



Ho'oponopono Simplified with Mabel Katz, Dr. Hew Len and Saul Maraney

**SAUL MARANEY:** Today is the 28<sup>th</sup> of June 2008, and I am very fortunate to be talking to Dr Hew Len and Mabel Katz, and this is Saul Maraney from [www.hooponoponosimplified.com](http://www.hooponoponosimplified.com).

Dr Hew Len, my first very special guest, was born in Hawaii, and has a  
5 Doctorate from The University of Iowa, and a Master of Science from The University of Utah, and a Bachelor of Arts from The University of Colorado. Dr Hew Len is the Chairman Emeritus of The Foundation of I, Inc, Freedom of the Cosmos, a Non-Profit Educational Foundation, and the work of The Foundation is rooted in the ancient Hawaiian problem dissolving process of  
10 Self I-Dentity Through Ho’oponopono. Dr Hew Len has conducted World-Wide classes of Self I-Dentity Through Ho’oponopono, and has given three presentations at The United Nations. More information about Self I-Dentity Through Ho’oponopono and Dr Hew Len can be found at:  
[www.hooponopono.org](http://www.hooponopono.org).

15 My other very special guest Mabel, has been studying and practicing and teaching Ho’oponopono for over ten years now. And very often with Dr Hew Len. Mabel is a business consultant, author, speaker and seminar leader, and she is a shining star in The Los Angeles Latino Community. Mabel travels around the world, where she fascinates large audiences, sharing her  
20 knowledge about Ho’oponopono, and talking about her wonderful book “The Easiest Way”. More information about Mabel can be found at:  
[www.mabelkatz.com](http://www.mabelkatz.com) and [www.businessbyyou.com](http://www.businessbyyou.com).

So I am really very excited to have both you Dr Hew Len, and Mabel talking with me this evening.

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**DR HEW LEN:** Thank you for having us.

**MABEL KATZ:** Thank you Saul.

5 **SAUL MARANEY:** Thank you. And I would like to ask you Mabel, if you would please read the “I am the I”, the special Ho’oponopono prayer in English, and if Dr Hew Len wouldn’t mind to read it Hawaiian, so that we can get started tonight.

10 **MABEL KATZ:** Thank you Saul. Thank you so much for this opportunity.

So “I am the “I””:

“I come forth from the Void into Light. I am that breath that nurtures life. 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  
15 minds with matters. I am the incoming and outgoing of breath. The invisible, untouchable breath. The indefinable atom of creation. I am the “I”.”

**DR HEW LEN:** “I am the “I”” in Hawaiian...

20 **SAUL MARANEY:** Well thank you both of you, and really once again, it’s such a fantastic privilege to be speaking to both of you, with me here in Johannesburg, South Africa, it’s just about Midnight my time, and both of you are in Los Angeles in The USA, and it’s 3:00pm, but its amazing that we are connecting, and it is almost like we are in the same room.

In September last year I made the trip to London to attend a Self I-Dentity Through Ho'oponopono weekend conference with Dr Hew Len, and really what struck me was the simplicity almost of The Ho'oponopono processes, and a lot of people tried to grasp this with their conscious mind, and tried to really reason it out, and that I know, from what I have experienced, and from all the work that I have done is really, really impossible. So Dr Hew Len, perhaps I can start by asking you to please describe, what is Ho'oponopono and the cleaning that we do, what is the main reason, and what is your reason for spreading this word for everyone to benefit from?

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**DR HEW LEN:** Well, the word Ho'oponopono means to correct errors. And so we have to be really clear about what an error is. And an error is just memories replaying in the subconscious. Memories replaying, or you can put it another way: "History repeating itself." So if we have for example, problems such as heart problems, or we have financial problems, the problems are simply being replayed. So the idea of The Ho'oponopono is to appeal to The Divinity in us, and make amends for that by simply saying: "I would like to make amends for whatever is going on in me, whatever history, whatever memories are replaying in me; I'm asking that it be erased and transmuted to nothing." And so when that is done, assuming for now at least, The Divinity comes down and erases in the subconscious the memory replaying poverty, then you're back to Zero. You're back to what Jesus called "Purity of Soul", to what Shakespeare called "Blank", to what Buddha calls "The Void". And so now that you're back in "The Void". You're Free! And in that moment of freedom, out of the nothingness, comes "The Light", what Buddha calls

“Enlightenment”, what Shakespeare calls “Poetry”, what Jesus really calls “Inspiration”. So the idea of The Ho’oponopono is that the problem is only within the Soul, specifically the subconscious, and The Ho’oponopono corrects this by working with the Entire Self, what we call: Self I-Dentity. And  
5 there’re four aspects to what this is. Maybe I can end there. If you have any other questions you would like to ask me or Mabel?

**SAUL MARANEY:** Right, and I’ve heard you describe before, and from when I attended your class, and it really made sense to me, is that we are all  
10 created in the image of The Divine, which is “Void and Infinite”...

**DR HEW LEN:** Yes.

**SAUL MARANEY:** Perhaps I could pose this to Mabel, and I’d like to hear  
15 your take on it please, afterwards, Dr Hew Len, that “Void” and that “Emptiness”, if it’s anything that we want to attract into our life, or that Inspiration that comes through from The Divine; Is that meaning, that really once we can almost silence our self, and not be engaging with our conscious mind, that that’s when we can really be helped and guided?  
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**DR HEW LEN:** Yeah well, the point is, it’s interesting. The other day I was eating yoghurt, and I noticed that on the yoghurt, the cover of the yoghurt, it said: “Fat Free”. So us Americans are kind of interested in being Free. And so  
The Ho’oponopono is about setting the mind Free from data repeating,  
25 replaying suffering, replaying problems. And so what we want to do is the

point of existence, is to get back to Freedom. And Freedom means being back for Buddha in the “Void”, for Jesus it’s “Purity”, for Shakespeare it’s “Blank”, for Goethe, The German Philosopher, it’s “Silence”. So the idea is: “Freedom First.” - That is we want to do everything we can, every way, to clear our mind  
5 to get back to clarity. And Ho’oponopono is about appealing to The Divinity in us to make the correction. That is to erase that which keeps us from being at Zero. So once that gets erased, and we come back at Zero, we’re back to freedom. And only out of freedom, then can this Inspiration come forth from this Light. So do you want to comment on that Mabel?

