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The Easiest Way to Live

Let go of the past, live in the present and change your life forever

Los Angeles – July 24, 2010 – **Mabel Katz** the author that brought you *The Easiest Way* has just released her newest book *The Easiest Way to Live*.

In *The Easiest Way to Live*, you will find the keys to becoming your true self, being in harmony with life and “pure in heart,” which is a state of essential clarity. You will discover that most of the challenges you face are caused by past patterns and memories that keep replaying in your subconscious and block you from being who you really are. You will find that no problems exist outside of you, and since they are inside of you, you have the ability to take 100% responsibility for them and neutralize them.

Mabel is internationally acclaimed as a foremost authority on the ancient Hawaiian art of Ho’oponopono. For thirteen years she studied intensively with the master Ihaleakalá Hew Len, Ph.D. The basis of this art is simple; Let go and let God. Who knows better than God what is right and perfect for us?

The author has been traveling the world exceeding all expectations with the large audiences her seminars have attracted. Her first book *The Easiest Way* has taken the world by storm with its simplistic approach and is now published and translated in many languages.

Dr. Ihaleakalá Hew Len could not have captured the essence of this book, *The Easiest Way to Live*, better than he did in the profound preface he wrote for the book. Here are some excerpts:

In *The Easiest Way To Live*, Mabel (Kikiko’ele) shares insights on “the easiest way to live”. I got the following from her book:

1. I am GOD-MADE, created by Divine Love in its exact likeness, “pure in heart”;
2. My ONLY PURPOSE in life is to be myself, “pure in heart”;
3. My ONLY TASK in life is to release memories – errors – replaying problems in my subconscious from my past that block me from being myself, “pure in heart”;
4. By applying the ancient HO’OPONOPONO problem solving process, I petition Divinity to restore me to my original state of “purity of heart” by releasing my memories to zero;
5. I am 100% RESPONSIBLE for creating the memories stored in my subconscious mind that I re-experience as problems;
6. Moment by moment, I have a CHOICE to restore my original state of “purity of heart” by applying the ancient Ho’oponopono problem solving process ceaselessly, moment by moment.

Mabel’s growth not only spiritually but as an author is incredibly evident as you read this book. As you follow Mabel’s journey you will be astounded at the many revelations that bring you to an understanding of how easy life can be. Here you will acquire clarity and understanding, not only about YOU, but the world around you.

You will learn to let go of what stands in the way of your progress, by letting go of the baggage you needlessly hold on to because of your need to be right and have the last word. The simple act of taking 100% responsibility will give you a new found freedom. In every problem that arises, you will learn to clean and take 100% responsibility and find that the problem was only the problem that you were holding on to.

This book is a must read and promises to give you clarity and purpose, by restoring you to your original state of “purity,” your state of Zero! As you learn to let go and open yourself up to the universe, you will allow God’s inspiration to be your guide.

Joe Vitale was so kind to review and endorse *The Easiest Way to Live*, this endorsement can be found on the cover of the book:

"This amazing book is wise, loving, heavenly and healing. A spiritual masterpiece."
- Dr. Joe Vitale, author "Zero Limits" and "The Key"

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To purchase the book or more information go to: www.mabelkatz.com

To find out more about Ho'oponopono go to: www.hooponoponoway.com