MABEL KATZ

WHEN YOU CHANGE, EVERYTHING CHANGES

HO'OPONOPONO

THE EASIEST WAY TO LIVE

A SEMINAR THAT REVEALS HOW YOU CAN TAKE CONTROL AND TRANSFORM YOUR LIFE -THE EASIEST WAY-

HO'OPONOPONO, THE EASIEST WAY TO LIVE

A seminar that reveals how you can take control and transform your life – The Easiest Way

If you believe that transforming your life is hard work, prepare to be pleasantly surprised. Mabel Katz, internationally acclaimed author, speaker, and seminar leader, explains the secrets of the age-old practice of Ho'oponopono. In her fascinating workshop, she reveals how this ancient art and wisdom works, how it changed the course of her life, and how you can apply it in everyday life to solve problems and create lasting results. Mabel's approach goes deep -- to your core -- your soul.

ANCIENT SECRETS, MODERN APPLICATIONS

The principles and practices of Ho'oponopono are truly timeless. Mabel has been exposed 24 hours a day for more than a decade to the Secret beyond the Secret of this Hawaiian ancient art. 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.

AMONG THE AREAS YOU WILL WORK WITH IN MABEL'S WORKSHOP ARE:

- Letting go of limitations
- Genuine and lasting forgiveness
- Moving beyond expectations
- Releasing judgments
- Clearing emotions
- Stepping free of addictions, and
- Reaching success, happiness, freedom and peace

Mabel shows you in a clear, practical, and simple way how to resolve issues and dilemmas by working on yourself. You will learn how to retune yourself to release "sour notes" that make life stressful. You will see how to bring peace and balance in a simple and effective way through mental and physical cleaning and through a process of transmutation and forgiveness. You will learn to work on your ego by protecting it and by sharing without any expectations.

The workshop will literally reshape your life to more harmoniously fit your purpose

HARD WORK? HARDLY!

Mabel takes you through The Easiest Way to Understanding Ho'oponopono and a practical way to solve your problems and take the road to love, happiness, wealth, and the life of your dreams. She introduces you to the power of your mind and shows how you can use it to attract effortlessly what is right and perfect for you. She demonstrates how to:

- **Heal hurtful memories without having to replay them.**
- **Attract the right people and ideal situations into your life.**
- **Create inner peace, happiness and balance, moment-by-moment.**
- **Better understand yourself and uncover your identity.**

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REACHING BEYOND HER ORDINARY LIFE

Mabel did not set out to become a recognized expert on Ho'oponopono or to bring it to people worldwide. In fact, she first used it to produce more success at work and more harmony and peace in her relationships. In the workshop, she shares the miracles she experienced in her everyday life using the Ho'oponopono tools for problem solving when she was an accountant, event coordinator, mother, and negotiator. She describes how she let go of her profitable and stable career to become an internationally acclaimed speaker.

As an advocate for World Peace, Mabel has spoken at the United Nations in Vienna and Senates and Universities in Latin American countries, spreading her world peace campaign "Peace within IS world peace." She has been granted permission from the Foundation of I, Inc. (Freedom of the Cosmos) and IZI LLC to use their copyrighted material in her Ho'oponopono workshops. Many participants have said she has changed their lives forever.

Naturally, people have questions about Ho'oponopono and Mabel's own experience. Here are answers to some of the most often asked questions. Many others are addressed in Mabel's books and seminars

