Mabel Katz is an internationally acclaimed author, speaker, world peace ambassador and creator of Zero Frequency®, a state where one is free of restrictive memories and limiting self-talk. Her teachings reflect Ho’oponopono’s ancient Hawaiian roots of problem solving. Mabel has also been honored for her world-peace initiative, “Peace within IS world peace,” launched at the United Nations.

Knowing yourself is realizing you were created a unique being, and there is something special that only you can do better than anyone else. Once you figure out what that is, by discovering the true YOU, everything else will fall into place. It’s the secret to your success and happiness, in your personal and business life.

Until I learned this, I was weighed down trying to be perfect and doing what others expected of me. I believed my happiness was in material things, and I paid little attention to what my heart really wanted. I only believed in the things that I could see or touch. Then one day, when my son yelled at me with the same angry tone I’d been using with him for years, I had a sudden awakening: it was time to work on myself.

Growing up we are either told (or expected) to be perfect or we are never good enough. It’s human nature to go through life unconsciously replaying “old programs or memories” in our heads. If you don’t already know, let me be the one to tell you this: “You are okay just the way you are.” What other people think of you is not important; what’s important is what you think of yourself. You need to learn to put yourself first and start listening more to your heart than your mind. Follow your passion. Your passion is your compass.