

Amazingly Content

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How to Be in Love with All You See & Hear,
And Be in Harmony with Family, Friends & Work

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What Treasures Will You Gain Here?

Imagine a lockdown ward for the violently, criminally insane. Now imagine a Hawaiian shaman sitting in an office at the mental hospital and healing everyone on the ward without even talking with them. The Shaman employs the ancient spiritual method of reconciliation and blessing known as Ho'oponopono in his Hawaiian heritage.

This true story leads you into a remarkable adventure in healing that you can use

- to remove stubborn blocks in your life that irritatingly and mysteriously prevent you from fulfilling your dreams.
- to overcome invisible and unconscious obstacles to getting what you want in your life— more of the mysterious stuff. We'll talk about this later.
- to help others overcome their obstacles.
- to heal any relationship.
- to attract real wealth and lovely treasures.
- and best of all – you get to walk around in Heaven, being in love with the universe.

Sound goods, right?

If it can work with the criminally insane, your loved ones will be a snap.

“But, William, you don't know **my** loved ones,” you say.

“Yes, but I do,” I say, “I've worked with patients talking about their monstrous loved ones for decades. Their relatives and my relatives are just like yours.

“This will help you. I promise.

“And get this, when you use this shaman’s very, simple, surprisingly simple method, you’ll feel at one with the entire universe, amazingly content, even if your loved ones don’t seem to improve a bit.

“Not bad, eh?”

“No,” you say “not bad.”

OK, tighten your seatbelt, return your seat to its upright position, and prepare for takeoff.

Now, On with the Story of Ho'oponopono

What follows is a famous email Joe Vitale (<http://blog.mrfire.com/>) sent that reveals the story and how you can use this simple potent method. Joe estimates the article has been seen by five million people who liked it and passed it on their friends. Joe has graciously given me permission to share it with you in this powerful report you're reading now. I'll meet you on the other side...

* * *

Ho'oponopono by Joe Vitale Sat Jul 22, 2006

“Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients—without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

“When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story.

“However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood “total responsibility” to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does—but that's wrong.

“The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is **Dr. Ihaleakala Hew Len**. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist. He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous.

Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

“Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

“After a few months, patients that had to be shackled were being allowed to walk freely,” he told me. “Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.” I was in awe. “Not only that,” he went on, “but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.”

This is where I had to ask the million dollar question: “What were you doing within yourself that caused those people to change?”

“I was simply healing the part of me that created them,” he said. I didn't understand. Dr. Len explained that total responsibility for your life means that everything in your life – simply because it is in your life—is your responsibility. In a literal sense the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don't like—is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you. The problem isn't with them, it's with you, and to change them, you have to change you.

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho'oponopono means loving yourself.

If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal you do it by healing you.

I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files?

“I just kept saying, ‘I'm sorry’ and ‘I love you’ over and over again,” he explained.

“That's it?”

“That's it.”

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message.

This time, I decided to try Dr. Len's method. I kept silently saying, “‘I'm sorry’ and ‘I love you.’” I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying ‘I love you,’ I somehow healed within me what was creating him.

I later attended a ho'oponopono workshop run by Dr. Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive.

He praised my book, **The Attractor Factor**. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

“What about the books that are already sold and out there?” I asked.

“They aren't out there,” he explained, once again blowing my mind with his mystic wisdom. “They are still in you.” In short, there is no out there. It would take a whole book to explain this advanced technique with the depth it deserves. (Note: Joe went on to write that book. See Resources section at end.)

Suffice It to say that whenever you want to improve anything in your life, there's only one place to look: inside you. When you look, do it with love.

What Do We Have So Far? A Summary

You take responsibility for anything that shows up in your life.

Y If it shows up in your life, you can act to make it better.

If you see it, you can heal it.

Acting on something that you see in your life that needs improvement differs from finding fault or blaming yourself or god forbid feeling guilty. Do not blame yourself or feel guilty. Better, when you do blame yourself or feel guilty, just note it and move on. Blame and guilt are just self-defeating thinking from the crazy talking mind.

When you use the four phrases, direct them to God.

The four phrases can be changed in their order. Dr. Len likes this order.

