

# Ho'oponopono is The Easiest Way to Grow

*Interview with Mabel Katz about her new children's seminar*

**-You always surprise us with something new. This time we saw on the net that you delivered your first Ho'oponopono seminar for children in Mexico. There are always children in your seminars in Budapest, some even attend more than once. I think this is interesting for our followers.**

-Yes, definitely. The sooner we transmit this information to children, the better for them and for everybody. Our job is to make them happy. So, clearly, they benefit a lot from attending the seminars with their parents. But it's true, this time in Mexico we organized a seminar especially for children and not only did they enjoy it, we enjoyed it a lot as well since we were able to share with them.

**-We know that in Ho'oponopono seminars, cleaning is more important than information. What did you experience while cleaning with the little angels?**

-I enjoyed seeing what happened when children can be themselves, especially when you let them be themselves. That was when they could really learn how to clean. They took some tools they prepared themselves, such as the bottle to make solar water. They also painted mandalas with the Flor de Lis. It was very, very nice because they realized the different things they can do later



when they have a problem at home or at school.

**-This time, what did you learn from the children?**

-One of the most important things for me was when I asked them if they had an invisible friend and most of them, not only the little ones, but also the older ones who were participating, put up their hands. I think that was what surprised me most and I learned from them. And also how open they were and how they grasped the concepts I talked about: doing what you love, trusting yourself.

**-Your book *The Easiest Way to Grow bilingual* is translated into Hungarian, as is the Vbook for children. Did you receive inspiration to write a new book?**

-The seminar was even based on *The Easiest Way to Grow*, and we shared the videos of the V-book there, precisely because that was the idea. Through those stories we could give those messages that I consider very, very important, about how they can really be happy now and how they need to trust themselves.

Yes, I wrote a new book of short stories for children, based on those and other videos that I recorded



with stories that I call "strange", but which changed my life. Those stories are the ones I usually share in the seminars, and everybody asked me why I didn't write them down.

**-In some days you go on with your tour. Where are you going this time?**

-I'm heading to Veracruz, Mexico for the first time and I'm also staying in Mexico City for a few days. I'm also getting ready for the tour in South America, it will be longer than the previous ones and it includes more countries. That will be on the first days of June.

**-Your Hungarian followers, both adults and children, always wait for you. Thanks for the opportunity.**

-Thank you.



Klara Mora

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