache. Please let go

of the memories that are replaying this. I don't know what the memories are. I don't even want to know what the memories are, but you know." And then we can offer it to the Divinity through the super conscious. We can ask the Divinity to set it free.

While you're doing this, you're stroking the head very gently. So now you're going to ask the child permission to hug it gently, not bear hug. Bear hug frightens the child, so you're saying to the child, "Please allow me to hug you very gently." And when you do it just do it. Just hug the child gently. And you cradle the child in your arms, and you talk to it. "Thank you for being part of me. I love you and I'm sorry for all the accumulated memories that you've experienced as pain and suffering. Please, please forgive me."

And after you're done with that you ask the child to give you its hand. "Please give me your hand so that I can grasp it gently." Gently stroking it. "Whatever hand you want to give to me, please give it to me." So in your mind you reach for the hand, you grasp it gently, gently stroking it, and again you acknowledge that the child is part you: "Ah, thank you for being part of me. A part of me I've not paid very much attention to and I'm sorry. Please, please forgive me. I love you."

Then you might want to take another inventory. You might want to take it financially. You say to the child, "Okay, it's just the memories that are the problem. I'm asking you to let go. Please let go." And then you take an inventory. Whatever financial things that you're going through. Any tax audits, you want to work on that. Anything to do with a foreclosure of the home or anything.

You're talking because the problem is not the foreclosure. The problem is not the finance. It's the memories replaying the woes. It's the mortgage on your soul, and you want this child who will hold the mortgage to let it go. "Please let go. We're overdrawn at the bank," or, "We have been abusive to money. Whatever memories we have that we have been abusive to money, abusive to finance, abusive to the land, please let go."

And then you ask the child permission to hold its other hand. "Please allow me to hold your other hand." Then you reach mentally for the other hand; grasp it gently, gently stroking it. Now I want you to be clear; this

child is where all the problems are stored. So you want to be in a good relationship with this child so that it will let go and let God.

So you cradle, you stroke the hand; then you look at yourself, and you take an inventory of what is going on in me that I'm having these—my experience of these—problems with certain people. So you bring them up in your life, and you go, "Okay, I don't know what the memories are, but I notice when I hang around with so-and-so, I'm annoyed and irritable, and I don't know what that's all about, but it's memories in me, and so please let go."

You're talking to this child who is a memory bank. "Please let go." So this is the most important, essential relationship in all of creation, between the mother and child. If the mother can win the child over, she is home free. The child will help her with the cleaning, will be willing to let go, will be willing to intuit it into her and say to her, "This is coming up. We better get to it!"

Thank you very much. Now you want to ask the child permission to hold his shoulders. "Please allow me to hold your shoulders." So you reach for the shoulders and you begin the dialogue again. This dialogue about love. Acknowledging the presence of the child. "I love you. Thank you, thank you, thank you for being part of me. I'm really grateful to know that there is you in me that I have not been caring for since the beginning of time. Please forgive me for ignoring you, not caring for you, causing you great harm and pain and sorrow. I'm sorry. I love you. Thank you for being part of me."

Then you reach for its shoulders. Then you say to it, "Please allow me to hold your shoulders and give you unlimited love." Again, if you're looking for a business partner, this relationship with the child is the best business partner in creation.

If the relationship between the mother and child works, it will work for everything. So you're holding its shoulders, and then you look it in its eye and you're fessing up, "I've ignored you. I've caused you pain and sorrow. I am sorry. Please, please forgive me. I love you. Thank you for being willing to let go so that you and I can be memory free. That you and I can walk hand in hand with the Divinity and the Amakua into the light."

So you can do this in the morning. You can do this in the evening. You can take a few minutes out of your busy schedule to get reconnected. To get re-lined up, and if you're willing to do this, then your inner child will be your partner. We're now going to do the seven rounds of the breathing. So both feet on the floor, your thumb and your forefinger touching and both hands on your knees or in your lap and do the breathing.

The breathing and the cleaning process the child will appreciate. So one round of breathing. You breathe in for a count of seven, you hold for a count of seven, you exhale for a count of seven, and you hold for a count of seven. Breathe seven rounds please.

I'm going to talk about giving a name to your child. There are four possibilities and then only four. And it's only a proposal, okay? So one name you can give to the subconscious, and I'm going to take you through it and I'll explain it and then you'll have to go find some way to do it on your own.

So the first name you can give to the child is called Kalā, which is a Hawaiian word or the equivalent for "the sun." Ka means "the"; lā means "sun." Now make sure you pronounce it correctly. It will be embarrassing if you are talking to somebody who knows the language and if you say, "Kala, it means money." If you say "Kalah, it means forgiveness." The sun is Kalā. This is what the missionaries did; they put a roof over it, and this is called a macron. So it is Kalā.

Then the other possibility is Keola, which is equivalent to "the life." So here is what you would do to do it; first of all we are going to work with the inner child now, so if you are kind of relaxed, close your eyes. So we are going to talk to this inner child, the one that carries all of the memories and all of the burdens while the conscious mind is talking away and this poor thing is suffering. So just kind of relax and I would appreciate it if you just close your eyes so you are not distracted.¹

First of all we are going to say to this child, "My goodness this is the first time in my lifetime that I realize that there is a 'you' in me." You are going to acknowledge the presence of the subconscious, Unihipili, and what I'm going to call the child. You are just going to say, "Oh my

¹ Dr. Hew Len did not offer the other two names for your inner child. My suggestion is to allow your inner child to tell you what to call it.

goodness, for the first time I am conscious of the fact that there is this part of me that I have not been paying attention to, this part of me that I have been neglecting, this part of me that I have been abusing and I'm sorry." So you acknowledge the child is present and you simply say, "I love you. I love you. Thank you, thank you, thank you for being part of me and I'm sorry that it's taken so long, eons and eons of lifetimes that I have come to the point and now I realize there is 'you' in me and I'm responsible for you. And all of the neglect of you I am sorry; please forgive me. All of the abuse of you I'm sorry for and please forgive me. All of the sacrifice of you, I am sorry. I have put others first instead of you."

Then you ask the child permission to stroke its head. "Please allow me to stroke the top of your head with love, care, and concern." And then you just do it and you begin the process. Just mentally stroking it, stroke the top of the head of my child. As you stroke the top of the head you talk to it; it's a partner. Without this partner, without you in the relationship with this part of you, you will never, ever, and I don't care how much money you make, you'll always be unhappy; you'll never have enough money. I don't care who you hang around with, unless you have this working relationship with the child, you can have everything, you can have all the money that is right for you, all the relationships that are right for you, but you have to work it out with this child.

So you are stroking the top of the head and you're talking to it. "I love you; thank you; please forgive me for all the hurts and suffering that you are now experiencing, and this is the way we are going to clean it up." So no matter what comes up we can say to it, "I love you; thank you"; ice blue, blue solar water, these are all the lead tools, and once you begin the process of teaching a child how to do this it will do it. But it's waiting for you to number one, to do it, number two, to teach it, and it is waiting to see what you're going to do and whether you are going to be doing the cleaning.

So you are stroking it very gently and then you are going to say to it, "Listen, I would like to see what name, if there is a name you want to be called." So there are these four names and you talk to it. "The first name is Kalā; it means 'the sun.'" So let's see if any one of these two names you might be interested in. And then there are two more names and we are going to see if any of the four choices are the ones you want. The other

name is called Keola, and it means 'the life.' So I'm just asking you to see if any of these names connect, and if not I want you to tell me, and then maybe I can run by you certain names, or you can tell me what the name would be."

You're already getting it ready but you are asking it, "Let's look at a name." Then you go on to the next process, and simply you are going to hug the child gently, not a bear hug, as our joker was saying a little while ago. So the idea is to ask for permission. "Please allow me to hug you gently," and then just do it. "I hug you gently."

One of the characteristics of the subconscious is that it has no discretion. I want to repeat that again; it has no discretion. So if a memory comes up, it will mimic that memory. If inspiration comes up, it will mimic that, so you have to begin the process of helping it discern the difference between a memory and inspiration. The way you are going to do that is just do the cleaning. So you are hugging it, cradling it in your arms, and you are saying, "I love you; I love you." You are fessing up to all the eons of neglect. "I'm sorry; please forgive me for being neglectful, being abusive, and not caring for you."

"Then again, we want to get a name for you, so let's see what name would work for you." So the child must choose the name, not the mother. The conscious mind is just proposing certain things, and then the child must be the one, but you are talking to it already and, "I have these four names and maybe there are other names but we're looking for a name for you."

Then you ask the child to allow you to grasp its hand, gently stroking it. So you say in your mind, "Whatever hand you want to give me, let me stroke it," and then you reach for the hand, grasp it gently, and begin the process of stroking it. Then if there is anything that you are experiencing now, any headaches, any back pain, anything like that, just data replaying, just talk to the child. "I am sorry, please forgive me for creating, accepting, and accumulating this data that you are experiencing now, either headaches, body pain," so you are just talking to it. "Whatever information that is going on in us that we are experiencing this problem, please let go." And the way we can let go is we can say to the information. "I love you; thank you; blue solar water, please forgive me; I'm sorry, blue corn meal." All you have to do is say it mentally,

“Strawberries, blueberries,” and then you can say to the child, “And you can say this too, now. So if anything comes up, all the millions and millions of things that come up for which I am not conscious, you can do the cleaning for us, you can do the cleaning.”

So you are teaching the child how to do the cleaning so in case you are stuck it will get to the cleaning for you. Then you ask the child permission to grasp its other hand. “Please allow me now to grasp your other hand”; grasp it gently, gently stroking it, and so you do that process. And again, you talk to it. If you are suffering from anything, whether it is finances, big emotions like working on any kind of emotion that comes up, I feel overwhelmed; I say to the child, “Oh, it is only memories replaying.

“So whatever it is that information playing in us, please let go. Let it come up so that it can be sent on to the Divinity for transmutation.” So you are talking to the child, kindly, simply, and it is just data. You don’t want to overwhelm it with thinking that you know; just say it. “Something is going on, there is information going on in us that we are experiencing this problem, so please let it go.” You can let it go by saying, “I love you, and thank you,” and you are now getting this partnership and have the child help you do the cleaning, whether you are sleeping and whether any dreams come up, to talk and say, “Oh, we can let that go.”

So now you want to ask the child permission to hold its shoulders. “Please allow me to hold your shoulders,” and look the child in the eye and begin the process of, “I love you; thank you for being part of me,” and then ask the child if there is anything it wants to let go of, any information in the subconscious that you are experiencing as woes or grievances and you say to it, “We can let that go.” Whatever data, information that is replaying that what I’m experiencing is kind of depression or whatever it is.

Then you remind the child, “Let’s look for a name for you. We have these four proposals, but if there is something that you’re aware of that you can tell me what that name is, I would appreciate it. So please be willing to let me know what you feel would be the correct name for you.” You are cleaning with this now, so you are cleaning enough to pose any information on the child because the child will need to be the one to select a name.

Then when you are done, you thank the child. "Thank you for visiting with me; thank you; thank you. I am so grateful to you for being willing to visit with me. I love you; I love you; I love you."