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**MABEL KATZ:** Yeah. I would like to say that, you know when people are talking about the “Void”, the “Emptiness”, you know, those are for a second. We all have kind of that experience of things going slow, but we need to be conscious that memories are playing all the time. So the question that people  
15 always ask is: “When do you know you are coming from Inspiration, or when you are coming from memories?” And you have to realise that this cleaning has to be done constantly, like the breathing. So this is something that you practice, and you practice and you practice. And you find more that you’re coming from that Inspiration. Then you realise, sometimes even later on when  
20 you look back, and you realise that it couldn’t be you, you know: “How did that happen?” And you start experiencing some miracles in your life sometimes, because of your willingness to let go and allow Inspiration to enter in your life. You give permission.

**DR HEW LEN:** But this Inspiration, or what Buddha called “Enlightenment”, it can only come out of being free first. So if you read for example Shakespeare’s Sonnet 146 and 147, he calls memories “Rebel Powers”. These are the powers that go against Zero, and against the Light. So The

5 Ho’oponopono is a process of erasing the “Rebels”, which are just memories replaying poverty or fear. And once those memories get erased, you’re back into what Jesus called “The Kingdom”, Buddha called “The Void”. And only out of being at that “Void” or “The Kingdom”, then can Light come forward, because then you don’t have any counter-forces. So Ho’oponopono is about

10 erasing counter-forces in the subconscious, which are just memories or histories, taking you back to Zero, and then allowing the Light to be back. - The Light will come automatically, and it won’t come unless you’re Free!

**SAUL MARANEY:** Right. So Dr Hew Len , does that mean that any time that

15 we consciously engage with our mind and worry, and talk to other people about our problems, that we are actually standing in our own way of that?

**DR HEW LEN:** Yes. Not only that, but the poor Soul in us, when we talk about a problem, when we try to get answers from some other people, we

20 really rob ourselves of Freedom of Heaven. Because the only Being that can release us from the history, from the memories replaying, from suffering, is The Divinity or The “I am” in us. And that “I am”, the way the “I am” does it, it transmutes. That’s it takes a memory which is conflict, and it takes that memory back to “Pure Energy”. And once it’s back to “Pure Energy”, it takes

25 that memory, that “Pure Energy”, and it releases your story. Now you’re back to Freedom, no opposing forces, and then the Light automatically comes. This is why you hear that famous Biblical saying: “Seek ye first The Kingdom, that is seek ye first freedom, then all else will be added.” Whatever is Perfect and Right for you, will come forth from Zero into Light.

**MABEL KATZ:** Saul, something that has helped me when I found Ho'oponopono, is to realise, you know, that I don't know anything, and the idea of letting go, you know, erasing and giving permission like I said before  
5 for these memories to be erased. And what happened is, I found out that there was things that we could do when a problem does come, is like what you said, worry, thinking, coping, you know, trying to manipulate, to control. When you really let go, that is really when you find that Freedom that Ihaleakela (Dr Hew Len) is talking about. And then things are starting to fall  
10 into place, and those solutions, perfect solutions to your problems just come.

**DR HEW LEN:** See, what no one really fully realises, except maybe people like Shakespeare or the great Sages such as Buddha and Jesus, is that the mind is not in control. In other words, the conscious mind, the subconscious,  
15 nothing's in control, And what really runs the mind are only two different Laws. Only two Laws: The Law of memories, which means it's repeating problems, or the Law of Inspiration. So you only have those two choices. So the conscious mind has a choice: "To be or not to be Free?" And so The Ho'oponopono is about allowing the conscious mind to go the route of  
20 Freedom to being responsible. So the business of life is being 100% responsible for the history in the subconscious that replays problems. Now the only question is: Whether the conscious mind is going to choose to be, or not to be Free?

25 **SAUL MARANEY:** Right. And Dr Hew Len, one of the major axioms of Ho'oponopono is that "There's no out there". Can you relate that to the importance of actually knowing and discovering who we really are?

**DR HEW LEN:** So what happens is, when we... I'll kind of come back to sort  
30 of a simple explanation: So I have in my mind three "Sets", what I'm going to call three "Sets". So let the three "Sets" be three sets of eyes. So if I am looking coming from Zero or from "Blank", I will be blind. In other words, if I'm coming from nothing, I can't see anything, which means that: "Love is blind." -

You're actually seeing with the eye of Love and you're blind, because that means no judgement, no right, no wrong, no up, no down. And then, from that "no eyes" comes the next process, which is called "The Divine Eye", and from out of that Zero comes the Light. And so now you see with The Light of God.

5 So we have that famous saying that Jesus again comes back to this great saying: "Seek ye first The Kingdom, then you come from Blank", and then Goethe's "One who reads the mind, if the mind is pure in heart, you will see God". So the seeing of God in another person is seeing through your eyes, coming from Zero, and then the Light coming through. So you're actually

10 seeing people as they are really who they are. – Perfect. Now the third "Set" of eyes is to look at someone through the eyes of memories, and this memory's coming from inside. And when I look with memory, I see I'm really looking like I am looking through dark glasses. I don't see the person for who that person is: Perfect, in any way. So any imperfections I see, that I

15 experience of the world, is really imperfections of me, which is wonderful to realise. That the business of life is only to release the imperfection in me, the judgements, the anger.... The eyes that I see with, so I always see with judgement, which is history repeating itself. So The Ho'oponopono is about asking The Divinity in me to release those memories. So now the dark, the

20 shade goes, and I can see more clear, I see perfectly, and then I see with Light. So what the Hawaiians Call "Aloha". – So when I say "Aloha" to you Saul, I'm saying "I'm in the presence of God".