1. I am sorry.
2. Please forgive me.
3. Thank you.
4. I love you.

I prefer this order –

1. I love you.
2. Please forgive me.
3. I am sorry.
4. Thank you.

I often omit “I’m sorry” as it often lacks sincerity in our culture, and leaves a bad taste in my mouth as a result.

And as Joe says, you can just use I love you and your world will blossom and your life will be richer than you can imagine.

I like alternating between “I love you” and “thank you”. When you say “I love you” to everything you see, you naturally become grateful. And when you say “thank you” to everyone and everything, naturally you fall in love.

You can change the order any way that fits you. Some like to add the phrase – I appreciate you. To the list. Play with it. It all works.

In a 15 minute video clip (see Resources), Joe summarizes and elaborates on Ho’oponopono –

When you use ho’oponopono, “What you’re saying is forgive me for whatever role I played in the creation of what I’m experiencing. You have no conscious idea what your role is.”

The unconscious is so huge you have no clue what it is you did to participate in the creation of this thing.

You’re saying, “Please forgive me. I’m sorry. I don’t know what role I’ve played. Thank you to the Divine because the Divine is going to cleanse you.

Then end with I love you to the Divine. If you say I love you to the Divine and you feel it, you’ll go into a state of rapture.

What Are Counter Intentions? And How Do They Ruin Your Life?

At the beginning of this report, I told you that you could utilize Ho'oponopono to remove obstacles invisible to you, obstacles that were preventing you from living the life you loved. It works by working with your intentions and your unconscious counter intentions.

Before we can talk about counter intentions, let's visit intentions.

Below Mike Dooley summarizes how you manifest your desires from the universe in this lovely brief **Note from the Universe**.

Don't you think it should work like this:

You have a desire, you dwell upon it, move with it, and presto, it manifests?

Or, you fall in love at the right time, with the right person, they fall in love, the timing is perfect, and bingo, the earth moves.

Or, you have a huge question, you turn it over to me, forget about it, and ta-da, you just know.

Me, too. Which, actually, is exactly how it does work, Dear One, in the absence of fear.

Cool, huh?

The Universe

(You can get these free inspirational messages for yourself in your email daily. [You can read my full article here. http://tinyurl.com/3yu6yz](http://tinyurl.com/3yu6yz) I recommend it.)

Dooley's summary works perfectly. His formula and others like it have brought much into my life. My manual, [The Magic Formula - How to Magically Attract the Life You Most Want](#), goes into detail and will reveal all you need to know to attract what you want into your life. It contains some

secrets not found anywhere else. Get it. Read it. Use it. Re-read it.
<http://tinyurl.com/28gmm2>

The problem arises when you have a subconscious. You're human, right? So, you've got one, and it ain't going away. Ho'oponopono allows you to deal with it in a fun and easy way.

Here's what happens with counter intention ...

I desire a full private practice with wonderful patients that I love and who respect me. OK, so far. I want the practice to be full all the time. Still OK. But I notice an ebb and flow in my practice. Sometimes it's not full, sometimes it is.

I have a clear intention – full practice with wonderful people. I always have wonderful people, by the way. So, it appears that I have a counter intention that blocks my full practice all the time.

It could be I need rest and my intention to be healthy overrides my need for a full practice.

It could be that I can't let myself be successful as defined by some SUBSCONCIOUS part of me that equates success with a specific number of patients over a specific number of weeks or years.

Certainly, I have old wounds of never living up to my father's expectation of me. So, my subconscious may be fulfilling some layer of intention that wins when I don't kowtow to my father's measurements.

BIG POINT

=> IT DOESN'T MATTER. <=

It doesn't matter. Get this. You and I don't need to figure this out. This should come as good news. Go outside, fire up the barbeque, and have a party. I'll see you tomorrow.

Really, this is great news.

All you need to do is hold the “problem” in mind and say your sentences. I talk about this more in the next chapter.

You can make use of Ho’oponopono to clear blockages in relationships and restore harmony. You can employ it with –

- Your boss
- Your employees
- Your co-workers
- Your spouse
- Your children
- Your parents
- The ruler of your nation
- Anyone

When people have a clear intention, say to be successful in business earning a certain amount of money and making specific contributions to the community and the world, they often have counter intentions unknown to themselves that sabotage their progress.