Now we are going to do the seven rounds of the breathing; you have both of your feet on the floor; you sit up against the back of the chair, your spine being family relatives and ancestors so that when you breathe yourself, you are breathing for family relatives and ancestors. You put your feet on the floor, and if you can't do it because your legs are short; you can mentally put your legs down on the floor so that you can breathe from Mother Earth and the mineral and animal kingdom. You have your fingers touching, with your pointing finger to the other, sitting in your lap and then seven rounds of breathing. You breathe in for seven counts, hold for seven counts, exhale for seven counts, hold for seven counts, one round. Seven rounds please.

One summer evening a violent thunderstorm came about, and during the violent thunderstorm, a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, "Momma, will you sleep with me tonight?" And the mother smiled and gave him a reassuring hug.

"I can't, dear," she said. "I have to sleep in Daddy's room."

A long silence was broken at last by a shaky little voice: "The big sissy."

APPENDIX F



Ho'oponopono Detail Release List

By Saul Maraney*

- When I notice a problem. I ask MYSELF: “What is going on inside of ME that I have caused this problem? And how can I rectify this problem in ME?”
- My work is to clean myself. As I clean myself, the world gets clean, because I am the world. All outside of ME is a projection and illusion.
- It is my responsibility to fix everything I experience from the inside of ME by connecting to the Divine. I say: “I love you” to the Divine to fix everything on the outside.
- I am cleaning MY memories.
- The pain inside of ME is a SHARED memory. (Dr. Hew Len knew that it was a program that caused the patients to act in the way they did. They had no control. They were caught up in a program.) As I feel a problem, I clean.
- I am cleaning the old memories stored in MY Subconscious mind.

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- The four statements I say over and over in MY mind, addressing the Divine to stop my mental chatter:
 1. I love you
 2. I'm sorry
 3. Please forgive me
 4. Thank you
 - I constantly clean on everything as I have no idea what is a memory, and what is an inspiration. I constantly clean to get to a place of Zero limits.
 - Our minds only have a tiny view of the world.
 - Our brain tells us what to do BEFORE we consciously decide to do it. This mean that intentions come from MY unconscious mind, THEN enter my conscious awareness.
 - Extensive experiments have shown that a surge of activity in the brain reliably appears about $\frac{1}{3}$ of a second BEFORE the intention.
 - It is proven that I CANNOT control the origin of the signal that nudges ME to take action.
 - NO intention is ever hatched in consciousness.
 - Intentions are premonitions: They are icons that flash in the corner of consciousness to indicate what may be about to occur.
 - I have realized that intentions aren't MY choice at all.
 - Only two laws dictate MY experience: Inspiration from Divinity (new) and memories stored in the subconscious (old).
 - Zero is the residence of ME and Divinity. It is the place from where and from whom all blessings, wealth, and peace flow.
 - I am looking past inspiration and going to Source: Zero.
 - I love and forgive and give thanks for MY concerns.
 - By cleaning MY memories, the Divine has a chance to come through with inspiration.
 - Money problems are simply memories replaying. These are memories that displace Zero (ME). To return to Zero, I require Divinity to erase the memories behind MY money concerns.
 - Money concerns are a program.
 - I am cleaning on the memory problems so that it disappears. I am returning to peace.
 - Intention is a limp rag compared to inspiration.
 - I give in to inspiration.
 - Inspiration comes suddenly, within a few seconds.

- I receive ideas that come from inspiration.
- Rather than state intentions, I seize opportunities.
- When I come from the Zero State where there are Zero Limits, I don't need intentions, I simply receive and act on inspirations and miracles happen.
- Free will takes place AFTER I have the impulse to do something—BEFORE I actually do it.
- By CONSTANTLY cleaning all thoughts, whether coming from inspiration or memory, I will be better able to choose what is right in the moment.
- Money problems are programs from MY memory, not inspiration from the Divine.
- I need to love MY memory programs, UNTIL they dissolve, and all that remains is Divinity.
- Everything I see and experience is inside ME.
- If I want to change anything, I do it INSIDE ME.
- I take 100% responsibility for MY whole life.
- Whenever I experience a problem, I am always there.
- I am responsible for it all.
- I understand that people are acting from a memory/program. To help them, I have to remove the program. And the only way to do that is by cleaning:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- I am making right.
- I am RELEASING the energy of these painful thoughts (memories) which cause imbalance.
- All problem solving is done WITHIN MYSELF.
- I am erasing MY memories and programs.
- Everything that appears in MY life is only a PROJECTION of my programs.
- All in alignment:
 - Subconscious (Child);
 - Conscious (Mother); and
 - Super-conscious (Father)
- All thoughts are imbued with painful memories.

- The intellect working alone cannot solve these problems, because the intellect only manages. I want to release all MY old memories.
- With Ho'oponopono, The Divinity TAKES the painful memories, neutralizes and erases them.
- I am NEUTRALIZING the energy I associate with people and things.
- Once the energy gets neutralized, the energy then gets released and there is a brand new state.
- I am allowing The Divinity to come in and fill the void with light.
- Whenever I notice a problem, I clean.
- By asking for FORGIVENESS, I clear the path for healing to manifest.
- What blocks well-being is a lack of love—FORGIVENESS opens the door to allow it back in.
- I am 100% responsible for everything in MY life.
- I need to be 100% responsible.
- If I want to solve a problem, I need to work on MYSELF.
- When someone irritates ME, I ask myself: "What is going on inside of ME that is causing this person to irritate ME?"
- I am SORRY for whatever is going on, Please forgive me.
- If someone has a sore back. I ask myself: "What is going on inside of me that is showing up as this person's back pain?"
- I work on MYSELF.
- At heart, we are all Divine.
- Programs are CAUGHT, and I need to clean them.
- I am petitioning Love to rectify errors in ME by saying: "I AM SORRY. Please forgive me for whatever is going on inside of me that has manifested as this problem."
- Love's responsibility is to then TRANSMUTE the errors within ME that manifest as the problem.
- Each problem is an opportunity to clean.
- Problems are JUST replayed memories of the past showing up to give me one more chance to see them from the eyes of Love, and to act from INSPIRATION.
- I am taking full responsibility for MY life.
- I have to take full responsibility for what people in MY life are experiencing.
- I love you is the code that unlocks the healing.
- I use "I love you" on ME. Everyone's problems are MY problems.
- I need to heal ME.

- I am the source of all the experiences.
- I am acting from either memory (thinking) or inspiration (receiving).
- If memories are playing, I won't hear the inspiration.
- Programs are like a BELIEF. My challenge is to CLEAR all the programs so that I am back at the Zero State, where inspiration can come through.
- All memories are SHARED.
- My job is to clean the memory, so that it will leave ME and the other person as well.
- Ho'oponopono takes commitment.
- The Divine is NOT an order taker.
- It takes CONSTANT focusing on cleaning, cleaning, cleaning.
- I am DISSOLVING the limiting programs that I see and feel.
- MY mind doesn't have any idea of what is going on.
- There are only 15 bits of information available to MY conscious mind, while there are 15 million bits present at any one time.
- I must let go and TRUST.
- I am staying in THIS moment.
- When I say: "I love you," I am trying to clean anything in this moment.
- When I say: "I love you," I am EVOKING the spirit of Love to heal within ME what is creating or attracting my outer circumstances.
- I am HEALING within ME the HIDDEN program that we are BOTH participating in.
- I am aiming to achieve PEACE.
- There is NO out here. The ONLY place to look is inside ME.
- I do not plan; I TRUST Divinity.
- I love, acknowledge, and appreciate EVERYTHING.
- I say: "I love you," to APPEAL to the Divine Creator to CANCEL the memories in MY subconscious mind to Zero, and to REPLACE them in MY soul and the souls of all with Divinity's thoughts, words, deeds and actions.
- I am being 100% responsible.
- Divinity is TRANSFORMING the stuck energy.
- I clean myself and ask: "What's going on in ME that this came up in them?"
- My conscious mind DOESN'T have a clue of what is going on!
- I am taking my mind BACK to Zero, with NO data on it.

- Ho'oponopono is a process of CONSTANT, INCESSANT Zeroing, so that I can be back at Zero.
- ONLY at Zero can creation (inspiration) take place.
- I ask MYSELF: "What is it that I have to clear that I don't know? I have NO idea of what is going on!"
- My mind can ONLY serve memory or inspiration. And only ONE at a time.
- Divine Inspiration is WITHIN ME.
- All of ME is in alignment:
 - Super-conscious (Father), Amakua;
 - Conscious (Mother), Uhane; and
 - Subconscious (Child)—Unihipili
- When I am at Zero, EVERYTHING is available.
- I am created in the IMAGE of the Divine: Void and Infinite.
- I am LETTING GO of MY memories.
- If I have a problem with someone else, it means that there is a MEMORY coming up that I am REACTING to. It is NOT the other person.
- I am asking this question of Divinity: "What is going on in ME that I have caused this person's pain?"
- Then I ask: "How can I RECTIFY this problem within ME?"
- I work on ME, NOT on other people.
- If an idea is still there after three cleanings, I ACT upon it.
- I don't plan, I TRUST the Divine to take care of the problems (memories).
- If something is in MY experience, I need to clean on it.
- ALL experiences are SHARED.
- I create EVERYTHING in MY reality.
- I attracted MY situation, and I am FORGIVING myself and the energy surrounding the problem.
- I am SHIFTING the energy inside of ME.
- I love MYSELF to love others.
- I am remembering who I TRULY am.
- MY true nature is to LOVE.
- New clients flock to ME.
- Success is flowing to ME easily.
- I am cleaning and clearing MYSELF.
- I am 100% responsible for ALL MY life.

- I am CONSTANTLY cleaning and clearing the memories from MY subconscious mind.
- I have CHANGED the way I approach life.
- I have had a SHIFT in MY body and mindset.
- I always try to see all the GOOD (not bad).
- I am focusing on positive aspects.
- I have CHANGED MY perception.
- I am CLEANING out the old to make room for the NEW.
- I am reaching the Zero State by taking 100% responsibility, APOLOGIZING for anything going on in ME that I am not aware of, and asking for FORGIVENESS.
- I am EMPTYING MY mind and going BACK to Zero.
- The Universe works with CIRCLES.
- I am working in a CIRCULAR direction.
- I am LETTING GO, and going back to ZERO.
- I say “I am SORRY” because I feel responsible for what is going on in MY consciousness right now.
- I feel very connected.
- My life is about CONSTANT cleansing. When I cleanse, I get back to Zero, and MY life runs smoothly.
- I am wiping MY slate clean.
- I clean so that MY nonsense (memories) are dispersed.
- Zero is HOME base.
- I keep MY cleaning work to myself.
- People only need MY Love to change.
- Ho’oponopono is a healing and FORGIVENESS methodology and philosophy.
- Read the person’s name, get clarity and oneness. Express love for the other person.
- I ask for FORGIVENESS for any wrongdoing, consciously OR unconsciously from the past to the present of MYSELF and MY ancestors, to them and their predecessors, all the way back to the BEGINNING of time and micro-biotic life.
- I say this so that we can all get back to our TRUE relationship IN and OF Divinity.
- I drink water BEFORE every meal and CLEAR clutter.
- Ho’oponopono has AWAKENED ME to HOW to ERASE the negative elements INSIDE MYSELF that manifest as problematic situations.