**SAUL MARANEY:** Right. That's incredible. And when you were working at

25 The Hawaii State Hospital, and you were brought in there, and was it only when you started changing your perception of how you saw people that they started to change? How does that relate to what you are saying now, Dr Hew Len?

30 **DR HEW LEN:** So what happens is, and again, all these great Sages are saying: "You have to give up the woe." And then one has to realise, the woe is only what we experience in our Souls, specifically in our subconscious, and that woe is a repeat of a memory. So when we come to a situation, we always

have to deal with some tape bringing the past to the present. And so the idea of when I work with anybody, be it my own children, be it with people in State Institutions, be it with email, I have to be willing to moment by moment, clear in me what I experience of them. And once I'm clear of that, then I seem them  
5 as God created them, and they experience that, and they go home.

**SAUL MARANEY:** Shoo. And...

**DR HEW LEN:** Mabel, don't you have something you would like to comment  
10 on that?

**MABEL KATZ:** You know, it is important to know, you know, we are always waiting for others to change, and then we realise that it is just us, you know, and when we change, everything changes. But that applies to everybody;  
15 People you work with, you know, your own kids, and every body. It's like they change. But really, you change. Because whatever gets erased from you, it gets erased from your family, relatives and ancestors. So this is profound work.

**SAUL MARANEY:** Right. And Dr Hew Len, from your book "Zero Limits" and Mabel's wonderful book "The Easiest Way", which I've read many, many times, one of the other major axioms is that this "Peace begins with me". So once we take that initial move to change our self, and change the way we perceive people, and keep on cleaning those memories in our subconscious  
20 mind, does that really affect the people around us?  
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**DR HEW LEN:** Yes, because again: The most important question always to ask is: "Who am I?" - And when one has no sense of one's Identity, one's always going to be lost in the data, because the data is ferocious, the history  
30 replaying. So every time you come to a situation, you're bringing history with you, and it's ferocious! Unless you are willing to realise that you're bringing history to the moment, then you're forever stuck. So The Ho'oponopono is about appealing to The Divinity within the Self to erase the history. So now

you come clean. Clean meaning you come Zero, and Zero means “Peace begins with me”. So as long as you’re at Zero, everybody else has to be Zero, because we all share in all the accumulated data of Creation. It’s like whatever I hold in me, it’s held in the whole Cosmos. So if I release it, if I ask  
5 for a release of the data, and assuming Divinity decides to release the data, whatever gets released in me, gets released in the whole Cosmos, because I’m one and the same with the whole Cosmos. If the Cosmos is in pain, I am in pain. And most of the time, what happens, like if you read the book “User Illusion”, you discover that maybe one to two bits of information per second  
10 you’re conscious of, but there’re millions we’re not conscious of. So the idea that Mabel talked about: You have to be willing to ceaselessly clean, so that you can be at Zero, and only at Zero, can you have this, what I’m going to call: “Absolute Peace”.

15 **SAUL MARANEY:** Right. So the idea of The Ho’oponopono is to be at Peace, no matter what is happening to us.

**DR HEW LEN:** Yep.

20 **SAUL MARANEY:** And that by being at Peace, The Divine can infuse us with this Inspiration to know what we go to do next.

**DR HEW LEN:** Yes.

25 **SAUL MARANEY:** Brilliant...

**DR HEW LEN:** And what happens Saul, is most of the time, we don’t realise it. If we’re doing cleaning ceaselessly, we may be inspired and not know it. So when somebody asks me as I travel around the world: “Well, how do I know  
30 that I’m Inspired?” – That means that you’re suck, because you’re asking. The fact that you are asking, you’re hooked. To that I suggest: You keep cleaning, and not be concerned about whether one is Inspired, because if one would be willing to clean, then you can count on The Divinity doing its part. If you don’t

do your cleaning, then Divinity can't do its part, which is to transmute information. So the idea is: I never go the route of "Am I Inspired?" Because then I am stuck in thinking about: "Am I or am I not Inspired?" So the idea is not to even go that route, but to constantly clean. Because that's the only purpose of why we exist: Is to clean. – We're not here for any other purpose!

**SAUL MARANEY:** So by being clean, and if our only purpose is to clean, is that so that we can be close to God, and be really sent the Inspiration to guide us moment to moment?

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**DR HEW LEN:** Yeah. Not to be close with God, but to be One with God. So when we're at Zero, that's we are at nothing, then we are one with God, because in Zero resides The Divinity. Divinity and Zero are one and each other. So as long as we're back to Zero, we're back with The Divinity. And since The Divinity knows why It's created each one of us, then I will get what I need, Mabel will get what she needs, your radio program will get what it needs, the listeners will get what it needs, you'll get... As long as one of us goes back to Zero, we all go back to Zero.

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**MABEL KATZ:** You know, I like the idea, how Ihaleakela (Dr Hew Len) put it about that when you are at Zero you are blind, you know that: "Love is blind", you know, those are the moments of no opinions, no judgments, no expectations, so that really things can come into our life. And then again, we don't know if it's through Inspiration or not, or if we are coming from memories? But the idea is: You keep cleaning, you keep cleaning, and more is coming, more is going to come your way. Whatever is right and perfect for you.