Haven’t you felt sabotaged at some time?

Keep reading and keep doing Ho’oponopono.

Do You Have to Believe in Anything for Ho'oponopono to Work?

Let's get this out of the way. You don't have to believe in God, Hawaiian shamans, me, Joe Vitale, or anything else for this to benefit you and others.

If you're like me, you have some challenges with these premises proposed by Dr. Len.

I had four areas that challenged me –

One -- Am I responsible for everything that happens in the world? Yikes!

There Is No “Out There”

Whap! This is a wakeup call!

No – Out there?

What does it matter that this simple phrase echoes through many spiritual traditions including my beloved Zen, it still is as bracing as a dip in a cold lake.

This means, not to be too blunt, that everything I see is my imagination, my dream, Maya. Just like in a dream, if I want things to be different I just need to wake up.

Read these two goodies from my **[Potent Quotes Oracle](http://tinyurl.com/5nmefy)** (<http://tinyurl.com/5nmefy>)

23) wake up neo...

the matrix has you.

52) To begin with, we never start to be grateful unless we wake up. Wake up to what? To surprise. As long as nothing surprises us, we walk through life in a daze.

We need to practice waking up to surprise. -- Brother David Steindl-Rast from Heart of Gratefulness.

Two -- Does this weird technique work? I am a skeptic. “Let’s see some evidence in my own life,” I say. The only thing you can do is to experiment in your own life just as I am. I have also passed it on to my research staff who have found it quite useful. After I sent one woman a draft of this report she responded with, “Thank you, thank you, thank you.”

Test it for yourself.

Third – What happens when I don’t feel much love for someone? This conversation below exemplifies the situation.

“But William, sometimes I don’t really love people. Do you have to believe it for it to work?”

“No way. In fact most of the time when I start to work on a relationship conflict, love is the farthest thing from my mind and heart. I want to blame, maybe even hurt.

“I start anyway. Fairly quickly, I find that love arises, and I sincerely want to be forgiven for my lack of respect, and I am grateful to be forgiven, cleared, and placed back on the path.”

Four – You may be wondering if Jesus or your spiritual leader would approve. I leave you to feel this out for yourself, but it seems to me that love is the core of most spiritual practices.

And what about the idea that God runs everything and I am not responsible for anything...

What about it?

Who Do I Direct These Four Phrases To?

I find that directing “I love you”, “please forgive me” to god works for deepening a general appreciation of life. Nothing is better than walking around and saying I love you and thank you. You will be enraptured as Joe says. For me it feels like being in Heaven.

But when walking around, I find I am really thanking the Barrow’s Goldeneye I have just spotted out on the Salish Sea or the crow who called almost at my feet. I see them as God or maybe God speaking directly to me through them. Some would call them angels as angels are messengers of God.

Either way, I remember God’s continual presence, abundance, and blessing if I remember to look and listen.

When I want to clear a conflict with Suzanne, I direct the “I love you”; “the please forgive me”; and the “thank you” to the sacredness that is Suzanne and somehow to the universal God at the same time. To be clear, this all takes place in my mind, not aloud. I find I do need to ask forgiveness at times from her and others, but this is not that time.

How Do You Apply This Magic In Real Life? Practical Applications

Example 1: Suzanne hasn't worked in over a year. I have judgments and worries about that. At my lowest ebb, I blame her for our finances not shining. I know when I am blaming, it's a symptom of being out of touch with abundance. I also know at some level I am or we are attracting our financial situation. So I proceed with the Ho'oponopono strategy.

Note: "I" don't truly believe it is Suzanne's fault. It's just some basic human ego part that blames. Everyone does it. You can't prevent it. Just catch yourself when you find yourself blaming and start up the Ho'oponopono process.

Clearly, when I have any negative judgment about Suzanne, I have forgotten that she is the living Christ or as my Quaker mother used to say, "There is that of Christ in everyone." In Buddhist terms, I have forgotten she is the living Buddha.

