

The Easiest Way

Solve your problems and take the road to love, happiness, wealth and the life of your dreams.

The Easiest Way to Grow

*A first time self-healing workshop for children designed by Mabel Katz,
based on her work with Ho'oponopono*

We know from Ho'oponopono that our experiences and memories cloud our awareness of who we truly are and how we can create the life we want. With every passing day, we acquire worries, fears, and insecurities that create limiting beliefs based on judgments and opinions. Ultimately, we become detached from who we really are as we begin to lose our connection with nature and the goodness of the universe (the true source).



Imagine how powerful the experience of Ho'oponopono can be for children who have been less "tainted" by the distractions of life.

Would you give a child you love the best chance at a happy, productive and fulfilling life?

In this unique workshop, created by internationally-acclaimed speaker, author, and seminar leader, Mabel Katz, children discover the truths that show them how to hold onto their true essence and remain "pure at heart."

Mabel asks children an important question: *Are you who you are because of what others taught you?* Then she introduces them to activities and games that demonstrate:

- You don't have to be who you are according to what others think
- It is okay to be different. In fact, it's great!
- It's easy to be happy: Be yourself and love yourself
- If you say you can, you can, if you say you cannot, you cannot
- You never have to lose the joy and peace that are your birthright

Each child is unique with natural talents, gifts, and perfect rhythm

The workshop is crafted to restore and preserve these innate qualities. Children seamlessly integrate practical skills for:

- Appreciating who they really are

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- Letting go of the programs that allowed others to determine who they are
- Finding their courage and following their passion
- Releasing what is not them
- Creating with their thoughts
- Believing in themselves
- Trusting in their hearts, their intuition, their inspiration

What would life be like for a child who naturally transforms challenges into opportunities?

A key part of the workshop is showing children how to:

- Take 100% responsibility
- Know that problems are one step-away from freedom
- Make problems and “bad energy” disappear simply by saying “Thank You”

Imagine knowing how to stay in-touch with the true Source -- the godness of the universe – Love

Ho’oponopono is not a religion, and it has no religious teachings or agenda. Yet, it shows that recognizing the Source – Love -- is essential to a fulfilling life. In this workshop, children learn to discover their own Source and have their own experience of that Source in their hearts.

They learn to:

- Know that Love is always shining its light upon you
- Always put Love first
- See others as Love sees them
- Live everyday with gratitude
- Let go and let Love bring you what is right and perfect
- Walk in faith



Why let another day go by without giving your special child the gift of *The Easiest Way to Grow* workshop? Contact us NOW to register or find out more about the next workshop.



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Testimonials

This is the best book I have purchased for my kids, without sounding fanatic. I recommend it from my heart, because I think this is one of the greatest inspirations Mabel got. Since I bought it, I play the CD for them every night with the volume low when they go to bed. One night I forgot and my 8-year old son asked me to put "the voice of that woman that talks like you, as I sleep much better and have no nightmares". Besides sleeping better, my kids have changed incredibly, they are radiant, independent, have progressed in different areas of their personal development and in school, etc. Definitely this book and the audio CD have done an invaluable cleaning. Many, many thanks to all and everyone that had made it possible to reach our hands today. It's like a hand of help directly from Divinity to parents, children and any adult. In fact, we the adults need the messages on this book more than the children as they are wiser. Thank you!!

~ Marikena, Czech Republic

From the moment my daughter Angelica could speak, my wife and I taught her the Ho'oponopono Mantra "Please forgive me, I'm sorry, thank you, I love you."

Mabel's book "The Easiest Way To Grow-Messages You Will Be Glad to Know", was the most wonderful next step in learning about Spirit, and explaining living a life using Ho'oponopono. The accompanying CD simplifies this wonderful message in a way that only Mabel Katz can do. I recommend it for all children. It has given my daughter a connection to the Divine, and the ability to learn through LOVE.

Peace, love, and music,
~ Mathew, Texas, USA

I simply loved The Easiest Way to Grow!

My inner child had fun while reading/listening to the wise words. How wonderful to offer the gift of Ho'oponopono teachings to our children. Thank you Mabel for another great inspiration! I love you! Bendiciones!