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**SAUL MARANEY:** Right. And Dr Hew Len, you mentioned that book "The User Illusion" by Tor Norretrandes, and for me it was very, very enlightening to read that book, to realise that, out of the really, ten or eleven little bits of information that we are consciously aware of, there's so many millions of bits of information out of our awareness. And I remember from our weekend in

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London, where I spent with you on that weekend, that there were one or two people in that weekend that had their buttons pushed, and they got angry with you.

5 **DR HEW LEN:** (Loud Laughing)...Yes.

**SAUL MARANEY:** And is that why you are always cleaning all the time, just to try to avoid that, and that's going to happen any way?

10 **DR HEW LEN:** Well, I think you're cleaning to be clear. – I'm always cleaning for only one purpose. – To be Free. Because if I'm Free, I'll be fine, and everybody else will be fine! So, like at the London class, or the class I am going to be doing in Japan a weekend from now, what happen is that: I'm always sent the names of students as they register, because I'm saying to  
15 them: "You need to provide for me the names of students, so that I can clean in advance, to prevent anything from coming up that could be prevented." Now, there are going to be situations in which, no matter how much you clean, certain things have to come up because they're like teaching situations in the class. But it's important to prevent. So The Ho'oponopono is about preventing  
20 problems by getting to Zero. And the way to do it is, for example, if I'm going to be doing a class in Japan, I would like to know the place I'm going to do it in? Who's going to be present? The equipment that's going to be used? – Everything that's involved. So that I can be doing my cleaning, so that I can be at Peace. The equipment can be in Peace. The room can be at Peace. The  
25 land in which the buildings sits can be in Peace. Because if I don't clean upfront, all Hell is going to break loose. Because, the only reason I am here, and I am going to be in Japan, is because things are going to come up, that if I don't set free, I'm going to receive Hell. So in London, there were two or three people. You cannot look at them in terms of people, you have to look at  
30 them in terms of "bugs". So there are "bugs" in my "computer bank", data, that bug people. So I get to show up to see what I need to "de-bug", as apposed to showing up to teach people or anything. I only go, because if I "de-bug" myself, everybody else will be fine.

**SAUL MARANEY:** Right, and Mabel, I know that I've heard from you some one or two examples, I think there was a Palestinian person in one of your conferences recently, that also at the beginning, from recognising your  
5 surname, and thought: "What can could she offer you?" And just by your cleaning, you were able to dissolve that!

**MABEL KATZ:** Yes, well actually there was a tremendous impact in what the cleaning can do, because he had a reaction of what I said, he didn't agree. I  
10 asked him actually to be open, you know, because I really thought that we were saying the same thing using different words. And the following day he came, he brought me a book as a gift. He shared a story of something that happened to him using The Ho'oponopono tools, and having incredible results. And he actually, at the end of the training, he said: "This is Peace in  
15 The Middle East". It's about, you know, letting go. Letting go.

**SAUL MARANEY:** Right, and Mabel, I've heard you say before that you have a real mission, and you feel you are on a mission, especially with the wonderful work that you're doing with The Latino Community in Los Angeles,  
20 which you've said is not an easy job, and it really takes a lot of your effort, and you can do with all the cleaning you are getting. I'd like to ask you, what do you feel is your personal mission with The Ho'oponopono? What really drives you to be able to continue every day, and Dr Hew Len, perhaps you can also give me your side of that when Mabel is done with that?

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**DR HEW LEN:** Sure. Yes.

**MABEL KATZ:** Well my feeling is that my mission is to wake up  
30 Consciousness, you know, wake up people. And we all have choices. So I know I found my path. I know Ho'oponopono works. But I'm also open. And I realise that there are people that are going to choose other ways. But I always tell people: "You have to do what works for you, but it is something that you do something." It is important that we wake up. We, you know, find out who we

really are. We cannot keep playing victims and feel sorry for ourselves, and feel that this world is not fair. So once and for all, we need to take 100% responsibility. We need to know we are attracting everything in our life, and I feel that that's kind of my mission. And I share because I found my path, and I share it with them. And there are people that will do the cleaning, and some others will choose differently. But I know this works!

**SAUL MARANEY:** And for you Dr Hew Len, I've heard you say that you would actually prefer to get old at home, and not have to bother with all of this.

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**DR HEW LEN:** (Loud Laughing)...You hit it right on the head. I told Mabel that often. So the question is always: "Why am I in this existence?" – That is the question I ask myself. And for me, the answer is simple: Obviously The Divinity said: "Listen: You're a prodigal son, you've got stuff you need to make amends for, and I'm sending you back into this existence because I'm giving you one more chance to come home to Freedom." And so for me, the teaching of The Ho'oponopono is not my central purpose in life. My central purpose is really to set myself Free. And The Ho'oponopono allows me to set my history Free. History of judging, anger, annoyance, irritations, being nasty, all that sort of stuff, and I'm willing to do it! And the teaching is just a means for me to travel to see what it is that I need to let go of? And so I get to work on things like potential jet-lag, but I don't have that kind of problem. I know how to deal with that. I have things that I have to deal with all the time, like babies crying on the aeroplane, so I go: "Oh, ok, I get to work on that". So the bottom line for me is: I'm only in this existence because The God Who loves me said: "Hello! You have unfinished business, and so I'm giving you one more chance. You're a prodigal son. You get to choose to come home to Freedom, or not." And so, I'm in this lifetime. I'm clear. I have the problems. I'm not out-there. The problems are inside of me. They're memories replaying. And I'm willing to do my cleaning so that the memories can be set Free, and I can be Free. But it's not easy to do. I mean it's very difficult to do. Like Jesus said: "Walking a straight path is not easy to do. But I'm willing to do it".

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**MABEL KATZ:** Well you know I just realised as we are talking, because we always say that our purpose and our mission is to clean, and I just realised that really, what I share as my mission is really my passion. To wake up Consciousness. And how wonderful that I can do this work. That I can do my  
5 passion, and sharing what I came to do. That is to clean. And I love to do that.