- By taking 100% RESPONSIBILITY, situations CAN shift.
- I am beginning to realize who I am.
- There will ALWAYS be stuff coming up. I say that I am 100% responsible (without guilt) and simply clean, let go, and let the Divine take over.
- I do not waste time with: How? When? Who? I ONLY do! And by doing so, I get out of the way of MYSELF. I am letting go of the problems INSIDE MYSELF.
- I continue WITHOUT any judgment against MYSELF.
- I am ACHIEVING an array of results from my Ho'oponopono cleaning.
- I hold the errors of the world in MY SOUL (as does everyone).
- Reason/intellect causes: madness, confusion, and uncertainty.
- Memories are PROBLEMS.
- I am cleansing and erasing the memories in MY subconscious mind to FIND the Divinity WITHIN MYSELF.
- Everyone is ALREADY perfect, the PROBLEMS are the memories.
- The PROBLEM is the error memory playing in MY subconscious mind, which I SHARE with other people.
- Self I-dentity through Ho'oponopono is a PROBLEM-SOLVING PROCESS of REPENTENCE, FORGIVENESS, and TRASMU-TATION that anyone can apply to THEMSELVES. It is a process of PETITIONING DIVINITY to convert error memories in our subconscious to Zero.
- The conscious mind is CLUELESS, it has NO idea of what is going on.
- So I APPEAL to DIVINITY (who knows all) to convert whatever memories are playing in MY Unihipili (subconscious mind) to Zero.
- Expectations and intentions do NOT have any impact on Divinity. Divinity will do WHATEVER and WHENEVER in ITS own time.
- To OPEN the way for the INFLOW of the Divine, requires FIRST canceling memories.
- As long as memories (blocks/limitations) are present in MY Subconscious, they BLOCK Divinity from giving ME MY daily Inspiration.
- As I clean, I get CLOSER to experiencing the bliss of the Zero Limits state of being.
- I ACT upon the ideas that come MY way.
- Ideas appear in MY mind and I act upon them.

- It is MORE IMPORTANT to keep cleaning than anything else—as I do, ideas are GIVEN to ME.
- Ceeport[®] = Clean, Erase, Erase, while RETURNING back to Port, the “Zero-state.”
- Cleaning is the ONLY way to get QUICKER results.
- I am receiving GREATER wealth. I am keeping my eye on “the baseball” (The Divinity). I must stay FOCUSED on going back to Zero—NO Memories and NO programs.
- ALL I’m here to do is clean.
- I LET GO and let Divinity do what’s best for ME.
- Intentions are LIMITATIONS. I am cleaning and LETTING GO of them.
- I’ll ALWAYS have problems, so I clean, clean, clean.
- What are problems? Problems are memories REPLAYING; memories are PROGRAMS—they’re NOT just mine, they are SHARED. The way to RELEASE the memory is to SEND LOVE to The Divinity.
- Divinity hears and responds in the way BEST for ALL, at the TIME Best for ALL.
- I choose but I DON’T decide.
- DIVINITY DECIDES.
- I Clean, Clean, Clean.
- I don’t try to sell; ALL I DO IS CLEAN, CLEAN, CLEAN.
- ALL day I clean. I don’t intend anything and I have NO expectations.
- I am TOTALLY responsible for ALL MY life. It is all IN ME. NO exceptions!
- I need to clean on it, OR it DOESN’T get cleaned.
- IF it’s in MY experience, it’s up to ME to clean.
- When I CLEAR memories, what comes through is inspiration.
- I know that INNER cleaning leads to OUTER results and that I CAN’T decide what the OUTER results will be. I CAN choose, but I CAN’T decide.
- I’m just here to clean, so that the Divine can INSPIRE ME to DO what I was sent here to DO.
- I use the Eraser end of a pencil to help CLEAN. It is a PSYCHOLOGICAL TRIGGER to CLEAR memory.
- Dunk MY bank account in MY mind in a glass of WATER with FRUIT in it and see what happens.
- People do things for THEMSELVES. ALL I have to do is clean.

- I have been REMINDED of the way HOME.
- MY TRUE SELF is incredible, eternal, limitless, total, complete, empty, ZERO, FROM WHICH ALL PEACE EMINATES: "HOME."
- Wherever there is a problem, I am there.
- I am EXHUMING my HIDDEN memories and judgments for CLEANING and TRANSFORMATION.
- Something in ME has CHANGED.
- MY memories need great PERSISTANCE and DILLIGENCE to HEAL.
- Healing HAS HAPPENED for ME.
- With the rubber side of a pencil tap and say: "Dew-Drop."
- I am DISSOLVING conflict.
- The PURPOSE of life is to be RESTORED BACK to LOVE, moment by moment.
- To FULFILL this purpose, I ACKNOWLEDGE that I am 100% RESPONSIBLE for CREATING MY life the way it IS.
- I have come to see that it is MY THOUGHTS that CREATE MY LIFE the way it is, moment to moment.
- The problems are NOT people, places, or situations, BUT rather the THOUGHTS OF THEM.
- I have come to appreciate that there is NO out there!
- The QUALITY of MY life has SHIFTED dramatically!
- I CONTINUOUSLY DO the Self I-dentity through Ho'oponopono Process of REPENTENCE, FORGIVENESS, and TRANSMUTATION for WHATEVER is going on IN ME that I experience consciously OR unconsciously.
- I take 100% REPOSIBILITY for MYSELF to clean with the stuff in ME that CAUSED the problems that I experience.
- I am PERFECT! What is imperfect is the memories (CRAP) that REACT and REPLAY as judgment, resentment, anger, irritation, and the rest of the BAGGAGE that is carried in MY soul.
- People being open is a REFLECTION of ME!
- I am CHANGING MY INNER in order to change MY OUTER.
- I look WITHIN MYSELF to see what is WITHIN ME that is SHARING the experience I see on the OUTSIDE.
- I DON'T deal with the person/problem, I deal with the FEELINGS I EXPERIENCE.

- AS I clean what is WITHIN ME, they TOO will get CLEAR and HEAL.
- I have begun to realize that I AM RESPONSIBLE for what EVERY-ONE says and does, simply because they are IN MY EXPERIENCE.
- IF I create my OWN reality, THEN I created ALL that I see, EVEN the parts that I DON'T like.
- It DOESN'T matter what people do; IT MATTERS WHAT I DO!
- I CLEAR the SHARED ENERGY by saying to the Divine:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- I DON'T do the healing to get anything! I do it to CLEAR THE SHARED ENERGY, so that no one has to experience it EVER again.
- Self I-dentity through Ho'oponopono is a CLEANSING PROCESS and I NEVER STOP doing it.
- IF something comes up in MY awareness, THEN it's up to ME to CLEAN and HEAL.
- I have to clean EVERYTHING that is part of MY life experience.
- IF I am the creator of MY OWN experience, then THIS is something I'm RESPONSIBLE for, TOO.
- The Self I-dentity through Ho'oponopono Process is ALL LOVE . . . it CONTINUES and I am TOTALLY RESPONSIBLE.
- I say these statements to Divinity to clean ME:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- The Divinity is ALREADY showering LOVE on ME at Zero, but I'm not yet there.
- By saying:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- I am CLEANING the programs in ME that are PREVENTING ME from being at the Zero State.

- The Divine DOESN'T need ME to do Self I-dentity through Ho'oponopono; I need to do it!
- The ONLY way to HEAL someone is by CLEANING ME. The people with problems in MY reality are SHARING a program with ME. They CAUGHT it like a virus of the mind. THEY ARE NOT TO BLAME!
- ALL I can do is clean ME, because as I clean ME, THEY GET CLEAN.
- As I clean the programs we SHARE, they get LIFTED from ALL human kind.
- ALL I do is clean, clean, clean.
- CLEANING is the most heartfelt thing I can do. The REST is up to Divinity.
- I create EVERY situation that's part of MY reality, and because it's part of MY experience.
- I need to clean it.
- AS I HEAL MYSELF, the person with the problem and everyone who SHARES the program will get BETTER.
- I know that choice is a LIMITATION. I experience MAGIC and MIRACLES and I feel EXHILIRATED by life.
- EVERYTHING IS ALIVE.
- I am BUBBLING OVER with ENERGY.
- I do NOT try to control MY life. I HAVE TO LET GO. ALL I do is CLEAN and ERASE and have the INTENTION to get BACK to Zero.
- I have a BOUNCE in MY step.
- EVERYTHING I create is a child of ME. I MUST LOVE ALL MY "CHILDREN."
- In the past I tried to solve problems, BUT today I LET THEM BE. I now clean the memories that CAUSED them.
- As I clean, MY problems get RESOLVED.
- I DON'T try to change people, I work on MYSELF.
- BECAUSE I sense and feel other people's pain means that I SHARE the SAME PROGRAM, and I have to clean it. AS I do, the problem will come OFF me and them, TOO.
- GRATITUDE, REVERENCE, and TRANSMUTATION can TRANSFORM ANYTHING.

- These phrases are like the MAGIC WORDS that OPEN the combination lock of The Universe:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- When I say these phrases, I am OPENING MYSELF UP to the Divine to CLEAN ME and ERASE ALL PROGRAMS (MEMORIES) that are PREVENTING ME from being ME NOW.
- There are memories (programs) in the world that people CATCH like a virus.
- When someone has it, and I notice it, it means that I have it, TOO.
- The idea is to take 100% RESPONSIBILITY.
- When I clean MYSELF, I clean the memory (program) from EVERYONE.
- I have a lot of cleaning to do to get to Zero.
- ALL anyone of us wants is to be LOVED!
- MY ONLY OPTION IN LIFE IS TO CLEAN because I want to come from LOVE and INSPIRATION.
- IF I am CLEAR, when INSPIRATION COMES I just act, I DON'T have to think about it.
- When I clean MY memories I DON'T have choice, I JUST have INSPIRATION, and I ACT ON IT WITHOUT THINKING. IT JUST IS!
- Everyone has their OWN instrument to play. NO-ONE is the same.
- I need to play MY OWN part, and NOT anyone else's.
- ALL I am doing is being MYSELF. I am playing MY part in the Universe's script.
- When I play MY role, the world WORKS!
- I have TOTAL FREE WILL. I am creating AS I am breathing, BUT to live at Zero, I need to LET GO of ALL memories.
- MY conscious mind will TRY to UNDERSTAND it all, BUT MY conscious mind is aware of ONLY 15 bits of information, while there are 15 million bits HAPPENING ALL the time.
- MY conscious mind DOESN'T have a clue of what's really going on.
- Memories keep money AWAY. IF I am CLEAR about money I WILL have it.