I address the "I love you" to the aspect of God as she expresses in Suzanne. I ask forgiveness from her Buddha Nature and of the more universal God for my error in attracting what I don't want and in not seeing her ever present Buddha nature.

Respect means to look again. That's what I am doing – looking repeatedly until I see the divine in her. I respect until I see and feel it.

Finally, I thank the God within her and the universal God for forgiving me and clearing out my counter intentions.

Get it?

Now, you ask, "But you love Suzanne, so she's easy. How about a political figure you despise?"

"Yes, there too," I say. "And who needs it more than them? Wise people say people have the government they attract. More bluntly,

people have the government they deserve. If you don't like it, change yourself."

Now, let's look at another example.

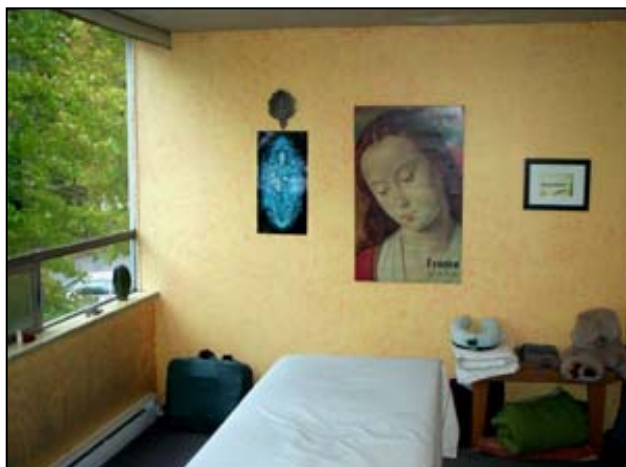
Example 2: People may be easy, but what about your business, your job? As you know, I own my own businesses. So when my business is not bringing in the revenues I want or I'm attracting something I don't appreciate, I use Ho'oponono.

In this example, let's say I am not seeing as many patients as I would optimally love, which occasionally happens for one reason or another. Sometimes it's because I need rest. This is a positive example of a counter intention to having a "full" practice. My higher goal is to stay healthy by avoiding burnout and continuing to love my work.

Here's how I handle it – I address the living essence of my practice as if it were an extension of the living God. Obviously, that's just what it is even when I forget.

One way to look at this is to understand that all living entities have guardian angels, or devas, looking out for them and helping bring them into fruition, helping them express their fullest destiny. (I include mountains, rivers, and all elements on the earth and in the sky as living entities.)

The way I view my businesses contains one more element. My practice is a living being in its own right independent but related to the people involved. All businesses are. All cities are. All nations are.



To make the picture more clear for myself, I sometimes anthropomorphize, animalize, or "angelize" my practice. By this I mean, I imagine my practice as a living human – perhaps a compassionate woman such as Mother Mary whose image has hung in my various offices for decades. (Insert See photo of my office.)

Perhaps, I view my practice as a kindly wizard.

Exercise 1: What would your job look like if it were a person? If it's not something your heart opens to then you can use Ho'oponopono to heal him or her.

Exercise 2: I am fond of animals; I can use that fondness. Which animal represents my Body and Soul Mentoring practice? Eagle? Crow? Beaver? Otter?

What would the supportive power animal be for your job? Again, change the animal if you don't like it. Use Ho'oponopono to attract what you want and to heal the wounding.

Exercise 3: Lastly, what angel acts like the patron saint of your job or practice. There has been an image of the archangel Michael on my wall for nearly 15 years. Is he the one?

Original peoples all have gods in charge of different aspects of life. The Catholic Church has its patron saints. Since you can find the idea of sacred guardians throughout history, I recommend you adopt the idea in a way that works for you and doesn't violate your religious views.

Let's look at some more examples now –

Example 3: This may stretch you a bit. Native Americans say the difference between modern man and native peoples is that for modern man everything is dead. For native peoples everything is alive. Everything!

Cars, houses, rocks, mountains, seas, are alive. When I leave elevators, I say, "Thank you." These guys don't get enough appreciation. Try it. Your life will become much richer.

If your car doesn't run perfectly, use Ho'oponopono to ask for forgiveness of the god within your car and the universal god. You know now what to do.

How about pets. Of course.