**SAUL MARANEY:** Right, and Dr Hew Len, I remember in London, I'm sure you also remember, that there was actually a very young baby that cried a lot during that second day.  
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**DR HEW LEN:** (Loud Laughing)... Yeah.

**SAUL MARANEY:** And I remember you pointing out that nothing is ever what we think it is, and any sort of problem or interference that we perceive, is that  
15 actually just another chance that God's giving us to clean on it and clear it out?

**DR HEW LEN:** Yeah. So Saul, so what happens is, the baby cries, and it doesn't happen by accident. The baby can't cry unless we're present.  
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**SAUL MARANEY:** Right...

**DR HEW LEN:** I mean it cannot. So now the only question is: Whether you  
25 are going to resist the crying, or resist whatever is going on in you, whether it is annoyance, irritations? But again, as the great Sages tell you: "Love your enemies." And your enemies are only your history replaying. So when a child cries and you react, some people to be very honest with you, come in so clean, if a baby cries, they can't hear the baby. But for us who have stuff,  
30 we're going to hear the baby cry, and we're going to resist. We're going to say: "How come? I paid four hundred, whatever dollars, and what's this baby crying?" So we bitch and we moan. See, but we're stuck in the world. And Jesus said: "You've got to give up the world." And it's not easy to do, but boy,

I'm willing to do it. But now, what happens is, if all of us did our cleaning before we showed up, the baby couldn't cry. The baby just could not cry if somebody who showed up was doing their cleaning, and cut their ties with the baby crying. So once the data gets erased from one of us that has anything to do with the crying, it erases that which would bug the baby, then the baby can't cry, you see. So I'm always cleaning. So as a matter of prevention. But there're going to be times, no matter how much I clean, like I had on an aeroplane. I was sitting on an aeroplane coming back from Japan, and I was cleaning with whatever was going on with me with the person sitting next to me, because I could smell alcohol, it was going. And then I heard really clearly: "He's going to throw up on you!" And I went "Huh? - He said what?" - "He's going to throw up. No matter how much you clean, he's going to throw up on you, and he needs to!" And I'm going: "Ok!" (Laughing) - So I did my cleaning, and sure enough, half way through he threw up on me. I had to be cleaned up. But I heard myself saying to him: "That's no problem! No problem, no problem". And then, when he goes to Honolulu, and he was picking up his bag, he saw me and he said: "You know, I felt so much better when you kept saying to me "No problem, No problem". - But: "Peace begins With me!" - No matter if somebody threw up on me, huh!

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**SAUL MARANEY:** Right, and Dr Hew Len, it's so almost difficult in a way not to have judgements and opinions, and those assumptions.

**DR HEW LEN:** Oh Yes!

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**SAUL MARANEY:** Saying things like, "Maybe The Divine is cross with me, and this happened. Does that really get us into trouble when we try and work that out?"

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**DR HEW LEN:** Yes. The idea is: If we clean. And that is if I clean, that's my part. My cleaning means I am saying to Divinity: "I would like to make amends. Please forgive me. I am sorry for whatever is going on in me, that I'm replaying this problem." If I'm willing to do that relentlessly, do my cleaning,

Divinity has to do it's part. It cannot say: "Well, I don't know about that. I'm on vacation." So, you know, but if we don't do our part, which is: "I'm sorry. Please forgive me." Divinity can't do It's part, which is the transmutations of the error. So the idea is: I don't get into the give and pull and take, but I know  
5 it's not easy to do this cleaning. But I know that if I do it, I'll be fine.

**SAUL MARANEY:** And Dr Hew Len, I was reading from some of Dr Joe Vitale's stuff this afternoon, when I was preparing to speak to you...

10 **DR HEW LEN:** Who's stuff?

**SAUL MARANEY:** Dr Joe Vitale.

**DR HEW LEN:** Yes, ok.  
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**SAUL MARANEY:** And I remember reading that you talked a lot about your early experiences with Morrnah Simeonah, where you didn't last too long in the few classes that you attended, until finally, her cleaning allowed you to see what she was talking about. My question to you is: When I met you in London,  
20 and from a lot of the interviews that I have hear you say, you make quite a big fuss about the room that those classes are held in, and to most people it seems like the room isn't living, or money doesn't have (sort of) feelings, can you describe those three parts that the room and money has, and why that's so important to you to respect that?

25 **DR HEW LEN:** Yes, well if everything has an Identity, the Identity comes from The Divinity. Which means that everything has Consciousness. Whether it's a room, whether it's you car, whether it's the atoms and molecules of your car, whether it's the road. I'm always talking to these. For example, I had a case in  
30 which somebody was trying to sell a piece of property, and it was just so troublesome. So the person gave me a call and we went over it, and I simply said to her: "Well, have you talked to the property to see what's up with the property?" She goes: "Hu?" I said: "Listen, if you were the property, wouldn't

you want to have some say in who was going to buy you?” And she said: “Of course!” I said: “Why wouldn’t the property have some say in wanting to have the right person buy it?” And she kind of thought a little bit about that, I could feel “boom boom”. But I was doing my cleaning. And she said: “Ok, I’m kind of  
5 open to that, but it’s kind of wired, I mean you know, properties being purposeful and having a choice.” I said: “Well, let’s see..” And so, what came up is a cleaning process, but what really came up also, was for her to have a conversation with the property. And you know, I guess, I don’t know when, two or three telephones later, she cried, and she said: “My God, I could actually  
10 hear the property balling, and that all of the people who have ever been in that property had no appreciation for the property.”

**SAUL MARANEY:** So Dr Hew Len, those memories that we have in our subconscious mind, those are our enemies, and I know that one of the  
15 simplest Ho’oponopono tools is to say: “Thank you” to our memories, and “I love you” to our memories.