- The Universe WILL give ME money IF I ACCEPT it. It is MY memories that keep money from ME, and ME from seeing it.
- When I am at Zero, I have ZERO limits, and money can NOW come to ME, BUT when I am in memory, I prevent it.
- There are MANY memories around money, and AS I clean them, I clean them for EVERYONE.
- When I bring MY cleaner self, the place where I am FEELS it.
- I GIVE money freely. It's ONLY money.
- The Universe REWARDS ME for my generosity. I GIVE and the Universe gives ME BACK INSPIRATION.
- I get back INSPIRATION.
- As long as I stay OPEN to ideas from The Universe, they KEEP COMING.
- By cleaning and LETTING GO of MY needs, IDEAS come to me.
- ALL everybody wants is to be LOVED. I MUST love other people.
- I MUST love people because they are PART of MY life, and by loving THEM, I am HELPING erase, clean, and clear the memories activated in THEIR life.
- Whatever I perceive as MY problem IS NOT the REAL ISSUE. It is JUST MY conscious INTERPRETATION of events. What is really happening is OUT of MY awareness. MY story is only the STARTING place.
- I just KEEP saying "I love you" to the Divine, TRUSTING that whatever needs to be cleaned WILL be cleaned.
- When someone has a SPLIT name, it CREATES a SPLIT personality. Everyone needs to own their birth name.
- I am beginning to RELAX and feel WHOLE AGAIN.
- Therapists think they are there to HELP or SAVE people. But in reality, their job is to heal THEMSELVES of the programs (memories) they see in their patients.
- As these memories get CANCELLED in the therapist, they get CANCELLED in the patient.
- It is IMPORTANT that I love the people I am with.
- BECAUSE the people that I see are a MIRROR OF ME, and what they EXPERIENCE is SHARED by ME, by cleaning the SHARED program, we will BOTH get well.
- We think that we are conscious actors, BUT we are WRONG! In some respect we are PUPPETS with the Divine as the ENERGY in us, PULLING our strings.

- I live in a BELIEF-driven world. Whatever I believe WILL work. It will get ME through the day, and it will FRAME MY experiences into PERCEPTIONS that make SENSE to ME.
- Ho'oponopono and intentions ONLY work when I get OUT of MY OWN way.
- MY mind gets in the WAY of the NATURAL FLOW of things.
- A mind FULL of memories is the INTERFERENCE to EXPERIENCING the BLISS of this moment.
- I use clearing methods to take OUT the INTERFERENCE of the Divine Plan.
- MY NUDGES are SENT to ME from the Divine. MY anxiety over it is the interference.
- By TAKING AWAY the interference, I'm BACK to being ME with the Divine, i.e., Puppet and Puppet Master AGAIN.
- I came to this world with a Gift WITHIN MYSELF. Once I have REMOVED the interference preventing ME from ACTING on MY GIFT, I will ACT on it.
- I will be the puppet of the Divine WHILE being the puppeteer of MY life.
- MY ONLY choice is to go WITH the flow.
- I TAKE action WHILE OBEYING a Higher Order.
- I ACT on ideas WITHOUT interference from MY mind.
- I LET the results be what they are, KNOWING and TRUSTING that it IS all part of The Universe's BIGGER picture.
- I LET GO WHILE TAKING ACTION.
- EVERYONE has their GIFT and part to play.
- I am NOT resisting MY role.
- It's NOT food that is dangerous; it is what I THINK about it that is.
- BEFORE I eat anything, I say in MY MIND to the food: "I love you."
- The KEY for Dr. Hew Len is LOVE EVERYTHING. When I love something, it CHANGES.
- Everything BEGINS with THOUGHT, and the great healer is LOVE.
- I am taking 100% RESPONSIBILITY for MY life and what I experience.
- I know that what I see in others is in ME.
- There is NOTHING OUT THERE, it is ALL in ME.
- Whatever I experience, I experience INSIDE MYSELF.
- I experience people in ME, so they DON'T exist UNLESS I look in MYSELF.

- Cleaning is the way HOME.
- NO ONE can PREDICT their next thought, because thoughts themselves ARISE from the UNCONSCIOUS.
- I have NO control over MY thoughts, MY ONLY CHOICE is to act (or not) once they appear.
- I am cleaning MY unconscious SO I get BETTER thoughts.
- I am cleaning in order to CLEAR OUT the STOREHOUSE of programs in MY mind.
- As I clean, the thoughts that ARISE get MORE POSSITIVE, PREDICTIVE, and LOVING.
- By TAKING 100% REPSONSIBILITY and getting to Zero, I REALIZE that other people's memories (programs) are MY programs.
- The very fact that people SHARE ideas with ME means that I SHARE it with them.
- AS I get CLEAR of my programs, so will other people.
- I am ATTEMPTING to do NON-STOP cleaning and erasing of anything BETWEEN ME and Zero.
- I know that WHEN I come from Zero, SYNCHRONICITY happens.
- By being at Zero, I ALLOW the Divine to INSPIRE ME.
- The Divine has ALL the POWER. NOT ME.
- I clean so that I can hear the DIVINE and obey.
- NO self-help expert has a clue of what they are doing.
- Dr. Hew Len's work has TAUGHT ME to LET GO and TRUST the Divine, while CONSTANTLY cleaning ALL thoughts that surface in the WAY of hearing the Divine.
- By CONSTANTLY cleaning, I can CLEAR the weeds of memory SO THAT I can better HANDLE life with EASE and GRACE.
- I know the Divine is NOT a concierge. I DON'T ask for things, I JUST clean.
- I KEEP cleaning.
- I am RESPONSIBLE for EVERYTHING in MY life, and the way to HEAL anything is with the simple:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- I see MYSELF as the SOURCE of MY experiences.
- I am SORRY for whatever is going on IN ME, that I experienced this.

- Dr. Hew Len's THEME is that NOTHING is OUTSIDE of us.
- I am 100% responsible.
- I ask for FORGIVENESS for whatever is in ME that is CAUSING the outer circumstance.
- I am RECONNECTING to the Divine by saying:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- The rest is to TRUST the Divine because AS I HEAL, so does the outer.
- EVERYTHING WITHOUT EXCEPTION IS INSIDE ME.
- I know the REAL source of POWER is INSPIRATION.
- I am AGREEING to life, NOT contradicting it.
- I am GOING WITH THE FLOW, while CONSTANTLY cleaning whatever comes up.
- I am LETTING GO, and LETTING the Divine operate THROUGH ME.
- By cleaning, I see a complete CHANGE for the BETTER.
- I am cleaning MY own toxic thoughts and REPLACING them with LOVE.
- There is NOTHING wrong with people. The ONLY thing wrong is MY error memories.
- I LOVE EVERYTHING.
- The Self I-dentity through Ho'oponopono Process involves taking 100% RESPONSIBILITY for MYSELF and ALLOWING the REMOVAL of negative and unwanted energies in ME.
- I am at ease and ENJOYING MYSELF.
- I LAUGH A LOT, have FUN, and ENJOY what I am doing.
- Things have begun to SHIFT for ME.
- MY life is IMPROVING WITHOUT CONSCIOUS EFFORT.
- I clean whatever is going on in ME.
- I help people by working on MYSELF.
- I CONTINUOUSLY clean, and TAKE ACTION on the IDEAS and OPPORTUNITIES that come MY way.
- I know that wherever I will be in the FUTURE, will be FAR BETTER than what I can IMAGINE now.
- I am MORE INTERESTED in THIS moment than the next one.

- As I pay attention to THIS moment, all the future ones unfold QUITE NICELY.
- When I LET GO of MY ego and its desires, I ALLOW the Divine to GUIDE ME.
- I have realized that MY INTENTIONS ARE LIMITATIONS because I CAN'T CONTROL EVERYTHING.
- I know that when I SURRENDER control to a Higher Power, MIRACLES tend to happen.
- I am beginning to LET GO and TRUST.
- I am beginning to practice MY CONNECTION with the Divine.
- I am learning to RECOGNIZE INSPIRATION when it comes and I ACT on it.
- I realize that I have choice, BUT I am NOT in control of MY mind.
- I know that the greatest thing I can do is AGREE to each moment.
- In this stage, MIRACLES HAPPEN, and as they do, they constantly ASTONISH me.
- Once an AWAKENING takes place, there's NO looking back.
- ALL I can do is KEEP cleaning to EXPERIENCE the BLISS of THIS moment.
- We will always have problems, and Self I-identity through Ho'oponopono is a Process that WORKS to SOLVE them.
- As long as I keep cleaning, I RETURN to the place of Zero Limits.
- I am tuning into LOVE by saying NON-STOP:
 - I love you
 - I'm sorry
 - Please forgive me
 - Thank you
- AS I keep cleaning, I keep tuning into PURE INSPIRATION.
- AS I ACT on inspiration, better MIRACLES than I could have ever imagined take place.
- ALL I HAVE TO DO IS KEEP AT IT, as Ho'oponopono TAKES TIME.



Note: Saul Maraney is a Ho'oponopono enthusiast from Johannesburg, South Africa. He has trained with Dr. Ihaleakala Hew Len and Dr. Joe Vitale; he writes articles and creates products which combine Ho'oponopono and the Law of Attraction. He has been studying Ho'oponopono since 2006.

APPENDIX G



Success Stories

Here are true experiences of using Ho’oponopono in various categories. There are thousands of stories from people who read *Zero Limits*. Here are a select few (used here with permission of the authors).

Acting on Divine Inspiration

Hello Dr. Joe Vitale and Dr. Ihaleakala Hew Len,

My name is Darren I am 19 years of age and I live in Ireland and I have a great story for you. It all started when I read the book *Zero Limits*. I used the “I love you, I am sorry, please forgive me, thank you” mantra every second of the day and nothing really happened at the start but when it did work, I was in shock.

Here is the story: I had an inspiration to go look on the Nike Golf website and when the website came up, a competition on the website jumped out at me. It said, “When you buy the new Nike Dymo Str8-Fit Driver and register the code that is on the Driver online, you are automatically entered into a free prize draw.”

The prize was to play a round of golf with Tiger Woods, which included return business class flights to and from the USA for the person who wins and one nominated guest, four star hotel accommodation in a twin room, on a full board basis, with fully comprehensive travel insurance, spending money, and chauffeured transfers to and from the nominated USA airport.

Inspiration came again and said, “Do It!” (Much like the Nike slogan of “Just Do It!”)—so I did! The next day I got out of my bed, went down

to the local golf shop and bought the Nike Dymo Str8-Fit Driver and registered the code online. The following day more inspiration came to get a passport, so I did. I got the passport application form and filled it out and got my passport picture taken and sent it away. It came back within 10 working days.

Later in the day I was watching TV and decided to just get up and walk upstairs to my room where I happened to see a suitcase sitting there; my sister was cleaning her room and put it in my room while she was cleaning. I said to myself, "I'd better pack my suitcase to go play golf with Tiger Woods." I packed it with my golf clothes and sun cream and lots of things I would need when I'm over in the USA.

It is hard for me to explain how or why I did what I did but it felt good, so I just went with it. Every second of the day I was just saying "I love you, I am sorry, please forgive me, thank you." When I got inspiration, I just did what was asked of me. Some weeks passed, I stayed focused on saying "I love you, I am sorry, please forgive me, thank you."

One day, I had an inspiration to go look at my email and there it was in my inbox—an email from Nike Golf! This is what it read: "Dear Darren Byrne, Congratulations—you took on the Nike Golf STR8-FIT Challenge and won! I am writing to confirm to you that you have won the chance to take on Tiger Woods, in the USA, in 2009, courtesy of Nike Golf. As you purchased a STR8-FIT driver and registered it online, you were automatically entered into a free prize drawing and you have been selected as the winner. Please contact me to let me know that you have received this message and provide your address and telephone details in order to arrange all of the details for you. Congratulations again—Nike Golf."

