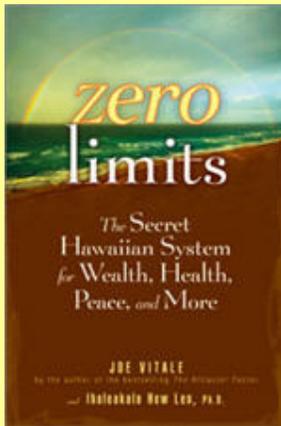


Ho'oponopono



Dr. Joe Vitale & Dr. Len



"Zero Limits"

by Dr. Joe Vitale & Dr. Len
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Excerpt from Miracles
Tele-Seminar Series

**Listen to Joe tell you
about the story of
Ho'oponopono.**

[Listen to Dr. Len describe
Ho'oponopono](#)

[Dr. Len's Website](#)

[Amazon's Write Up of Zero
Limits](#)

Ho'oponopono

Definition: Ho'oponopono is an ancient Native Hawaiian method of stress reduction (release) and problem solving. Common translations: to make right, setting matters right; correcting and restoring relationships; the make right; to correct; to restore; to rectify an error. This is accomplished through prayer, discussion, confession, apology, forgiveness and perhaps most importantly, release."

"Here's a simplified version of the modernized ho'oponopono proven methods to heal yourself (or anyone else) of anything you notice. Remember that what you see in another is also in you, so all healing is self-healing. No one else has to do these processes but you. The entire world is literally in your hands.

The way Dr. Hew Len likes to heal is to first say "I'm sorry" and "Please forgive me." You say this to acknowledge that something - without you knowing what it is - has gotten into your body/mind system. You have no idea how it got there. You don't need to know, either.

By saying "I'm sorry," you are telling the Divine that you want forgiveness inside yourself for whatever brought it to you. You're not asking the Divine to forgive you; you're asking the Divine to help you forgive yourself.

From there, you say "I love you" and "Thank you."

The "I love you" transmutes the energy from stuck to flowing. It reconnects you to the Divine. Since the zero state is one of pure love, and has zero limits, you are beginning to get to that state by expressing love. When you follow that statement with "Thank you," you are expressing gratitude.

You are showing your faith that the issue will be resolved for the highest good of all concerned.

What happens next is up to the Divine. You may be inspired to take action of some sort. Whatever it is, do it. If you aren't sure about the action to take, use this same healing method on your confusion. When you are clear, you'll know what to do."

Ho'oponopono Prayer

*"I'm sorry
Please forgive me
I Love you
Thank you"*