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# THE EASIEST WAY (An Exclusive Interview with Dame Mabel Katz)

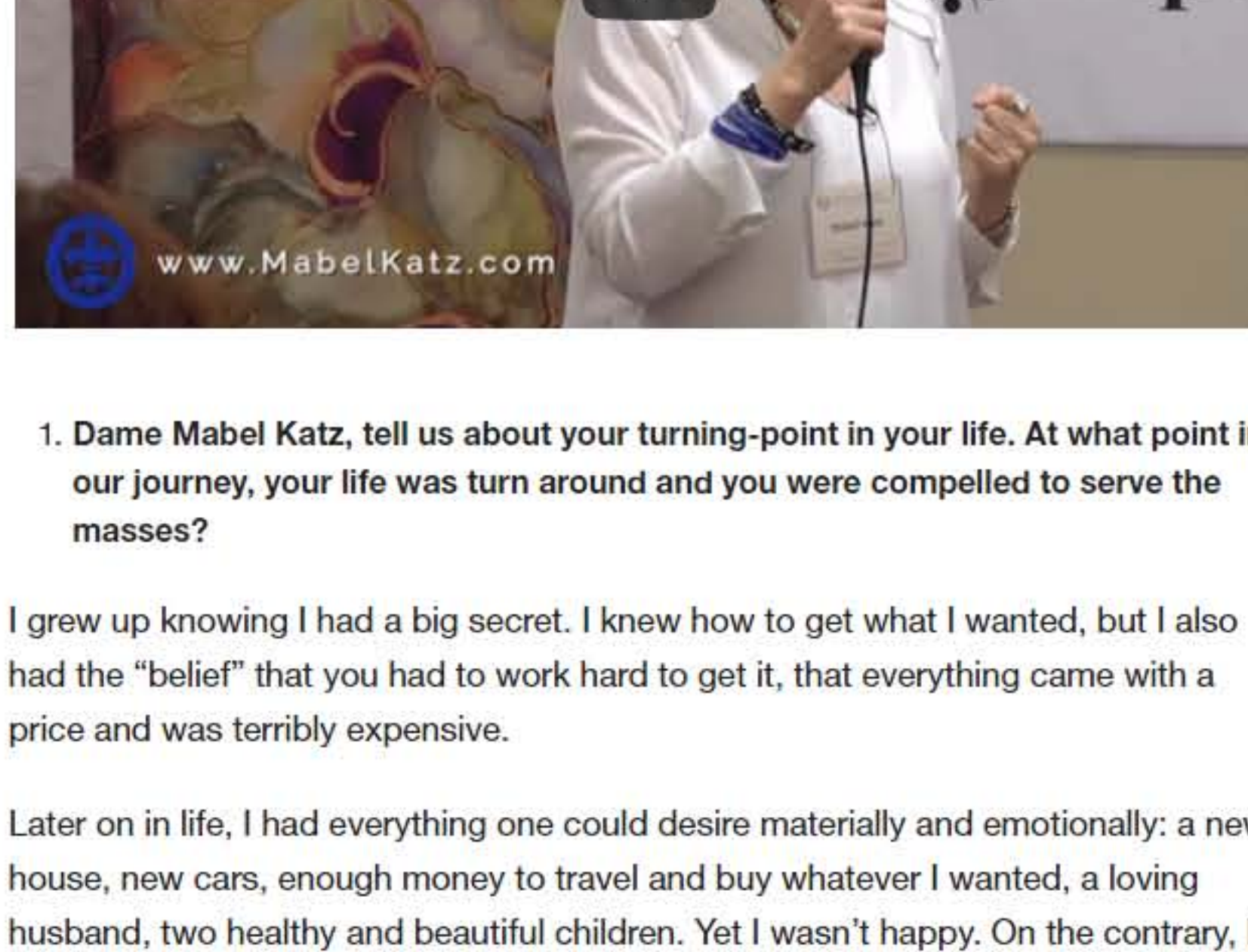
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1. Dame Mabel Katz, tell us about your turning-point in your life. At what point in our journey, your life was turned around and you were compelled to serve the masses?

