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# Ho'oponopono Meditation

*by Mable Katz*

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Many people ask me if I meditate. My response is NO. Well, if you ask me if I meditate 15 minutes in the morning and 15 minutes at night, the answer is NO, because I actually meditate 24 hours a day. My meditation is Ho'oponopono; this meditation is actually 24/7 and 365 days of the year.

OUR memories and programs play 24 hours a day.

I always put God (Love) first instead of memories, every moment, with every step I take, with every decision I make, not only 15 minutes in the morning and 15 minutes at night, but all day everyday.

Ho'oponopono is a way of asking for the help and giving permission. It is doing it God's way instead of my way.

It is Universal law that when you ask you will receive that when you knock, the door will open.

See, we say we let go and let God but we worry. We say we let go and let God, but we think!

In order to see the results, you need to let go 100% and TRUST. You also have to ACCEPT that God knows best what is right and perfect for you. Since you don't know what that is, your job is to let go and let God and be open to the opportunities that will come your way.

You need to stop creating labels: "This is right", "This is wrong". This is correct, this is not. This is working, this is not working. You don't know! Your intellect will never know.

My teacher, Dr. Ihaleakala Hew Len always says that if we only knew what happens every time we say "Thank you" or "I love you", we wouldn't stop doing it. We would be cleaning (letting go) nonstop.

Every time we do our part, give permission (letting go), God does His part (transmutation). Because our intellects cannot see it or feel it, we say this doesn't work! Well, we have a lot to clean, so keep cleaning and start trusting.

There are two very important Universal laws we need to remember: The Law of Least effort (Ho'oponopono) and the Law of Detachment (Accept that everything is a blessing in disguise).

God is easy. Life is easy. We are the ones complicating things every time we engage and react instead of letting go.

I know when you practice and trust; you will like it and will agree with me. This is The Easiest Way.

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Source: <http://www.hooponoponoway.com/hooponopono-meditation/>