**DR HEW LEN:** Yes.

20 **SAUL MARANEY:** How does that work by thanking and loving that memory, that we’re able to send a message to The Divine that we want that erased?

**DR HEW LEN:** Well, I think Mabel can comment on this too, but the idea is: Whatever we resist, we are stuck with. And so, when something comes up like  
25 a sciatic pain, The Ho’oponopono is saying: “It’s just a memory.” – Say to that memory: “I love you. Thank you for showing up and giving me one more chance to ask Divinity to set you Free.” And so, it’s again one of those Biblical sayings that goes something like this: “Love your enemies.” It’s in both of Shakespeare’s tragedies; The bottom line is that there is Mercy. And the  
30 Mercy is: You’re loving those things in you that cause you to suffer. And the way you love your enemies is you say to them: “I’m sorry. Please forgive me.” And you literally capitulate. You give up, and the enemies say: “Oh, there’s nothing to fight, bye...” And they leave. Mabel.

**MABEL KATZ:** Yeah. You know, I learned long ago that resisting actually attracts more of what you don't want. I read something the other day that says: "When you find yourself in a hole, don't keep digging."

5

**DR HEW LEN:** (Loud Laughing)

**MABEL KATZ:** And that's kind of what we do. From Ihaleakela (Dr Hew Len) I learned: A problem is not a problem, unless we say it is. And a problem is not a problem, but how we react to that problem is a problem. So, things are going to happen, you know, we are going to feel the pain. Suffering is optional! We are always choosing. That is what we need to realise. We are always choosing. So, we can choose to let go, or we can choose to engage, and react, and resist and think, or worry.

15

**DR HEW LEN:** And you know, there're only two basic Laws, I think other than what causes the mind to experience anything, and that is Love. The idea is to love God, and to love your neighbour as your self. And ultimately, your only neighbour is the "rebel powers" in your Soul. And so it's kind of easy, it's like you say: It's very simple in saying. The other day when I was giving a class in Iowa, somebody says: "Hey, this sounds like a gimmick!" I said: "Well, maybe it is, but maybe you ought to try it." You know, loving your enemy is kind of unusual, because usually we resist, we fight them, we do everything, and we notice they don't go away. But to love your enemies, to release them; My God! – I mean this is the whole notion of Shakespeare, and Shakespeare's notion of Mercy and Grace. So The Ho'oponopono is about Mercy and Grace. Not resistance. Not being worried. But loving your enemies, which is just your history replaying.

**MABEL KATZ:** And I think that it helps, to really get to the point and you realise that: What we don't know, that we don't know. And then you are more willing to really let go, knowing that you don't know what is right and perfect for you. And you learn to be more open, flexible and not having so many

opinions and judgments. And really, life starts flowing, and it's going back to being children again, you know. So it's beautiful!

**SAUL MARANEY:** Right, and that's very interesting, and basically what you  
5 guys are both telling me is that: Any sort of problem we perceive in our life, be it shortage of money, or a relationship problem, or even a health problem, those are actually memories that are causing it.

**DR HEW LEN:** Yes.

10

**SAUL MARANEY:** And the only way to dissolve it is to go down to that memory, and sort of thank that memory, and from there it goes up to The Divine, who can send down that "Manna", that Energy to delete it.

15 **DR HEW LEN:** Yes. You see what happens is that, money... There are people who make hundreds of millions of Dollars, but they're stuck in that. They want to make more, and more, and more, and more. But you know, the question is: "Why?" – Well, I think nobody can know this. It's a memory replaying, where you're always gathering, and gathering. But you take a short  
20 life time. We only have eighty to ninety years of life, and that's short in the life of The Universe. This idea of just gathering. But why not be Free? Why not be Free? – I mean, that's the ultimate goal. So that when you're Free, whatever you have is Perfect and Right. If there's more to come, as long as you're Free, you'll get it. You don't have to sweat for it. See, that's what happened when  
25 Adam and Eve got "kicked out" of Heaven. They didn't get "kicked out", they changed their Consciousness. That is, when Adam and Eve ate the apple, which is Knowledge, they gave up Wisdom for Knowledge. And The Ho'oponopono is about letting go of Knowledge for Wisdom. And the Wisdom is Freedom! – "God I'm Free, I'm Free at last!" – That's the Wisdom you want.  
30 You want the Wisdom. You know, here in this great Country of ours, I think Mabel has eluded to it, that our National motto is: "In God we trust", but mmmm? - It doesn't show! (Loud laughing) And so for me, it's this constant cleaning. But the real wealth is Freedom. - Freedom from wanting. Freedom

from greed. Freedom from “to kill a baby”. That’s the wonder of it all. This Freedom!

5 **MABEL KATZ:** The beauty of being at Zero, like when we were mentioning before, is that, that’s when you really realise you don’t need anything, and that you have everything. So it’s totally different coming from that point, you know, being grateful actually for what you have, it will put you also in a completely different energy.

10 **SAUL MARANEY:** Right, so Mabel, for your advice to someone that would be listening to this interview, and really wants to start improving their life, and they see the relevance of what you’re saying, would that be moment to moment cleaning, and just not trying to think everything through?

15 **MABEL KATZ:** Yes, letting go. Especially that we think we know. That helped me. I kind of lived my life thinking I had to be perfect and know it all, and I learned to say: “I don’t know.” Now when people ask me, I just say: “I don’t know.” – You realise that not only are you setting yourself Free, everybody gets Free. Because now, the others don’t feel like: “Oh, You know, I should tell.” If I don’t know, I will make it up, you know? It is beautiful to set  
20 yourself Free. And even for intellectual and thinking people like me, discovering this gave me a lot of Freedom and Peace.