~Mara, Brazil

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Mabel Katz

Is an internationally acclaimed speaker, author, and seminar leader who is recognized as a leading authority on Ho'oponopono, an ancient Hawaiian art and practice of problem solving for achieving greater clarity of purpose and living and working more effectively. She has crafted a series of keynotes, talks, and seminars for corporations, businesses, and individuals; applying the practices of Ho'oponopono to bring companies closer to their full potential and give people an edge at work and in all areas of life. Mabel's series also include unique seminars for children and parents.

Based on using Ho'oponopono's forgiveness and gratitude, Mabel's presentations also focus on practical ways for reaching what she calls Zero Frequency®, a state where we are free of restrictive memories and limiting self-talk. From the clarity of Zero, outstanding solutions become apparent and excellent choices can be made.

Mabel is rapidly gaining acclaim for her work in support of world peace. She has spoken in front of national senates and other influential government bodies and presented at the United Nations. She has addressed multi-cultural audiences, including those of diverse ethnicities in the Middle East.

Born in Argentina, Mabel moved to Los Angeles in 1983 where she became a successful accountant, business consultant, and tax advisor. In 1997 she started her own company, Your Business, Inc., a step that not only enhanced her own success but also increased her ability to work more directly with others. Her company prospered by helping new and established businesses to expand and grow.

Amplifying her contribution to the Los Angeles Latino community, Mabel created and produced a radio program, *Despertar* (Awakening), then a television talk show, *The Mabel Katz Show*. Motivated by her desire to bring awareness about better living choices for the Latino Community, her shows employed the best features of Oprah, Suze Orman, and Rachael Ray. As a result of her media work, speaking, and seminars, she has become known in the Spanish-speaking community as "the Latino Oprah Winfrey." Mabel has received numerous prestigious local and national awards recognizing her achievements in business and with local communities.

Despite the success of her business and her media celebrity, Mabel chose to move from those endeavors to follow her heart's desire -- devoting her prodigious talents and powerful drive to assisting people worldwide with what she has learned and continues to learn from Ho'oponopono.

Studying and traveling with Ho'oponopono Master Teacher, Dr. Ihaleakalá Hew Len, Mabel deepened her learning. Mabel has been exposed 24 hours a day for more than a decade to the Secret beyond the



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Secrets of this ancient Hawaiian art of problem solving. From this foundation, Mabel has designed her unique workshops to bring wisdom and gifts to audiences across the planet.

Mabel authored her first book, *The Easiest Way*, which has received widespread praise from readers and thought leaders alike. She has authored several other books, including a wonderful children's book, and her works have been published in English, Spanish, Korean, Portuguese, Swedish, German, French, Russian, Chinese, Italian, Czech, Hebrew, Japanese, Croatian, Hungarian, Polish and Romanian.

Today, Mabel maintains a busy global speaking and seminar schedule. She has presented throughout Europe and Eastern Europe, China, and Central and South America as well as across the United States and Canada. In her talks, she often shares how she has used what she has learned to move into a fulfilling and successful life of travel, speaking, and working with others to create the lives they had only dared to imagine.

Mabel Katz is truly an exceptional woman of international stature with universal appeal. The work she does is transforming businesses and improving lives. Her unique presentations reach people's cores -- their souls -- giving them tools to create lasting results. Many have said Mabel has changed their lives forever.

"Problems, be they spiritual, mental, physical, or material, are simply memories replaying in the subconscious mind. The beauty and simplicity of Self-Identity through HO'OPONOPONO is its ability to erase memories replacing them with inspirations for perfect living. In The Easiest Way, Mabel Katz tells her story about rediscovering her Identity and freedom through applying Self Identity through HO'OPONOPONO in every area of her life. Everyone who reads her book will find gems of wisdom allowing them to discover for themselves their own Identity and freedom."

Dr. Ihaleakalá Hew Len, Ph.D. Ho'oponopono Master Teacher

"The Easiest Way" by Mabel Katz is the clearest explanation of HO'OPONOPONO I've ever seen!"

Joe Vitale, author, teacher, inspirational speaker and star of "The Secret"

Mabel is available for keynotes, talks, and seminars for executives, managers, employees, individuals, and children.