Example 4: Recently my ego-need to rescue a patient grabbed me. She felt nothing was working in her life, there were no good men and never would be. She was concluding she should just give up. I got into a verbal wrestling match with her, I needed to prove I was right – there is hope, at core she's OK – she was wrong about her hopeless assessment.

Hint: Any time you find yourself in the right-wrong game, recognize the ego has grabbed you. Stop it. Get present. And start the Ho'oponopono process – I love you, please forgive me...

Example 5: One of my friends endeavored to help her partners son, Anthony, a troubled youth with learning problems. After a short bit, he cried, "I can't do it! I can't do it! I can't do it! I can't do it! Anthony retreats, running upstairs to his room.

My friend responded with Ho'oponopono. After a short time, Anthony comes down again and says, "I think I can do it now." He aces the homework. Wow!

Example 6: Act As If You Caused the Problem

Ho'oponopono works beautifully with my patients when I pretend or act as if I caused the problem that I perceive in my patients. For instance, if I feel a sticky torsion pattern in Athena's cranial bones, I act as if I caused the pattern.

Clearly, Dr. Hew Len believes that you and I do cause the problems in anyone else we relate to. Remember, there is no "out there".

Even if I am not ready to stretch that far, acting as if I caused Athena's problem and silently addressing the phrases – I love you, please forgive me, I am sorry, thank you – to her over and over seems to help. It seems to speed the healing process and results in an it easier, more long lasting, deeper, more profound healing. For example, Athena's sticky torsion pattern gets unstuck, untwisted and seems to resolve multiple physical issues quickly, she fills with bright sunshine, and she seems in harmony with the heavens.

Obviously, using ho'oponopono deepens my love for my patients and helps me to dwell in the serene space of deep compassion, acceptance, and Presence. Using the phrases helps me to remember the inherent divinity of my dear patients as opposed to my lapse in **Example 4** above where I forgot her divinity and watched in horror as our egos wrestled.

Choose one -- Being in love vs. right-wrong wrestling. It's an easy choice, right?

Can you imagine customer service departments using ho'oponopono?

Ho'oponopono keeps me in right relationship. It certainly keeps me from rescuing or blaming.

You can use it to balance Karma if you like the notion of Karma as billions of people do. You can use to as a cosmic form of making amends.

At the very least, you will love whomever you direct your ho'oponopono. This is good.

Walking around in Heaven, Being in Love with the Universe

Today, on my morning walk, I just said, “I love you.” Sometimes, I would throw in “please forgive me” if my mind wandered to negative thoughts. Mostly, I repeated, “I love you.”

Can you guess what my experience was? Sure you can, you have been reading this haven't you. I was in love with all I saw and heard.

Picture this. It's raining gently. I walk through a well manicured neighborhood adjacent to the lake and my office. The more I say, “I love you” the more content and serene I become.

I enjoy spring songs of the red-winged blackbird, the Bewick's wren, and the melodious robins as I walk out on an abandoned dock into the estuarial wetlands. Not much more than ten yards (meters) ahead of me, a river otter rolls on its back wiggling and scratching himself. We make eye contact, neither of us quite believing what we're seeing. He finishes his scratching, takes another glance at me with my tall walking stick, and then climbs back down into the abandoned beaver lodge where he lives.

I have been walking these areas for almost two decades and I have only seen otter spoor once, never the otter. Wow! I feel blessed. Yesterday, I saw a river otter in Puget Sound.

On the way back to the office, I checked the Bald Eagle's tree. Yep. Two of them are perched up their today. Two days ago, the Eagles showed me their tree.

At the beginning of this report, I told you that you could use this method to attract real wealth and treasures. Obviously, that's something you want. Listening to melodious bird song, watching eagles, and communing with otters constitutes true wealth and abundance for me.

First, I have the wealth of time to explore every day. Second, Ho'oponopono plus other skills I have mastered, allows me to connect to all life. (See **Simply Serene** <http://tinyurl.com/mbd4x>) I hold these

connections as Holy and Sacred as they represent a direct connection to the Divine.

Am I living in heaven? Yes.

But, what's your heaven look like. Take a moment and recall those heavenly times in your life. They don't have to be fancy vacation times. I think it will serve you better to recall the ordinary times when you felt wonderful, just because.