How good is that Joe and Dr. Hew Len—me playing golf with Tiger Woods?! I did not go yet because Nike Golf told me Tiger is booked up for 2009, so some time in 2010 I will play golf with him. In the meantime, Nike Golf gave me a box of goodies because I have to wait. In the box, I received Nike golf clothes, golf shoes, golf balls, and lots more. I want to thank you Joe and Dr. Hew Len for your help. You have made my life so happy and I'm only 19 years of age. I can't wait to see what the Divine has in store for me and my life! Thank you! I hope you have the best life you can have. I love you, I am sorry, Please forgive me, Thank you.

—Darren Byrne

Acting on Divine Inspiration

Dear Joe,

My Ho'oponopono journey started when I watched "The Secret" and got on your email list! I bought *Zero Limits* and now go twice, yearly, to Ho'oponopono workshops. I am an enzyme therapist with over 2,000 clients worldwide and Ho'oponopono has changed my life and the life of my family, friends, and clients. When I am inspired to do so, I share Ho'oponopono with my clients and they, too, have had many positive life changes from practicing it.

I have had many experiences but the one I want to tell you about came to me as a shocking, unexpected surprise—an epiphany. When I was in a relaxed, non-thinking state of mind sitting with friends, in my living room, after returning from my fourth Ho'oponopono workshop, my husband, John sauntered in and popped his video into the player for a new friend to see and hear.

This video, titled, "Nights of Wonder," contains over 83 photos of the Northern Lights that John has collected over a 19-year period of chasing auroras. Having seen them many times, I took them for granted and I must admit that sometimes I even got a bit irritated over his latest ones because he spent all his time taking photos and never thought once about selling them! Oh My!

As he pressed "play" and the video began, like a lightening bolt from Divinity, the voice said, "This is a cleansing tool." I couldn't speak and when I finally did, no one recognized my voice! I wondered how I could have seen these photos for 19 years and not recognized this.

I didn't need to think about the next step to take. I have a big website and we had some DVDs made to the enchanting, healing music of the Golden Harp of Joel Andrews and popped it on my website, along with a very unusual Northern Lights photo which I call, The Flame of St. Michael (because that's what it looks like to me). Here is a link to the DVD with a seven minute glimpse of these Celestial Scenics: www.litalee.com/SFP_shopexd.asp?id=427.

To our delight, people are steadily buying the "Nights of Wonder" DVD. I am very happy that Spirit guided me to share John's wonderful healing video with the world.

Here are some more short stories for you:

- After sharing Ho’oponopono with a colleague who has a healing center, she called me, crying, saying that the words were empty, meaningless and that she thought she was having a breakdown. I replied, “No, you are having a breakthrough!” Next time I saw her, she told me that her boss, who threatened to fire her often and whom she called “the reptile,” made a sudden change right after she practiced Ho’oponopono for 15 minutes, as she sat at work. One day, he leaned over her cubicle and said, “You know, I am really sorry that we argue. I know that you have good ideas and I want you to share them with me.”
- I was doing Ho’oponopono while grocery shopping. As I wheeled my grocery cart to my car, the irritating, loud sound of a car siren hit my ears. Without thinking, I followed the sound and came to a car with the window slightly cracked. Inside, there was a tiny little doggie who was hysterically jumping up and down while barking uncontrollably. His frantic barking was muffled by the siren. The instant that I touched the car, the siren stopped, the doggie stopped barking and jumping, ran over to the window and licked my fingers as I put them through the window to calm him. A skeptic would call this a coincidence but I don’t! Thank you for your work, Joe. You are an inspiration to all who know you.

Love and Blessings.

—Lita Lee, PhD
www.litalee.com

Acting on Divine Inspiration

There have been so many miracles from using this method, too many to say here. However, I would like to mention that as a result of using this method I have been inspired to write a children’s book on Ho’oponopono. What could be better than teaching this to children?

Once I had this inspiration, the book wrote itself in a day and is about to be published. I love this method so much and children are such clear beings; if they can learn this at an early age, it would help them so much in their lives and we could have a more peaceful world.

I wrote to Dr. Hew Len telling him about this book and he said that if it was inspired, it is fine. Of course I am aware that only “I” am

responsible for cleaning. So for me, this has been such an amazing journey and continues to be. I continue to clean on this book going out to the children of the world. Thank you Joe, for giving me an opportunity to share.

—Charan Surdhar

Animals

My name is Madeline Tutman and I am 20 years old and a college student from Maryland. I recently read your book, *The Attractor Factor*, and I had several revelations. I never understood that life really is a projection of what I am holding inside me and this is important when considering the following recent events:

My friend's dog, Sable, is one of the sweetest dogs I've ever met. Just yesterday afternoon, she was mauled by two dogs in my neighborhood, who have since been impounded and are under investigation. Sable is a Mini Australian Shepherd, so she was in bad shape; the vet wasn't sure she would live and if she did, he said she would have to have her leg amputated. I was shocked and devastated upon hearing the news. I couldn't imagine how I attracted something like this into my life and then I realized . . .

A few weeks ago, I was watching a TV show in which a woman's puppy was attacked and killed by a Husky. I let myself get very angry while watching this and allowed my emotions to take me to those feelings. Thoughts truly become things! So as soon as I heard about Sable, I knew that I had to uncreate the situation I had created. I employed several techniques you suggested . . . I used and repeated "The Script" (from *The Attractor Factor*) out loud—I imagined running with Sable and I imagined her joyful and healthy from the last time I saw her. I sent myself a text message saying they repaired her leg and with some physical therapy, she would be just fine. But most importantly, I grabbed a picture of Sable and for about 10 minutes, said, over and over, "I love you, please forgive me, I'm sorry."

This evening, my mom came into my bedroom and told me that Sable came out of surgery just fine and they saved her leg; she will need some physical therapy but will make a full recovery. The words she used were almost verbatim to what I had written in my text message to myself!

In less than 24 hours, Sable has been healed, all thanks to a shift in my energy.

Thank you so much, Dr. Vitale. Your book has saved my life in so many ways and most importantly, Sable's life. :)

If you ever doubt yourself in life or what you are doing, never do so again. People like me need to read your words; you are transforming lives.

Thank you, thank you, thank you.

—**Madeline Tutman**

Bowie, Maryland

Business/Career

Dear Joe,

I'm so excited to hear that you are coming out with an advanced Ho'oponopono book! For several years now I have been using this incredible cleaning and clearing method in my personal life with great results but it has only been in the last six months that I have started applying it in my business and all I can say is WOW!

Here's what happened: as a highly sensitive and heart-centered woman, I listen to my 20-minute Ho'oponopono-inspired client connection meditation where I start the clearing and cleaning process. This takes me to such a deep place of peace and love that by the end of it, I truly feel a heart-to-heart connection with my client-to-be. Immediately after listening to the meditation (when I feel clear of any pre-determined ideas and have let go of any expectations) I revisit their website and spend 10 minutes or so gaining a sense of who they are, what they are trying to achieve, and what, if anything, is out of alignment. Ideas tend to flow easily when I am in this state of openness and neutrality. I then take a piece of paper and, on the same line, write my name (first and last), followed by their name (first and last) with a two to three inch space in between.

For example: Georgina Sweeney Joe Vitale

In the days that follow, I use either a pencil eraser to erase any blocks between our names (between us), or simply see the space being cleared in my mind as I repeat the Ho'oponopono phrase. Just before our meeting, I

close my eyes, call their name in my mind and repeat the Ho'oponopono phrase again. I then float up to my higher self and imagine I am entering into the sales conversation with their higher self. During our meeting, I follow a heart-based selling process to avoid putting any pressure on either of us. In my follow-up, just before I e-mail them my proposal, I clean again and say their name followed by the Ho'oponopono phrase. When I feel a sense of peace and have let go of any expectation or determination for us to work together, I simply press SEND, holding only the intention for us to work together if it is in our highest and best interest.

Since following this process and listening to my Ho'oponopono-inspired guided meditation, my relationship with potential clients has changed dramatically. I am no longer fearful of rejection or feel anxiety and, best of all, I now have an extremely high closing rate. Until today, I have never shared this process with anyone but I hope, by sharing it now, it will benefit many other heart-centered individuals and allow them to grow their business with grace and ease, in the Ho'oponopono way.

With love and abundance, and gratitude for all that you do and all that you are.

—Georgina Sweeney

Business/Career

Dear Joe,

Your Ho'oponopono techniques, *Zero Limits* CD set and book got me FREED (literally and figuratively)! I am the proud owner of several other of your amazing products, including your *Spiritual Marketing* book and the Hypnotic Writing Wizard program. Thank you for suggesting the life-changing method of EFT: Emotional Freedom Technique as one of many effective clearing methods. This sentence in your e-mail request for testimonials prompted me to share my Divine Inspiration and Ho'oponopono refinement: "People are getting stuck and need freed."

After eight months of studying, this six year EFT practitioner passed the EFT founder's exam in 2009 to obtain official EFT certification. Two months later, the founder announced he was retiring and taking down his website, where 90% of my business clients originated! Feeling devastated and afraid, I did a lot of daily Ho'oponopono to clean, clean, clean as

Dr. Hew Len recommends. I asked God what I was supposed to be doing next: ‘Stay with EFT or create something better?’

As a result of the clearing, I created a technique in January 2010 called FREED: Fast Release of Emotional Energy Drains. Instead of using the complex EFT tapping sequences, FREED uses one hand to clear ONE energy meridian called The Governing Vessel Meridian (GVM). Clearing the human or animal GVM while focused on specific fears and painful emotions blocking the chakras, releases the emotional charge in moments. FREED also clears generations of DNA patterns of undesirable tendencies, past-life fears causing current-life misbehaviors, emotional barriers keeping us frozen in fear, retrieves soul fragments, reverses curses we’ve placed on our income, jobs, or lives. Clearing your GVM while chanting Ho’oponopono is a fast, easy, powerful way to clean, clean, clean. And who doesn’t love fast, easy, powerful change?! When people protest, “There’s nothing I can do to help about (name the disaster),” I suggest they get FREED and Ho’oponopono then clean, clean, clean their energy systems and those of their loved ones.

I am excited about your Advanced Ho’oponopono and Beyond Zero Limits, Joe! Mahalo! Ao Akua! Continued success to you!

—Colleen Flanagan

EFTCert-I/FREED Founder and huge Joe Vitale fan!
Phoenix, AZ, USA

P.S. Short miracle: while walking outside for exercise one morning, I came upon an angry young guy in his 20s, cursing and shouting at someone on his cell phone. Sounded like a bill collector threatening to repossess the guy’s sports car; the guy protested he’d just started a new job and could pay in two weeks. The man needed the car to drive to the new job. I knew I’d witnessed this exchange to bring healing to the situation. After three rounds of Ho’oponopono chanting to myself, the young guy had relaxed, stopped yelling and swearing. By the fourth round, the guy and bill collector were negotiating in a civil manner. I walked on, grinning as brightly as the Arizona sunshine.

