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*Mabel Katz is recognized as the leading expert on Ho'oponopono, an ancient Hawaiian practice used not only to achieve a greater clarity of purpose but also to bring more happiness and peace to our life and to live and work in a more effective way.*

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## MABEL KATZ. WHO AM I? 🇺🇸 🇵🇷

Not only is Mabel Katz the World Peace Ambassador and a world - famous personality thanks to her books and lectures on Ho'oponopono, she is also a very happy and easy - going woman we had interviewed to discover this fascinating philosophy of life.

Mabel, what is Ho'oponopono? Ho'oponopono means doing things well; it is an ancient Hawaiian practice helping us to recover the power to change our lives without relying on anything and anyone. We have to decide to erase the repeating patterns, that is to say memories which keep repeating in our subconscious, rather than being negatively influenced by them.

That requires a lot of responsibility... Yes, it includes absolute responsibility for everything that happens around us. If I blame the others or complain about my life, I am giving power to something or someone external to me. When I realize that it was me who had created a certain situation, then I can also change it.

"I'm sorry, I love you, thank you," are these the words which help us erase the negative memories? It can be just "thank you, thank you, thank you". You have to stop the thoughts saying that you do not deserve anything, that there is not enough happiness for all of us, that you are missing something; if you do so, you give permission to God, you leave it all in his hands in order to let the right and correct things arrive in your life. Life is an opportunity to be better. I always say that we have an important mission on this planet and playing the role of weaklings or victims does neither help us nor the world.

What you would say to someone who is affected by the financial crisis, to those who are unemployed? "I am not going to be worried about the situation", when we start to worry, we feel obsessed and blame ourselves or the others for the unfavourable situations in our lives. Sometimes, you are fired because you are not in the right place. There are people who lost their job and shortly after this negative experience they found a new way, others keep thinking as victims and are still without a job. If I feel like a victim, I confirm that I really am one.

How does Ho'oponopono approach divinity? I found God in the very moment I began believing in myself, consequently positive things began to happen and I thought "this cannot just be me". There is a part of us which has all the answers, and for me, God represents this wise part of me. We should stop distressing ourselves, it is important to live day by day and to leave the emotions from the past behind as well as the fears from the future behind too, it is essential to find our place in the present and pay attention, because God will not scream at us. Wisdom speaks very softly.

Do you think someone born in Africa in very poor conditions can choose this way of life? I have just come back from India and I have seen very poor yet happy people, no one is angry in India. But what is right and what is wrong? There are many people in this world who had thousands of reasons to feel as victims but they chose to move forward. For example Oprah Winfrey had all the excuses and still she decided to show to the entire world that adversity can be overcome.

What is the reason some people make a right or wrong decision? Some want to be victims. I was one of those people who were always angry despite having everything, a great husband, children... Life is an infinite search and happiness resides in finding God, in being aware of who you really are. Who am I? That is the most important question behind Creation. Shall we help others? First of all, we must help ourselves. If we are satisfied, the world will be fine. It is our thoughts that keeps forming our reality. With Ho'oponopono we erase memories and what is erased from my mind is erased from yours, your family, relatives and ancestors. God is the one who is helping, I leave everything in his hands and he erases everything, because we all grew up in his light and the light of God does not discriminate.