Exercise 4: Take some moments now. Relax. Recall. Write them down.

Note: [The Magic Formula - How to Magically Attract the Life You Most Want](http://tinyurl.com/28gmm2) (<http://tinyurl.com/28gmm2>) will provide more detail help on this subject for you.

Resources for Your Further Enlightenment

Goodies from William Wittmann

One) If you haven't read the [Magic Formula](#), clearly, this would be a good time. It shows you **How to Magically Attract the Life You Most Want**.

Go for it => <http://tinyurl.com/28gmm2>

Two) [Simply Serene - Four Amazingly Powerful Ways to Be Instantly Alert and at Peace](#) will serve you well if you want some guaranteed ways to become present. I talk about the famous Owl Eyes in depth in this one.

Presence fits well with walking around in Heaven being in love.

Go for it => <http://tinyurl.com/mbd4x>

Three) Browse my [Training Manuals for Living Well](#). Certainly, you will find something of value to match your needs here. (<http://tinyurl.com/j8nnq>)

Four) Also browse my [Laser Focused Reports](#). Certainly, you will find something of value to match your needs here. (<http://tinyurl.com/66jjdh>)

Five) Obviously, consultations with me can help you in many ways. I do phone consultations with people all over. If you're in Seattle we can work in person.

Contact me for more information or to set up your first consultation.

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From Joe Vitale

I recommend you dive in more deeply to this material with Joe's book on the subject that reveals the whole story – **Zero Limits: The Secret**

Hawaiian System for Wealth, Health, Peace, and More
(<http://tinyurl.com/32fpxq>).

You can watch a 15 minute video here =>
<http://one.revver.com/watch/521463>

Or here => <http://video.yahoo.com/video/play?vid=1601820>

Five minute video of Joe's from a wealth seminar

= > <http://www.youtube.com/watch?v=z-EkcvdS4wQ>

The Genius of Wallace Wattles

This excellent book talks about intentions and how to attract what you want.

[The Science of Getting Rich by Wallace Wattles](#)

Although this book talks about money, it is deeper. It is really about creating a rich life. I love this book and recommended it to many people, and then it went out of print, not so bad for a 1910 classic. I looked into getting the rights to publish it and received the rights, but I didn't have the wherewithal to publish it. Imagine my delight when I discovered Rebecca had published it as a free e-book. Read more by clicking the link. It's great and it's free. (If you have a web site, Rebecca has a neat affiliates program. Tell them I sent you.)

[The Science of Being Well](#)

Dr. Alexandra Gayek is a long time friend and colleague. She runs the Science of Being Well web site where you can get Wallace Wattles' terrific book titled **The Science of Being Well**, naturally.

On Alexandra's page, you can get her sweet, fun, and useful newsletter and more to the point of this page – download the free e-book.

Wattles has genius and insight you will love. He speaks in an old timey voice that you will enjoy. Old timey, because he wrote it long ago.

Go for it. => <http://tinyurl.com/63ohlr>

Use the book as a base, then if you love it, you can look into Alexandra's class... It's pretty cool. She shared with me some amazing results with her last group.

Go for it => <http://tinyurl.com/5d7252>



William Practicing

About the Author

Today, I am using the “Thank You” part of Ho’oponono. Why? Because I find when I get stuck in grumbling gripes, as I grumble today, saying “thank you” restores the proper perspective.

What’s the proper perspective? My life is an ever-unfolding miracle.

I feel privileged to love the people I have worked with since 1969 as a teacher and therapist.

I am married to the lovely, Suzanne. I have known her since 1964 or so. I have two grown daughters who still like me.

I graduated from Harvard in the same class as Al Gore and Tommy Lee Jones. I try to use other yardsticks to measure my success. When I compare myself to others, I use the Ho’oponono phrases to restore myself.

Currently, I ask myself, “Would Winnie-the-Pooh approve?” If what I do passes this test, I am satisfied. Pooh lives in right relationship with the whole world and lives exquisitely in the moment. I aspire to that.

I reside in a condominium overlooking the Salish Sea (Puget Sound) and the skyline of Seattle.