Business/Financial

Hi, I am Sergio Lizarraga, from Mexico. I bought *Zero Limits* in audio-book version and listened to it on my iPod about three years ago. It was

interesting and amazing that just by repeating four phrases directed to the Divine, our life problems could be solved by receiving inspiration, clearing the memories that were replaying and creating our reality. I can think of several situations in which I have witnessed the results of Ho'oponopono and here are a couple of them:

As part of my job, I have to meet with executives of manufacturing companies. This time, I was meeting with an executive which everybody said was very hard to deal with. He had a reputation of walking out of meetings when he was not interested in the person or business he was dealing with at that moment.

I started repeating the phrases and asking God to clean in me whatever memories I had that could cause that situation with this executive. By the time of the meeting, I was relaxed and confident. The person arrived to the meeting; we started talking and reviewing information and the next thing I knew, it was already lunch time! Surprisingly, this person invited me to have lunch with him and then we went back to the meeting room to finish up our business. Needless to say, we have since continued to have an excellent work and personal relationship. Several people that witnessed that, asked me what I did. I just told them I was clear when I met him . . . clearing with Ho'oponopono!

I was struggling with the payments of my house loan. I was delayed by several months and the balance was growing, plus interest. One day, I read that you can clean the memories repeating on a situation related to documents by using a pencil eraser to tap the documents and saying the four phrases. I started doing it and one day I got a phone call from the bank. This was a different call, in which they were asking me to go and meet with their people and get a proposal from them.

I attended the meeting, repeating the phrases in my head and when I got their proposal, I was very surprised! The bank offered to absorb my past due debt and also offered a reduction on interests and monthly payments for a good period of time. Notice that I never asked for an arrangement this way! Could we say it is a miracle? Sure it is!

These two stories are just a small example of how things have happened in my life using Ho'oponopono. My wife, daughter, and son have also used it in their schools, church, with friends, and in every day situations with very good results.

Finally, I want to share that I have presented Ho'oponopono in web conferences, with my partner Gisel Sotelo (our website is <http://www.libemo.com>) for the Spanish public. We have shared it based on "Zero Limits" and also have conducted online praying for Haiti and Chile (for the earthquakes).

Joe, thanks for making Ho'oponopono available to the people of the world with your book and your work! Best regards.

—Sergio Lizarraga

Family

My Ho'oponopono Miracle: The man I divorced after 25 years of marriage and four children is a very kind, loving man, and I am a very kind, loving woman. We were the couple on the pedestal, and because we always treated each other respectfully, no one who knew us saw it coming; actually neither did he or I. I was unhappy. I got caught up in a situation. I initiated the divorce.

As a result, family and friends who had known me all my life as a good friend, a good wife, and a good mother decided that I was a pariah. A couple of his many siblings were friendly but the others were hostile in varying degrees. I understood the loyalty of his large family to him but it was still hurtful to me, as these were people that I had loved, cared for, and been family with for a very long time.

As years passed, some of them experienced illness or hardship and in my meditation each day, I cleaned on the family and on myself, and I practiced Ho'oponopono for the benefit of each of those family members.

Several months after beginning this practice, my ex-father-in-law passed away. I attended the services with some apprehension of the reactions of the family, but knew attending was the right thing to do. I could not have imagined that in attending those services I would be given the opportunity to experience the most healing event of my life. Every single one of those family members, siblings, aunts, friends, spoke to me personally, either by my initiation or in some cases, by theirs. Not only did they allow me to express my love and sympathy to them but one apologized to me for the hostile treatment displayed in the past.

These conversations began reparation of relationships with family members who had convinced me that they would never speak to me again. Never in my wildest dreams could I have imagined this type of reconciliation to occur. I know that those healings were the result of my Ho'oponopono work. There is no other explanation. I cleaned with the intention of asking forgiveness, sending love and gratitude to all of them, and in doing so, I received the same.

—Nancy Palese

Financial

Since I have learned Ho'oponopono about two years ago, I have been using it every day in my life and I find that problems just seem to melt away. I have been sharing my findings with friends and clients, being that I am a personal trainer and life coach. My life mission is to help people, both physically and spiritually.

One of my clients that I taught Ho'oponopono to said she has been applying it to her life for about three months concerning a particular problem she and her husband had. You see, their accountant had told them three months prior that they owed a very large sum of money to the government for taxes. This was a devastating blow to them and they were completely unprepared for this; it would have totally wiped them out and used up all of their savings. Their very comfortable lifestyle that they were so used to was about to come to a sudden halt. Both of them were quite stressed; they couldn't sleep or function properly. The accountant tried and tried but found no way out for this poor couple.

The wife started applying what I taught her about Ho'oponopono. Every day and every night she would repeat "I'm sorry, please forgive me, thank you, I love you." She did this non-stop for three months. The day before they had to go to the accountant and prepare the checks to pay for the taxes, they decided to call the accountant back to see if by some miracle he had found any way out of paying all this money and of course he apologized deeply and said that there was no way out of this one.

That evening they went to bed thinking that this was the last time they would live in the lap of luxury. However, my client was relentless and she continued with her cleaning technique. The next day when they presented themselves at the accountant's office, ready to hand over everything they have worked so long and hard for, the accountant

comes in with a smile on his face that went from ear to ear and all he could say was . . . “IT’S A MIRACLE!” Of course they had no clue what the heck he was talking about. He said that by some miracle late the night before, he found the loophole he had been looking for. As if by magic, the solution just appeared right before his very eyes! After a very careful and thorough review, the accountant told them that they did not owe any money at all in taxes that year.

Now, you have to understand that for the last three months the accountant had been preparing my client and her husband that they were going to pay a lot. I’m talking six figures and the day that they had to hand over all that hard earned money, the accountant found the solution and they ended up paying NOTHING . . . N O T H I N G!! Now, if that’s not a miracle, I don’t know what is.

I met up with my client not too long ago and she turned to me and said “Ernie you changed my life, I just wanted you to know that.” I tell you, that was the best feeling in the whole world, knowing I made a difference in someone’s life. Thank you Joe Vitale and Dr. Hew Len for sharing Ho’oponopono with the world. Having read lots of your books Joe, thank you for making a difference in my life.

In Gratitude,

—Ernie De Minico

Giving to Others

Hi Joe,

My husband, Tim Seldin, and I were with you in Hawaii [for Zero Limits two in 2007] and a lot has happened since then. Almost two years ago, I read an article about living kidney donors, people who donate a kidney to a loved one or to strangers. Since I am terrified of any medical procedure, I astonished myself by registering online through a matching donor program.

I received a call from a man in New York. He was dying from kidney disease. His life was consumed with pain and dialysis. He could no longer hold a job. Every member of his family had tried to become a donor, but for one reason or another, they were disqualified. The testing to become a living donor is rigorous and the chances of a match from a stranger are remote. Months of testing went by and I cleared one medical hurdle after another. The last step involved my travel from Florida to New York for a final series of tests at the transplant hospital.

Right before I was set to travel to New York, my best friend and business partner did some unbelievably horrible things that completely destroyed a business that we had so carefully nurtured. She left me in deep financial and legal trouble and went into hiding. It's been nine months since she left, and every day, I picture her in my mind and recited the Ho'oponopono words. I don't think I have any anger left and I think Ho'oponopono has saved me from becoming bitter and resentful. Maybe that's a miracle in itself.

In the meantime, I had to decide whether or not to abandon the possible kidney donation and focus on my own situation. Basically, I had an out. The Ho'oponopono mantra was, by now, running on an endless loop in my head. It calmed me and helped me stay focused. As long as I could quiet the chatter in my head, I could hear an inner voice saying, "Stay the course." I turned out to be a match. From the moment I registered online, I knew that somewhere there was somebody waiting for me to step forward. I am not religious and it was an unexpected feeling to sense the Divine working through me. I can't explain it other than to say that I felt connected.

The operation took place in January. It lasted four hours for me and longer for the recipient. The last thing I remember before the anesthesia took effect were the Ho'oponopono words going through my mind. The recipient, who is no longer a stranger, had immediate results. Just minutes after the transplant, his color improved and the swelling in his hands and feet was reduced. He is off dialysis, has returned to work, and is going on a walking tour of France this summer. Last summer he had been close to death, with no hope in sight. After about two months of recovery, I went back to life as usual. In fact, now, I almost never even think about the surgery.

A few weeks after leaving the hospital, it was my birthday. The recipient's family sent me a necklace with two little gold hearts. It's a custom in their home country to give a little gold heart to children who are born into their families. They felt it was fitting that I should receive two hearts to commemorate the joining of our two families, not by birth but by choice. I feel that Ho'oponopono helped me stay the course during the bad times and paved the way for the miracle that was to come.

—Joyce Seldin

Health

In 2008, I developed Rheumatoid Arthritis which had me virtually bedridden at least 10 weeks and debilitated for many months after. My only exercise was to hobble from my bed to the computer where I feverishly searched for some alternative cure for a disease I had been told was incurable. Strangely, Ho'oponopono kept appearing in my searches, which finally led me to ordering *Zero Limits*, which arrived while I was still very ill and fast losing faith in ever being cured.

My first reaction when I first looked at the cover was this is just some crazy Hawaiian Hocus Pocus and left it on the shelf. Later that year I was over the worst of it, albeit for a damaged right knee joint, which made walking very painful. Around that time and a few days prior to taking a mountain break with my partner, I took *Zero Limits* off my bookshelf and read it. This time I was blown away, I could not put the book down. I began repeating the phrases endlessly, which induced an incredible lightness of being. Over several days, every face I had ever encountered in my lifetime passed through my consciousness and I felt for the first time I really understood the invisible threads that connected us all. At the mountain cabin, I read excerpts from the book to my partner who was immediately open to using them. I shared with him how Dr. Hew Len's practice of Ho'oponopono had cured criminally insane patients in his care at Hawaii State hospital. That fact, alone, had us both completely in awe of the power of this process.

The next day, we drove to a scenic mountain lookout. As my knee was still fairly immobile, I had no intention of taking any walk anywhere but I strangely found myself following my partner down, what transpired to be around 350 steps. As I continued down the steps, I alternated between thinking I should stop now or I am going to have to get airlifted out of here, to I am sorry, please forgive me, I love you, thank you. Finally, at the bottom of the last steps, the most beautiful sight awaited us—an absolutely breathtaking waterfall cascading like a bridal veil, down a sheer cliff face, surrounded on both sides by ancient, golden, vegetated sandstone cliffs. However, I was half way down a cliff face and the only way back was UP those 350 steps with a knee that until now, had been incapable of uphill motion.

I gingerly began the ascent back up, kicking myself for being so stupid, expecting to be in excruciating agony, only to find every step I took

upwards to be effortless and painless. This was a miracle! The same knee that had been drained four times from swelling to the size of a coconut during the previous months, had been injected many times with cortisone to no avail—(and had ground and crunched and hurt like hell just walking normally, and refused uphill motion)—was now easily moving me back up the 350 steps to the top of the valley.

From that day forward my knee healed completely and I embraced Ho'oponopono as part of my daily life. I believe the four phrases carry universal healing vibrations that permeate the consciousness animating us all. Spoken in any language they carry the same resonance of surrender, forgiveness, gratitude, and love which mysteriously evokes divinity to shine its grace into your own life and the life of others near you. Thank you Joe and Dr. Hew Len for the greatest gift. I love you.