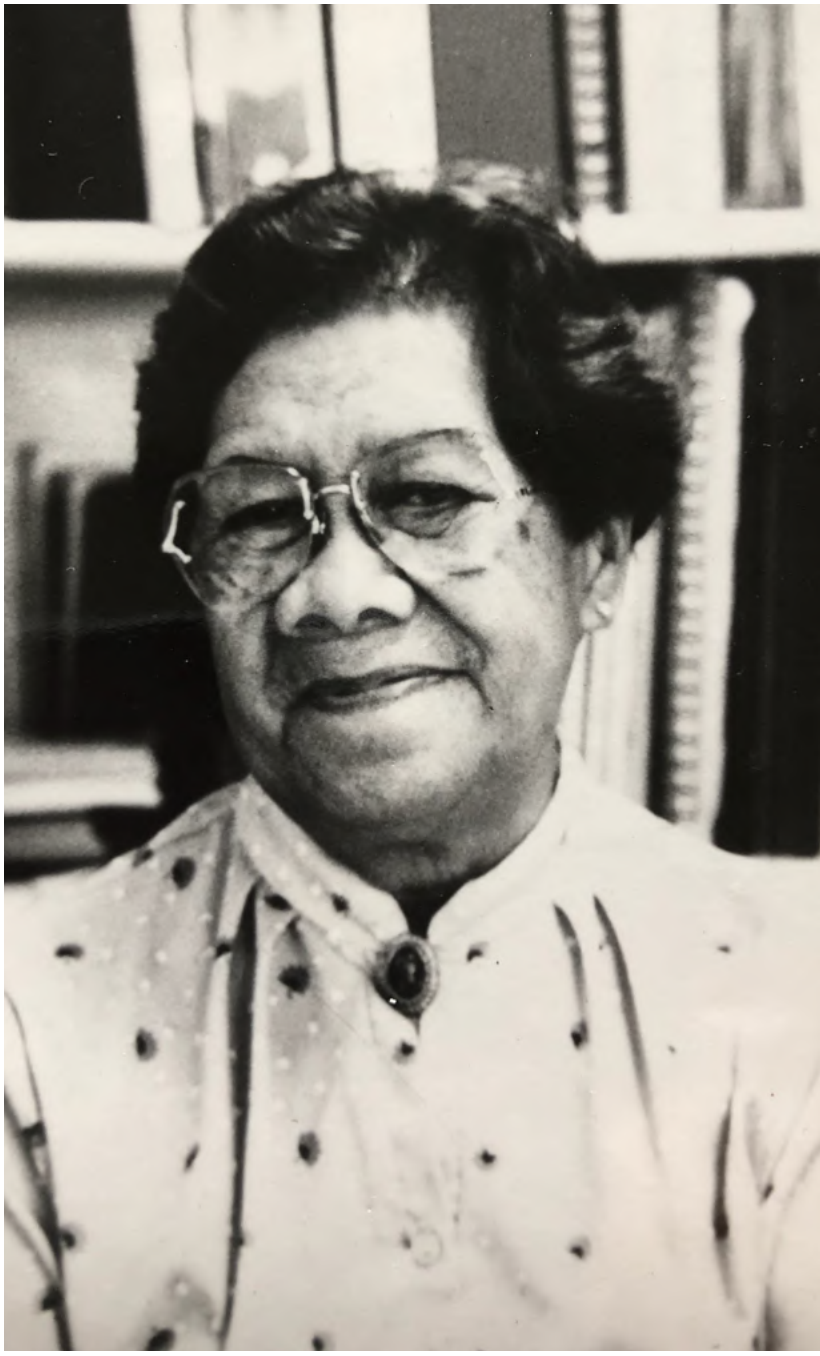
WHAT IS HO'OPONOPONO?

Ho'oponopono is a very ancient Hawaiian art of problem solving. Original Hawaiians, the first people to live in Hawaii, used to practice it. Dr. Ihaleakalá Hew Len, Mabel's Ho'oponopono teacher, says these Hawaiians had come from other galaxies. Morrnah Simeona (Ihaleakalá's teacher) brought forward these teachings and updated them for modern times.

WHAT DOES HO'OPONOPONO MEAN?

Ho'oponopono is a Hawaiian word that means "How to correct an error".

WHO WAS MORRNAH SIMEONA?