25 **SAUL MARANEY:** And Dr Hew Len, in your lecture, “Who’s in charge?”, and your online essay, “Who’s in charge?” What you really elude to there is, that we really are not in charge, because we have so many of these memories going on in our subconscious mind all the time, and we actually are unaware of them. For the average person out there, who has never heard of Ho’oponopono, or who’s just maybe woken up to some sort of relevance  
30 about The Law of Attraction, and that their mind is creating their reality, how do you relate to someone who really just has no idea whatsoever that all of this exists? And I know that a big part of the Ho’oponopono is: Unless you’re very, very moved by Inspiration, not to go out and teach this sort of stuff. But it

seems that most people are totally unaware of what we've been discussing tonight!

**DR HEW LEN:** Yes, so the bottom line is simple: So the question is: "Who am I?" – That question has to be answered. So for me, the answer is very simple: "I am a Child of God." - That means, as being a "Child of God", I am an exact replication of this Divine Being. And what does that replication look like? – I'm Zero and Infinite. That is, I am Eternal. I am Free. That's the point of Origin. So I know, that as long as I go back to the point of Origin, which is Freedom and being Infinite, I'll be fine. Now the only question is: "What keeps me from going back there, what gets in the way?" And that is the history replaying in my subconscious called: "Memories Replaying". So it's the memories that displace my Identity. That is: My being Free and Infinite. So now the question is: "Well, how do I get back there?" Well, you get back there with the cleaning process, for example, the cleaning process may be: "I X my situation." So for example, if I have a back ache: It keeps me stuck, I can't move around, I can't go out to places. Then in my mind is say: "I X." (So this is the cleaning process): "I X whatever is going on in my mind, that I experience as the back problem." And I do it relentlessly. "I X that memory. I X that pain". Or any other kinds of memory. So I'm always looking to go back to Zero first. That's my point of Origin. And the only way I'm going to get back here, is I have to let go of the memories that replay my problems. And the way that I do it, and one of the cleaning tools that I use, which is a cleaning tool of Repentance, Forgiveness and Transmutations. I simply work on my memories and I deposit those. "I ask that whatever is going on in me, whatever memory's replaying this problem, this problem, this problem." So I'm relentless in terms of this cleaning. Because I'm putting Zero first. And I'm wanting to put my being Free, and with God first. - That's my ultimate goal.

**SAUL MARANEY:** And by being Free of those memories and by reaching that Zero, everything that's perfect for you is going to come your way.

**DR HEW LEN:** Not only will it come my way, but everything that's perfect for everybody else, they'll get. A prime example is my work at Hawaii State Hospital. I wasn't there to do any therapy for the patients. I wasn't there to save them. I wasn't there to heal them. I was there to look at myself: "What is  
5 going on in me, that I experience this person being crazy, that person violent?  
- What's going on in me that keeps me from being Myself first?" So as I started to work on the causes of my experiences of the patients, as I began to ask Divinity to make amends for that, as I got clearer and clearer, they got clearer and clearer. The building got clearer and clearer. For example, one of  
10 the things that happened to this building, it always had plumbing and electrical problems. The toilets would flush with nobody on. But by the third year, when I was getting ready to go; No plumbing problems. No paint problems. No violence in the rooms. And nobody in seclusion any more. There were people on medication, but on less medication. So I wasn't working on them, I was  
15 working on whatever was going on in me. And as soon as I got to the point, I heard Divinity say: "Ok, it's time to go. You've got other places in your mind that you need to be responsible to clean up." - And so I moved on.

**SAUL MARANEY:** And for you Mabel, I know that you don't have some of  
20 those gifts that Dr Hew Len has, to be able to see sort of Spirits, and things that are not available to most of our eyes. And for your work that you do with your accounting practice, is most of your Ho'oponopono work just kept to yourself, and you do it while you're speaking to your clients and just in your normal course of your day?

25

**MABEL KATZ:** Yes, well, I do my best to do it as much as I can. Like Ihaleakela (Dr Hew Len) says: "To do it all the time." So, I notice that it affects everything. It affects my work, affects my family. And the changes you can see when you practice and when you clean! And I always say that I love to  
30 bring this kind of work to intellectual people, you know, people with Degrees out there, that don't believe, or are sceptics. Because I really cannot see, or cannot hear, what Ihaleakela (Dr Hew Len) says. But I realise that we get Inspiration in different ways, and we are moved by The Divinity in different

ways. And I love to be able to tell people, you know sometimes that, “normal” people, you know, if you can call us “normal”, this really works for us too. So I love the idea to be able to show again, that this works for everybody. And it’s amazing work.

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**SAUL MARANEY:** Right, well thank you very much Mabel and Dr Hew Len, I know that we only have a few minutes left, because we’ve been going for quite a while, and I know that both of your time is very, very valuable. Dr Hew Len, if we could sum up what we have been discussing tonight, and for you know, people want to always try and improve their life, and especially as Mabel said, intellectual people, and people that have always come from the conscious mind, and to question everything out. What would be your advice for someone that really wants to start detaching themselves, because they realise that their conscious mind can’t solve their problems? What’s the first step to go down that road?

**DR HEW LEN:** Well it’s more like a funny one. Because one of the things that came up one day is, some body said: “You ever notice that every time there is a problem you’re always there?” And it brought kind of a laugh to the room. And so one has to realise that any time there’s a problem, you’re always there. Because the problem is in you, and it’s an experience you’re having. It’s the perception, the judgement of whatever, and you’re stuck with it. So my only question, the bottom line is, like in one of Shakespeare’s writings: The question is: “To be, or not to be Free?” – Free of What? – Free of memories replaying stuff. And so if one chooses to be Free, The Ho’oponopono is a way of freeing up the stuff. And the way to do it is simply love your enemies. And to love your enemies is The Ho’oponopono. When I have a back pain, I can say to that in me (in me, not out there): “I love you. Whatever is causing this back pain. I love you. Thank you.” And then there are other processes. But the wonderful thing about The Ho’oponopono is that you’re only looking at your self. You’re only looking to take good care of your self. You’re only looking to be 100% responsible for what you experience. And if you want to

do those things, then Self I-Dentity Through Ho'oponopono can really assist you to do that.