—Christine Scantlebury
Sydney, Australia

Health

Thank you. . . . I'm sorry. . . . Please forgive me. . . . I love you.

Dear Joe,

2009 was quite a year! I have read many of your books, and love uploading them on my iPod so I can listen to them over and over again. I purchased *Zero Limits* and just in the nick of time. Coincidence? No, I don't think so.

Last March I had found out I had a six-and-a-half-inch tumor . . . esophageal cancer. Although I was shocked, and like you can only imagine, I thought it could have never happened to me. But it did . . . and it was not good. If you don't know about esophageal cancer, the survival rate is slim. Everywhere I would turn to get more information on the Internet, I would get more depressed and scared. I turned off my computer and while visiting my team of doctors, I cranked up my iPod and would listen to *Zero Limits*. I cleaned my way to and through the surgeons, doctors, the chemo treatments, radiation treatments and with appointment after appointment, I would listen to you and Dr. Hew Len. I cleaned . . . and cleaned . . . and cleaned. Amazingly enough, with me and the DIVINE . . . it's as if I had a pass code directly to him. Miracle? They operated on me, took out my esophagus, but did not find

a tumor. It was gone. The doctors were astonished. It just wasn't there. After four months they ran another test and said I was cancer free . . . yet two days later I found another lump . . . breast cancer that had gotten somehow missed. Again, I cleaned and continued to clean. It too, after three months, was gone.

Cleaning has allowed me to be accepting and humble. I feel loved more than ever before and I am ever so grateful. Cleaning with the Divine has helped save my life. I cannot wait to see what is in store next. I so look forward to your next book so I can take this to another level . . . but let's face it Joe . . . talk about real life miracles! Thank you for who you are and what you bring to the Universe! Thank you. . . . I'm sorry. . . . Please forgive me. . . . I love you.

—Mrs. Gerry Davidson

Health

A short time after I read *Zero Limits*, I had terrible headaches due to an allergy sinus problem I had for about a year or so. I had some x-rays done on several areas of my head and my sinuses were sure filled with something. I felt pain and pressure daily. The doctor gave me a prescription (three different drugs) and a painkiller. The symptoms would go away for two or three weeks, only to come back with the same intensity.

One day, I had a dream where I was looking at my x-rays and at the same time I held an eraser in my hand and I was erasing on the sinus image. I usually pay attention to my dreams, as I have the habit of analyzing them. This dream seemed odd to me but I didn't do anything about it as I didn't "get" the message at the moment. I kept taking my medicines and the problem would not go away.

Several days later, I opened the *Zero Limits* book and remembered that there was this Ho'oponopono technique where you use a pencil to erase whatever you need to erase and bingo! It all made sense. For a week, every night, I held my x-rays and erased on them with a big square eraser. At the same time I said "I love you, I am sorry, please forgive me, thank you." This I did for about 5 to 10 minutes. I also visualized a bright white light entering my nose and cleaning my head. At the end of the week, no pain, no inflammation, no mucus, no nothing! About a month

or two later I started having symptoms again and did the same routine and felt a lot better. I also had the insight that I was storing memories in my sinuses, so I had to clean them and let them go. Thank you Dr. Hew Len for teaching us this wonderful technique!

—Gisel Sotelo

Health

Yes, I HAVE A MIRACLE FROM THE HO'OPONOPONO METHOD. The first time I read the information about Ho'oponopono in 2007, I didn't believe it, but fortunately I chose to remain open to the idea in my mind. Five months later, when I received the information again, by mail, I truly believed that it could be possible to experience Ho'oponopono in my life.

Days later, when I was eating alone in the restaurant of a hotel in another city, where I went to dictate a conference, my sister called me to tell me that Aquiles, a 65-year-old friend of ours, was very sick. He had been in a coma for a week, in a hospital in Mexico City, and told me that doctors had said he was so sick that he could hardly maintain his life anymore; his body wasn't responding favorably to his medical treatment and they thought he could die within three days.

When I finished the call, I remembered Ho'oponopono and I decided to practice the technique. I went inside myself asking Divinity to tell me what was in ME (100% responsible) that had created this terrible sickness in Aquiles? I meditated for seconds in a profound silence and Divinity answered: "Once, about 20 years ago, you thought that Aquiles liked to be sick because he was always talking about medicine, doctors and hospitals."

When I received that answer, I confessed to myself that this was really the thought that I once had about him! I started asking Divinity for pardon and I started saying: "I'm Sorry! Please forgive me!" I listened to a voice telling me: "Ok! It has been erased! Now it has been absolutely forgotten!" With my whole heart I said: "THANK YOU! I LOVE YOU!"

From then on, every time I thought about Aquiles, I repeated to myself: "I'm Sorry! Please forgive me! Thank you, and I love you!" with the same emotion. The feeling that the energy of sickness was around

him had disappeared and had been replaced with the feeling that Aquiles was in a perfect state of health.

TWO DAYS LATER my sister called me again and told me that surprisingly, Aquiles had awoken from the coma and doctors said that his vital signs were improving, so I continued repeating the same phrases again and again until I was notified that Aquiles had left the hospital and went home alive and completely recovered!

The most surprising and fascinating thing happened when Aquiles called me from his house a month later to thank me for my presence in the hospital; he said he saw me the moment he woke up from the coma. I want to tell you that I never physically went to see him at the hospital, because I live in Guadalajara, Jalisco and Mexico City is not near my house. I really believe in Ho'oponopono. I KNOW IT IS A WONDERFUL TECHNIQUE! I have proven it in many other cases as well.

—Ma. Elena Contreras P.

Health

Dear Joe,

Let me introduce myself. My name is Nata Touganova. I am a self-growth trainer and a life coach from Russia. Also, I am the translator of Mabel Katz's *The Easiest Way* and *The Easiest Way to Understanding Ho'oponopono* from English into Russian. Among endless lines of Ho'oponopono miracles from my experiences, I have chosen to share my most recent one with you.

One evening, in May 2009, I had an unexpected telephone call from one of my trainings' graduate. She sounded worried and upset. Her little nephew, a 10-year-old boy, was having fun jumping and running in their garden, when suddenly a big iron door which had been leaning against the house wall, fell on the boy, pressing down his head. He was brought to the hospital in a coma.

My graduate, his aunt, called me asking for help. All I told her was: "Keep saying over and over again the four phrases—'I love you,' 'I am sorry,' 'Please forgive me,' 'Thank you!'" I, myself, spent the entire evening saying the four phrases until I fell asleep.

The next afternoon she called me again saying that a miracle has happened. The boy overcame the coma, he asked for something to eat

and was absolutely okay. His health was no longer in danger and there were no negative consequences from having been in a coma. The only symptom present was a lower cracked jaw. Doctors were stunned and had no explanation of how it could happen that there was no damage to his brain. My graduate called this a miracle. I call this “Ho’oponopono afoot.” Much love! Thank you! POI Nata.

—Natalia Touganova

Home/Property

I was having the worst luck keeping track of my “positive vibes” and good thoughts until I purchased “The Missing Secret” course. It was at that same time that I also discovered Joe Vitale’s *Zero Limits*. Around the same time, our Landlord had called us saying that he was sending someone over to buy the place we were living in and that we should be making preparations to move elsewhere. The amount of worry and stress that was placed on us was pretty great, as you can imagine.

When my package arrived, I opened it up like a child opening a candy bar for the very first time because I knew that something delicious was inside and it was going to change my life for the better. It was that day that I learned that I was being my own worst enemy. All of the worrying that I had been doing was creating more and more things to worry about. My negativity about moving was blocking me from accomplishing any of my real goals of writing novels and getting them published. I was hoping to use this mini-course as a tool to enrich my higher consciousness so I could remove the blocks to my abundance!

A few days after trying the Ho’oponopono process of cleaning and clearing, I felt a dramatic change come over me. Within a week I could feel when I needed to clean and clear and when my energy would become “sticky.” Every morning and every evening before bed I would clean and clear over my Landlord’s photo. It removed all skepticism and doubt from my vocabulary of us staying where we are.

A couple of weeks later, we got another call from our Landlord saying the guy he was going to send to look at the place wasn’t all that interested after all and if we wanted to, we could buy the place from him! Our family jumped for joy because this was our home and we didn’t want to leave it. This meant so much to us. The words “I’m sorry, please

forgive me, I love you, thank you” came to me at just the right time. They helped us keep our home! While I was sleeping, I had a dream from the Divine that said I should write a poetry book and that is my new project. Also, lottery numbers have started flowing to me with ease. From now on, whenever I get an idea from the Divine, I ACT ON IT!

—Eva Wright

Home/Property

I discovered Ho’oponopono at a time when I was in one of my usual vocal rants to myself. I exclaimed: “I MUST live without limits! It has to be zero limits from now on.” At the time, I was reading a book about numbers. I found myself wanting to be like the number zero. From there, I felt I could be anything at all!

Later, I moved to a different state. I was very miserable and very confused. I was single and raising a baby alone. I was brilliant but I had no focus. I was always looking for my lurking self, attempting daily to hook-up with HIM (or that part of me) by having to lean in and be dark.

Before the encounter of Zero Limits/Ho’oponopono, I had the opportunity to live on a vineyard/soybean farm for free. My daughter and I would just be. I could figure it out. Eat off the land. I would continue my debriefing.

Through a money conversation (more like a poverty conversation) I was having with an old accounting boon companion, I offered to send him *The Attractor Factor* and “The Missing Key.” While I was looking through my books to send to him, I found my gift: *Zero Limits*.

Between *The Attractor Factor*, “The Missing Key” and now, *Zero Limits*, I had what I needed to complete my trifecta. I like heavy reads so I was fully engrossed. I took it seriously. Suddenly, I started taking it literally. I discovered that this old farmhouse and I had a great deal in common: we both needed to be detailed.

I cleaned and listened to the book. I cleaned and used the four phrases on myself and the house. I finished the house cleaning; I arranged and maintained it. I carved out an art studio and office in the basement. The first floor was just a great place to BE.

The yearly rental inspection arrived. The landlord was so impressed. By then, every corner of the house was spic and span clean. My insides

were perfectly clean and cleared too. I was great. I was alone but not longing.

A few weeks passed since the inspection. My landlord was still amazed by my full responsibility and ownership of the entire property, despite me staying there for free! She then asked me to move out! What?! She propositioned the following: I could move into another property; it was newer, on less land, but bigger, more luxurious, in a prestigious community . . . all for free! All I would have to do is clean it [clean on it and clean on self, my secret] the same as I did with the current property.

Get this . . . I refused! I flat out refused to move! My landlord was shocked. The house and I were cool, I thought. The house on the other hand wanted me to leave too. Baffled, my landlord upped the ante from ‘clean it and stay for free’ to also granting me full payoff of all my credit cards and provide me with a food allowance (I only eat organic. That is a BIG, BIG bill)!

Needless to say, I took the deal and moved . . . and I’m cleaning. As I nearly finished cleaning on this next home, my landlord already started to show the house to doctors. This once difficult-to-sell house is asking for me to either buy it for myself or move onto another secure retreat of my own.