Morrnah Nalamaku Simeona (May 19, 1913 – February 11, 1992) is the creator of Self-I-Dentity through Ho'oponopono. She founded Pacifica Seminars in the 1970s. She was recognized as a Kahuna Lapa'au (healer) in Hawaii and honored by the State of Hawaii as a Living Treasure in 1983.

She has said, "The main purpose of this process is to discover the Divinity within oneself. Ho'oponopono is a profound gift that allows one to develop a working relationship with the Divinity within and learn to ask that in each moment our errors in thought, word, deed or action be cleansed. The process is essentially about freedom and gaining complete freedom from the past."

Originally, Ho'oponopono was practiced with the whole family present and working together. A moderator guided the process, and each family member had the opportunity to ask forgiveness from the others. However, as families dispersed and people moved far apart, a new approach became necessary. That is what Morrnah accomplished. She left her updated version of this ancient Hawaiian philosophy of problem solving to mankind as a gift to be shared and practiced.

Self I-Dentity through Ho'oponopono uses techniques to create a working partnership among the three parts of the mind or self: subconscious, conscious, and super conscious. This allows us to reclaim our personal inner connection with love -- our Divine Source -- resulting in peace, harmony, and freedom.

Perhaps Morrnah's most often quoted statement is, "Clean, erase, erase and find your own PEACE. Where? Within yourself"

WHICH IS MABEL'S RELATIONSHIP WITH DR. IHALEAKALÁ HEW LEN?

Dr. Ihaleakalá is Mabel's Ho'oponopono teacher. He worked, traveled, and presented with Morrnah Nalamaku Simeona for years. He also updated the Self I-Dentity through Ho'oponopono to make it even easier and more applicable to modern times. The new process became individualized so that it may be practiced alone. However, it still works very effectively. What is erased from us individually is also erased from our families, relatives, and ancestors. Ninety per cent (90%) of our problems come from our ancestors!

Ihaleakalá once said to Mabel: "If I had told you ten years ago that there was nobody 'out there,' you would have run away as fast as you could. Now we are ready to entertain the idea that everything is just our thoughts (memories) of our family. There is really nobody 'out there;' everything is inside of us and our memories. "

Mabel recalls one afternoon when Ihaleakalá returned from walking with tears in his eyes. He said to her, "I have just realized that all God is asking from us is to take good care of ourselves and to say 'I'm sorry' as if we were little children. That is it."

HOW DID MABEL START TEACHING HO'OPONOPONO?

Mabel took her first seminar with Ihaleakalá in July 1997 in Omaha, Nebraska. That was when she realized she had found The Easiest Way she had been looking for. After the seminar, she invited Ihaleakalá to come to Los Angeles and she began studying with him in earnest.

Throughout the twelve years Mabel lived with Ihaleakalá, she traveled with him to Amsterdam, Brussels, France, England, Argentina, and many places in the United States. He shared with her all the cleaning tools that would come to him during consultations, training meditations, and the long walks he loved to take.

Between 2000 and 2001, Mabel began to feel she

could teach Ho'oponopono. She made her request to the Foundation of I, Inc. (Freedom of the Cosmos), and their response was to meditate on it – because the secrets of Ho'oponopono are not rational but are "acquired" by those who live with them. They meditated and ultimately gave her their blessing.

Mabel taught Self I-Dentity through Ho'oponopono (SITH) on behalf of the Foundation for several years until 2004; when she requested and received permission to create her own Ho'oponopono seminars using their materials.

In November 2008, after many years of having a dual career, Mabel decided to leave her very stable life as a tax accountant in Los Angeles. It was not a decision made because she had amassed savings or was debt free -- on the contrary. However, she had realized that as always, every time she did illogical things or made seemingly non-sensical decisions but trusted, she got the most amazing results.

Today, Mabel is debt-free, and she travels the world teaching Ho'oponopono in a very practical and down-to-earth way.