I grew up knowing I had a big secret. I knew how to get what I wanted, but I also had the "belief" that you had to work hard to get it, that everything came with a price and was terribly expensive.

Later on in life, I had everything one could desire materially and emotionally: a new house, new cars, enough money to travel and buy whatever I wanted, a loving husband, two healthy and beautiful children. Yet I wasn't happy. On the contrary, I was a very angry person.

One day I recognized this anger and resentment in my oldest son Jonathan. Seeing this was such a shock. It really woke me up and I said to myself, "Mabel, you have to do something about it. You cannot go on like this. This has to stop."

After trying different paths, I found Ho'oponopono, an ancient Hawaiian art that teaches us how to resolve our problems. Thanks to its teachings, I discovered that LIFE CAN BE EASY, certainly much easier than I had imagined. After much searching, I have finally found my way. It is a way that allows me to be at peace in the middle of a tempest; it allows me to feel free independently of what is happening around me or of what others are doing or saying. This has really changed my life, this is why I have chosen to start sharing with the masses.

2. Tell us about the origin of your proven method "Ho'o pono pono THE EASIEST WAY? And how to apply it into our day-to-day lives? Would you give us specific examples?

Ho'oponopono is a process of forgiveness, repentance, and transformation. Every time that we use any of its tools, we are taking 100% responsibility and asking for forgiveness (from ourselves). We learn that everything that appears in our lives is only a projection of our "programs." We can choose to let them go and observe them, or to react and get caught up in them.

We all have an eraser incorporated within us, a delete key, but we forget how to use it. Ho'oponopono helps us to remember the power that we have to choose between erasing (letting go) or reacting, being happy or suffering. It is only a matter of choice in every moment of our lives.

Taking one hundred percent responsibility is the shortest way. When we realize that it is only "our programs" that do not allow us to see things clearly, when we stop blaming outside factors and we decide to take responsibility, only then will heaven's doors open up for us and we can reach a state of infinite possibilities. On the other hand, when we are upset with someone or about something we lose our freedom. Our own feelings of hate condemn us and tie us down. We are slaves to them. We only hurt ourselves in this manner. We can free ourselves through forgiveness. Forgiveness is a part of the shortest and easiest way. But it is not necessary to speak with anyone to let them know that we have forgiven them. This is an internal job. It is a process that takes place between us and The Creator part in us, and can be as easy as saying "Thank you" or "I love you" to our problems, instead of engaging.

In my case, for example, it's not that I no longer get angry; it's not that I no longer react or have problems. The big difference is that now my anger lasts only a few minutes until I return to my center, until I remind myself and become aware. Then I tell myself, "I am creating this. They are my thoughts of the other person. It is a product of my own programming, my recordings, my perception. I can erase it." This simple process gives me a peace that I can't describe with words. Why? Because I don't stay trapped in thoughts like, "How could he say that to me? How could she do that to me?" I don't expect the other person to change, react in a specific way or do something specific. What a relief! I don't depend on anyone or anything outside of myself. I don't expect myself to be perfect, or to please the whole world. I don't need to convince anyone of my point of view. I learned to respect and understand that we all have free will and not all of us choose the same things. This reality brings me a lot of inner peace. There is no problem. Good and bad are parameters that we create in our minds. As long as we love ourselves and take care of ourselves, we will love and take care of others as well.

3. What is the latest women's initiatives you have embarked for 2016? Tell us about highlights.

During my last visit to Mexico City, I was given the opportunity to present at a women's prison and, of course, I accepted. After I agreed, I was told that I wouldn't be speaking to the most dangerous inmates, and that some of the women coming might even be unfairly imprisoned. But when I arrived, the woman in charge gave us more information, and she told us that some of the women attending were very brutal; some had perpetrated kidnappings, castrations or even killed their own children... That's when I started to feel a bit nervous. It was just for a moment. I trust God completely, and I know that He would not put me in a dangerous position, but I did entertain certain thoughts. I was surely influenced by what I have seen in the movies.