—Edward IsÃWells

Relationships

Dear Joe,

I am a luthier of over 80 guitars, including guitars made for Steve Earle, Tish Hinojosa, and Hank Williams, Jr. I am also a syndicated radio host/producer (heard weekly on over 200 public stations) and I just finished my first book called *The 20–20 Creativity Solution: Focus Your Natural Creativity for Success, Happiness, and Peace of Mind*. (<http://the2020book.com>)

The book is based on a step-by-step practice, synthesized from a number of spiritual and self-help paths I’ve experienced over the years, not the least of which is Ho’oponopono. I’ve taken what I consider to be the best of many methods and put them together into a framework called the 20–20 Practice—20 minutes at night and 20 minutes in the morning, which is easy to implement and generates amazing results. The practice

involves removing the blocks to authentic, creative expression through reflection, self-evaluation, gratitude, apology, forgiveness, planning, sending love, visualization, affirmation, free-writing, meditation, and mantra (sounds like a lot, but it's actually quite simple).

Before I began writing the book eight months ago, I had an amazing experience with Ho'oponopono. It was just after I'd finished reading *Zero Limits*. I was doing the clearing work and really focusing on forgiving my ex-wife for the many unpleasant events that occurred during our bitter three-year divorce. As I did the Ho'oponopono work, I found my energy shifting away from my ex-wife and towards forgiving myself for my part in the process. Surprisingly, I found myself looking at the whole thing as a beautiful dance of dualism (visualizing it as a yin-yang symbol), and finally coming to a place of acceptance and being able to rise above the bitter fight to a spiritual place of wholeness and peace.

By putting my part of the dance to rest, I was able to gently evict my ex-wife from the rent-free place she had been occupying in my mind for nearly eight years. A few months later, my wife and I took a trip to California for the Fourth of July to visit my daughter and son who were there with my ex-wife. My ex had planned to exit as soon as we arrived and drive back to her home in Las Vegas. It would have been the usual tense hello and goodbye as we arrived and she left.

Instead, what happened was her car had broken down the day before and being a holiday, she had to stay in California until the shop was open to get the car fixed. We invited her to stay and hang out with all of us for the holiday and she accepted. We spent some time at the beach, engaged in humorous conversation, had a nice barbecue, and even ended up in the hot tub together! My wife and my ex got along famously. Amazing! None of this would have happened without *Zero Limits* and the clearing process of Ho'oponopono. Thank you, Joe!

—John Dillon

Cohost/creator

Art of the Song: Creativity Radio—John Dillon

Spirituality

Found missing link . . . there are certain steps to success widely taught that I used successfully and effortlessly with some goals and in other goals,

struggled regardless of my efforts. I was fortunate to be introduced to Ho'oponopono in 1986 and was taught by Mornah Simeona, who had updated this process and made it available for anyone to use. It was the missing link.

When I diligently applied the process, I experienced ease where there was previous resistance. I applied it to physical challenges, finances, relationships, and events. Besides the Ho'oponopono process, Mornah taught me to meditate and ask Divinity for guidance. God told me what to do and what not to do, highlighted issues in my way, told me what to work on to clear and gave me tools appropriate to use for specific challenges.

I taught networking in New York City for years and noticed a significant difference when I consistently applied Ho'oponopono to the events and when I had not. The classes I had been diligent in clearing with this process, would be markedly different. I would get free convenient parking, had a class of adults that loved it and I went home satisfied. Extraordinary experiences began to occur from all the clearing I had done using this process. I began to receive messages from angels, ascended masters, and others.

One night Isaiah, known from the Bible, warned me to clear with earth changes. He said they would not affect me but to clear with them and to also call Kamaka, a former Ho'oponopono instructor. We both worked on earth changes before discovering we had a local earthquake later that night. Kamaka shared with me afterward that the effects of the earthquake would have been worse if we hadn't done as we were guided to do.

The process cleared so much that I was able, at times, to see right into heaven and receive information pertinent to myself and others. About the same time I learned Ho'oponopono, I also discovered I was able to remember past lives. What was extraordinary, however, was the ability to have people who I had been before, appear before me with information that I needed to include in my process, as their memories would be affecting me, even today.

No matter what the concern or struggle, I apply Ho'oponopono. I don't start my day without doing Ho'oponopono to clear every person, place, and thing I will come across that day. It has created peace and balance in my life. People comment on my unusual sense of calm. I have a useful tool that can be applied to anything and everything.

I don't know who, what, or where I would be without this gift of Ho'oponopono. I have successfully cleared some things in one application and in some areas I am still working on as new layers of contributing factors continue to appear. But I feel fortunate that no matter what the problem, I know if I do Ho'oponopono, all will clear and return to balance.

—Joy S. Pedersen

Spirituality

Ho'oponopono . . . how fantastic and what a wonderful word. It has changed our lives so much and the lives of others, thank you, thank you! My colleague and friend, Sue, has just bought five acres of land with a very old house on it. Immediately, when she arrived at the house, she knew the house needed a huge clearing but more so, the land. This land is in Auckland, New Zealand.

As synchronicities brought other people into our lives to paint a picture, it seems that a great deal of fighting and death has been on her land and a greater surrounding area, going back hundreds of years to very early Maori NZ. By clearing the land of lost souls and blessing the ground where many fell, it in turn, lifted the greater surrounding area—an area that has been plagued by failing businesses, unhappy homes, and a high percentage of teenage suicide.

We sat on the center point of the land coming to the crucial point of our clearing. I knew we needed to connect with a lost spirit who was very powerful and was holding back the flow of Spirit from returning home. In the way I work, Spirit comes into me and there is time for communication and then Spirit is released to the light. As I struggled for this connection, Sue and I fell into Ho'oponopono and very much acknowledged our part in their pain and for the years that many have walked, without thought, over their bones and for their ancestors and our ancestors and for forgiveness for all of us.

At that moment, this energy came full force and a very special communication came forward—a very moving moment. As I continued to struggle with release, Sue fell into Ho'oponopono again and with blessings, this soul moved to the light. At that moment, sitting in the rain with the wind blowing through the trees, I was pushed backwards and

felt as though through the west corridor, many spirits came rushing forward and melted into the light. Thank you, thank you!

The second and equally moving moment was inside the house when I connected to what I saw was the soul of an elderly Maori woman with a Moko (tattoo) on her chin. Again, much love, acknowledgement, forgiveness, and responsibility given for her life and all that it entailed and the most amazing moment. As I started to release her, I started to wail very rhythmically (a wailing hum or moan) as Maori woman do in expressing grief and sorrow. It built to a crescendo and then as she departed, the wailing softly petered out. Having never been able to even sing in tune, I was very grateful for that moment of having voice and for the honor of helping her to the light. Mana and respect, forgiveness and love she returned home to her ancestors. I am sorry, Please Forgive Me, Thank you, I love you.

—Maggie Kay

Weight

I practiced Ho'oponopono with my stubborn teenager, while he was asleep, repeating the sacred words and he got up the next morning and hugged me, a real hug, for the first time in a long time. He didn't even ask for cash afterwards!:-}. That gave me enough encouragement to try the method with my life-long battle with obesity. I was cleaning on the idea that I was tired of all of the negative energy that goes along with obsessing and worrying about what I was eating.

I was attending a professional development workshop later that day. During the presentation, I heard someone moving around behind me and when I turned to look, an employee was setting a huge tray of brownies and punch on the small counter behind me for our afternoon snack. I turned back in my chair toward the presenter and I realized the room was uncommonly quiet. I looked around, suspicious of the quiet, thinking that I would find everyone staring at me. No one was staring at me and I was puzzled again by the quiet.

I started thinking about it and realized the quiet was not in the room . . . people were still shuffling in their seats and sighing, tapping pencils and clearing their throats; all the usual workshop noise was present. Then, I realized the quiet was inside of me and the source

hit me between the eyes. I instantly knew for sure that the quiet was the lack of my normal dialogue with myself about food. Typically, the sight of those brownies would have flooded my mind with a chattering rope of comments such as “Those look good but you can’t have one,” or “If you eat one of those you will be even fatter,” or “All of the work you did on the treadmill last night will be ruined by one of those,” or “Look at that skinny witch over there . . . she will probably eat four of them and not gain a pound . . . no, no, I bet she has never eaten a brownie in her life because she has more willpower than my sorry butt has” and the chattering would have continued on and on . . . blah blah blah.

I realized that I could not remember another time that I did not have some sort of internal dialogue about food. That day, I looked at those brownies behind me. I didn’t want one because I had a great lunch and in my mind there was nothing but silence. I was truly amazed. I now use Ho’oponopono on a regular basis. I made a screensaver to remind myself to use it. I painted little watercolor pictures with the words and have them framed around the house for reminders. I am not perfect because of Ho’oponopono but I have realized a lot of progress. Progress beats perfection any day of the week because it exists.

—Tammy Blankenship



RESOURCES

Attracting for Others e-book: www.attractingforothers.com
Attract Miracles Group: www.attractmiracles.com
Attract Money Now e-book: www.attractmoneynow.com
At Zero book: www.atzerobook.com
At Zero music: www.atzeromusic.com
Aligning to Zero music: www.aligningtozero.info
The Awakening Course: www.awakeningdownload.com
Beyond Manifestation event: www.beyondmanifestation.com/
Ceeport clearing stickers: <http://ihhl-ceeport.com/>
Chunyi Lin: www.springforestqigong.com/
Dr. Hew Len: www.businessbyyou.com/
Dr. Joe Vitale: www.mrfire.com
Dr. Joe Vitale on Facebook: <https://www.facebook.com/drjoevitale>
Espresso for the Soul music: <http://guitarmonks.com/memp3/>
“Got a Problem?” (Ho’oponopono song): www.getupandstrut.com
Ho’oponopono: www.hooponopono.org/
Ho’oponopono bath products: <http://intentionallyclean.com/>
Ho’oponopono healing paintings: www.healingpainting.com/
Ho’oponopono jewelry and other cleaning tools: www.intentionaltreasures.com/
Ho’oponopono Meditation: <http://hooponoponomeditation.com>
“I Love You” audio: www.milagroresearchinstitute.com/iloveyou.htm
Mabel Katz: www.mabelkatz.com/
Miracles Coaching: www.MiraclesCoaching.com
Mormah’s Prayer: www.MormahsPrayer.com
Mormah Teachings on DVD www.Hunaohanastore.com
The Secret Mirror: www.VitaleSecrets.com

Self-Identity: www.self-i-dentity-through-hooponopono.com

Transformational Leadership Council speech: <https://www.youtube.com/watch?v=ZTViougNWKo>

The Zero Point: www.nightingale.com

Zero Limits audios: www.zerolimits.info

Zero Limits book: www.zerolimits.info

Zero Limits meditation: www.Divinewhiteboard.com

Zero Limits: Second event on DVD: www.zerolimitsmaui.com

Zero Limits: Third Event on DVD: www.zerolimits3.com/

Zero-wise tools: <http://zero-wise.com/>



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He has recorded numerous best-selling audio programs, from *The Missing Secret* to *The Abundance Paradigm* (all published by Nightingale-Conant).

He’s also an accomplished singer, songwriter, and musician, with six albums to his credit so far, including *Strut!* and *Sun Will Rise*. Ten of his songs were nominated for the Posi Awards, the Grammys of positive music.

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