She says, "The SECRET of Ho'oponopono is applied to the change of paradigms we live in this moment"

TESTIMONIALS

Aloha Mabel,
Thank you for your Inspiration- I am grateful to have you in my life, I am grateful for your support, your teachings, your perfect being, your perfect forum creation. I am happy right now, and every moment to follow, thank you for the "now". I love you "I", I love you "God", I love you "Unihipili", I love you "Aumakua", I love you "Life", I love you "Moment", I love you dear "Memories", I love you Happiness", I love you "Self I-Dentity through Ho'oponopono"
Peace of I

~ Nathan, USA

Mahalo Mabel!
Thank you for creating this amazing global Ho'oponopono comm-UNITY. It is pure genius! Thank you for the daily and weekly re-MIND-ers to keep us on the Ho'oponopono track Home. It's fantastic to have the support and momentum of the forum to help us all keep going when faith falters. It is priceless. Letting Go and Letting Flow is The Easiest Way to Go!! Aloha Blessings.

~ Juliet, Ireland

Aloha Mabel, Thank you!
Thank you for your clear and simple way of explaining this wonderful practice of self-transformation and for reminding us to clean- clean-clean moment by moment.
I love you.

~Donatella, Italy

About Mabel Katz

Dame Mabel Katz is an internationally acclaimed author, speaker, world peace ambassador and leading authority on Ho'oponopono, the ancient Hawaiian art of problem-solving, which has evolved into her own philosophy of Zero Frequency®, a state where we are free of restrictive memories and limiting self-talk.

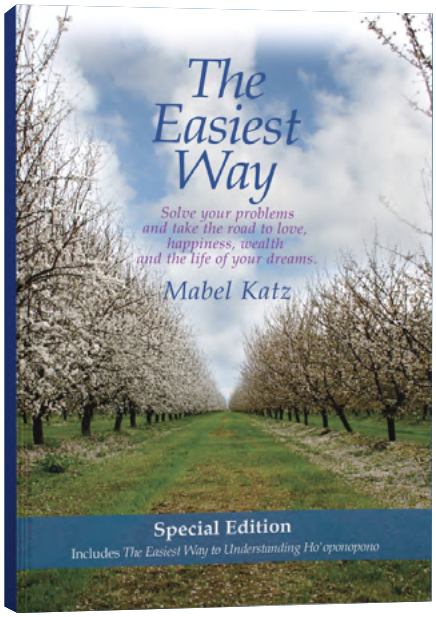
Combining her unique blend of spirituality with real world solutions, Mabel has crafted a series of inspiring keynotes, talks, and seminars for businesses, organizations, and individuals who are seeking to realize their full potential at work and in life.

Mabel has also been honored as a Peace Ambassador for her world-peace initiative, Peace begins with ME, Peace Within is World Peace, which was launched at the United Nations. Recognizing her humanitarian efforts and outstanding work in support of children and world peace, Mabel was bestowed both the Milenious de Paz Peace Flag award and a Knighthood from the Order of the Knights Hospitaller. On January 1, 2015 she was also awarded the prestigious Public Peace Prize.

In addition to having produced a daily radio and TV program, writing five books, translated in 21 languages, and sharing her much in demand workshops with global audiences, Mabel has now expanded her peace work to teaching children, including special needs children and their parents, as well as men and women currently in prison.

Mabel travels the world, devoting her life to one simple mission: helping others find The Easiest Way to Happiness, Love, and Peace.

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



"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"

"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 an 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

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MANIFEST TOUR 2023

MABEL KATZ IN MÁLAGA

SIGN UP NOW!

LET GO OF THE PAST, LIVE IN THE PRESENT, AND CHANGE YOUR LIFE FOREVER

HO'OPONOPONO SEMINAR: THE EASIEST WAY TO LIVE

JANUARY 28 - 11:00 TO 19:00 H

There is no good reason to wait.

CONTACT US NOW!

P.O. Box 427 Woodland Hills, CA
91365 USA

E-Mail: support@mabelkatz.com

Tel: +1-818-668-2085

www.mabelkatz.com

www.zerofrequency.com