My presentation was offered to 113 sentenced inmates in the prison, and 80 of them decided to attend. Despite my practice of Ho'oponopono, I was still surprised, because once I was with them, I realized I was seeing them through the eyes of love. I really did not have any opinions or judgments; I could simply see them as the human beings that they are.

However, the biggest surprise for me was when I started talking. Even though I am used to flowing with inspiration during my seminars and when I answer my audience's questions, the truth is that the prison experience has changed my life. I truly realized the real meaning of letting inspiration flow, and how this experience can affect our lives and those of other people.

When children see us being at peace and happy, they are happier. I have lot of positive feedbacks from parents saying how much their kids have changed lately. For instance, they didn't smile before, but now they are smiling all the time. The way they communicate with the outer world has also changed due to their parents practicing Ho'oponopono. These parents decided to take 100 % responsibility, and decided to look at their children on the way God sees them; Perfect See, we are the ones, who are labeling them and putting them into boxes.

But what I do know is that parents that used Ho'oponopono keep noticing significant positive changes, what they call: MIRACLES.

As we say in Ho'oponopono: When I change, then everything else changes, this is the only way. So it is not my child, who has to be "normal." It is for me to be happy and enjoy learning from her or him.

I am working with mothers of autistic, down syndrome, special kids, and this year I am working one on one with an amazing autistic 15 years old girl and we are writing a book together with her and her mother to be able to help other mothers to see them as Perfect and allow them to see the blessing and the gift of LOVE that these kids are for all of us.

I actually have a new children's book coming up in Kindle this week!

BIO:

## Dame Mabel Katz

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 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 – including seminars for children – that apply 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.

Based on using forgiveness and gratitude, her presentations 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 also rapidly gaining acclaim for her work in support of world peace. Honored with the prestigious 2012 Mil Milenios de Paz Peace Flag, acknowledging her world-peace initiative, *Peace Within Is World Peace*, she was officially recognized as one of the world's pre-eminent Peace Ambassadors and on January 1, 2015 she was awarded the prestigious Public Peace Prize.

She has spoken in front of national senates and other influential government bodies and has presented at the United Nations. She has addressed multi-cultural audiences, including those of diverse ethnicities in the Middle East. In 2013 she was recognized for her humanitarian works by being knighted in the venerable Order of the Orthodox Knights Hospitaller of St. John – Russian Grand Priory, bestowing upon her the title of Dame Mabel Katz.

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 expand and grow.

Amplifying her contribution to the LA 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 activities, 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. Ihaleakalā Hew Len, Mabel deepened her learning. Mabel has been exposed 24 hours a day for more than a decade to the Secrets beyond the Secret of this Hawaiian ancient art.

Studying and traveling with Ho'oponopono Master Teacher Dr. Ihaleakalā Hew Len, Mabel deepened her learning. Mabel has been exposed 24 hours a day for more than a decade to the Secret beyond the Secrets of this Hawaiian ancient art of problem solving. She shares how she has used it 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.

From that foundation, she designed her unique workshops to bring her wisdom and gifts to audiences across the planet. She also authored her first book, *The Easiest Way*, which has received widespread praise from readers and thought leaders alike. 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.

Today, Mabel maintains a busy global speaking and seminar schedule. She has presented throughout Europe and Eastern Europe, China, Central and South America as well as across the United States and Canada. She has authored several 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, Serbian, Polish, Romanian and Finnish.

Mabel Katz is truly an exceptional woman of international stature with universal appeal. The work she does is consistently transforming businesses and improving lives. Her unique presentation goes to people's core, their soul, and gives them the tools they need to create lasting results. Many have said she has changed their lives forever.

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

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