**SAUL MARANEY:** Right, and for you Mabel, I know that you tried a lot of  
5 different sort of techniques, and Yoga was one of the last things you tried  
before you found Ho'oponopono, and I've heard you mention before. It is very  
important that we stick to "riding one sort of horse", and not confuse ourself  
with all of the different techniques that are available out there?

10 **MABEL KATZ:** Yes definitively. Well, you know, one thing took me to the  
other, and then when I came to Ho'oponopono, I realised that that's what I  
was looking for, because it's about: "I have created it. I can change it." And I  
noticed in other things that there's a lot of drama, you need to re-live the  
situation in order to let go. And this is about not even having to know what it is  
15 you are really letting go of. So I love the Freedom that this gives you. The  
Peace, and that you can apply it, actually, to everything in your life.

**SAUL MARANEY:** Whew. So, I think another big part of The Ho'oponopono,  
and I'm going to sort of end on this, is that there's NO "gurus", and you don't  
20 have to go outside of yourself to solve your problems.

**DR HEW LEN:** Oh wonderful... (Laughing)

**SAUL MARANEY:** And is that, Dr Hew Len, because of, we've got that  
25 Divinity within us already, and we can go directly in that way? And it's very,  
very refreshing and exciting to hear that we don't have to go to a psychologist,  
or "the gurus" outside of us, it's actually all available already to us.

**DR HEW LEN:** Yes. Now that's the beauty of this. And now I'm going to be  
30 really weird: Not only can people go, because you're a direct replication of  
The Divinity, but also trees and rocks and Oceans. They're direct replications  
of The Divinity, and they have it inherent in them, this ability to go back and  
talk to Divinity. So The Ho'oponopono is only, as Mabel has talked about, only

coming home to yourself. Which is: “Who am I?” - I’m a Divine Child. I’m a Divine Being, and so is everything else. And so The Ho’oponopono is about Honouring. Honouring the fact that we and everything are Divine Beings.

5 **SAUL MARANEY:** And is it important Dr Hew Len, to not be too tough on myself to find that, if I’m not doing my best remembering to clean, just to remind myself to actually get back to the cleaning, and to take it from there?

10 **DR HEW LEN:** Yes. Again, you know, there are great Sages who have come before us, and one of them said: “Father forgive us, for we know not what we do.” And so The Ho’oponopono is: There’s going to be a lot of slipping, and stumbling and falling. And you just notice that. You clean it, you stand up, you move on. As apposed to thinking: “My God, I should have known better.” But see, again, those are just memories repeating. And so, you know, you get  
15 used to going: “Ok, I made a mistake, I can clean that, I’ll pick myself up and go on.” So The Ho’oponopono really is about Joy, and about the fact that we’re going to make mistakes, but we can correct them!

20 **MABEL KATZ:** Something Saul, about, you know, “riding one horse” that is so, so important, because then there is a part of you, the unconscious, the inner child, that can do this cleaning automatically, like it does the breathing for us. But you have to be committed to the cleaning. And it is very important again, to find what works for us, and just do it. Otherwise this part of us gets confused, and says: “Ok, when the next problem comes out, what are we  
25 going to do?”

30 **SAUL MARANEY:** Right, and I think for me Mabel, and Dr Hew Len, one of the very exciting things that I’ve learned from the last three years that I have been interested in Ho’oponopono, is that it really gives me a lot more confidence in my own capability to know that I can connect directly to The Divine, even though I am an intellectual, but I’ve really realized that, and that’s very, very exciting. And also from what you said Dr Hew Len, is that we all are Perfect, and sometimes we find ourselves in judgment of other people, or

even doubting and getting disappointed with people. But there's no need for that, because everyone is already Perfect, and for me, that's really, really exciting to be reminded that.

5 **DR HEW LEN:** Yeah, not only that. You see, we're always going to fall and stumble. It's just the way it is! But we can recover! The Ho'oponopono gives us a chance to recover, So if we've made a judgement, we go: "Oops." - You acknowledge it. You go: "Ok." And then you begin the cleaning again. But the nice thing about The Ho'oponopono is that you can recover! You can set  
10 yourself Free. You don't have to stay stuck in the history replaying. And as you pointed out: I mean some people I guess, feel like they need another person to help them. But if you decide that you would like to have The Divinity do it, then the simplicity of this process is all you have to do. To say: "I love you. Thank you. I X the situation," You drink your (Blue) Solar Water. I mean  
15 you do some of the cleaning processes that's in the article "Who's in charge?" But ultimately, the goal is Freedom. "Freedom of The Cosmos."

**SAUL MARANEY:** Well thank you very much Dr Hew Len.

**DR HEW LEN:** Not at all!

20

**SAUL MARANEY:** It's been a wonderful opportunity to you, and I really, really appreciate it, and I know that a lot of people are going to benefit from everything you've said tonight, and thank you for being so generous with your time. And thank you to you Mabel, because this whole call is due to you, and I  
25 really, really appreciate all the help that you've given me, and we speak from time to time. And I think that this call will give people a lot of hope and a lot of reasons to be positive, because when I can to see you in London Dr Hew Len, it was at a time where it was exactly what I needed. And Ho'oponopono, and any thing in life, is there is never a mistake, and there's always a reason why  
30 people discover it when they do. And really, thank you so much for all your time and for all your effort.

**DR HEW LEN:** Thank you.

