

5 Questions Answered

Ho'oponopono Q&A Interview With
Joe Vitale



From The Desk of: Joe Vitale

Dear Friend,

In this special report you'll find my answers to 5 important questions about Ho'oponopono.

These questions, along with hundreds more, were sent in to me during a recent survey of my readers.

To capture my answers I had a good friend of mine, Kory Basaraba, ask me these questions on the phone and record our conversation.

The full interview lasted over an hour, and there were 18 questions asked.

I was in a peaceful, open state as I responded to these questions. My intention was to answer in as much detail as I could, to share any insights I've picked up along the way.

I've selected 5 of the most common and relevant questions to share with you here.

I hope you find this information valuable as you continue to integrate the magic of Ho'oponopono into your life.

**Love,
Joe**

Q1: What's the most effective way to use Ho'oponopono for wealth creation?

Kory: a lot of people who wrote in have questions about using Ho'oponopono for specific outcomes.

Like one person asks "what's the most effective way to use Ho'oponopono for wealth creation?"

Which I think is a great question and I can't think of anyone more qualified to answer that than you.

Joe: That is a great question.

Kory: So what's your response when you hear a question like that?

Joe: Yah, there's so many ways I can take that. I think the first thing people need to be aware of in relation to Ho'oponopono is it's all about dissolving a problem within yourself. It's not about changing anything on the outer.

Whenever anyone looks on the outside and says they have to change that relationship because they don't like that person, or I've got to change this financial situation because it's not looking so great, they're coming from the wrong perspective in terms of Ho'oponopono.

Because what you want to look at is, why are you afraid of your financial situation? So in other words focusing on it, there's a reason why you're focusing on it and more often than not it's not a pleasurable reason. You're focusing on it because you're concerned about it.

Well, Ho'oponopono is to help you dissolve that concern; that worry. When anything looks like a problem out there, Ho'oponopono is what you want to take out of your magic bag and run to the rescue with.

Here's what happens that's so beautiful. As you take care of that feeling of concern inside of yourself the problem goes away. So, after that kind of lengthy philosophical explanation, what's happening with the wealth one,

and I saw this in my own life, this incredibly magical when it comes to money and attracting wealth in.

A large part over the past few years because of doing Ho'oponopono, everything gets easier and easier and easier. I don't focus on the outer, I focus on the inner.

I've seen Dr. Hew Len spend money very easily. In fact we went to lunch one time and we walked around our little town of Wimberley Texas here, and we went into a little shop and he bought a couple of little knick knacks and he left a twenty dollar tip for the cashier.

Now this was very unusual. This wasn't at a restaurant where you'd leave a tip for someone who'd waited on you, this is a clerk behind a retail store and he bought a couple of trinkets and he leaves a twenty dollar bill. And that person didn't even know what to do with it, it was so unusual.

And he looked at me smiling and said "You know, the Universe is just going to bring it on back, the entire planet is wealthy." And it's not just an affirmation; it's a way of being. This is how he's looking at the world.

So, wealth already exists. When we look out and we don't see it, that's the issue we want to clean on. We want to clean on our perception of reality so we don't sit here thinking, wow, when is wealth going to come to me? When will money come in? When will finances come in?

When you actually clean that issue, then you look out and go, wow, look at the wealth everywhere, look at the opportunities everywhere and look at the money come to me from everywhere.

There's a massive difference, but it all begins by cleaning the perception of any concern on the inside using Ho'oponopono.

Kory: So the shift I'm hearing is that whenever we have external problems, most of us attempt, or are taught even, to go out and try and solve those external problems.

What this gives us is another way of looking at it where we go inside and say where is that problem in me, and this gives you the tools to solve it. I guess what that does, is once it's clear inside of me, then I'm free to go out

and do the things I would not normally do to create the wealth. Or I would follow and take action where maybe in the past I'd be too worried or concerned. It opens up possibilities. Am I on the right track with that?

Joe: You are on the right track but I need to take you down the road just a little bit more because the first thing is that there are no outer problems. That's one of the first things we learn in Ho'oponopono. There are no outer problems.

One of Dr. Hew Len's favorite statements, and he says it in every seminar, I'm sure it's in the Zero Limits event; he says "Have you ever noticed that when there's a problem, you are there?"

He always gets a laugh when he says it and I think; what a wonderful mantra. I'm going to write a song just with that little phrase in there. Because whenever there's a problem you are there. Why is that the case?

Because you are participating in the creation of that problem; and the participation is an inside event.

When you take care of the problem on the inside, again, cleaning that issue as you perceive it on the inside, that outer, what you perceive as being on the outer will disappear. It will morph, it will change, it will float away, it may so disappear that you may not even remember that you had it as a problem at one point. It will be that gone from your memory.

This is the power of the cleaning, so when people are cleaning on wealth for example, and their concerns about it, they may take opportunities that they wouldn't have acted on before. They may take actions that they wouldn't have acted on before.

Or they may not have to do anything but go on about their living, breathing reality, doing whatever they do during their normal days and the wealth will come to them because they're no longer blocking it from coming to them.

See that's the other thing that goes on is that your perception is changed. Instead of looking out, like I'm looking out on my second floor of my new office seeing all of these wonderful trees, and it just looks like this is a lush, prosperous Universe.

But at one point, decades ago when I was struggling and in poverty and homeless, I would not have seen that. I would have looked out there and seen nothing but problems, but yet the trees exist, the lushness exists, yet the prosperity exists.

So when we clean the issue within ourselves our mind really does expand, but what really expands is the blinders we had on all the time. That gets dropped so we see the opportunity for the wealth, the finances and so on, whatever it happens to be.

Q2. How can I use Ho'oponopono to completely forgive someone?

Joe: Well, you've got to remember that it's not about the other person. It's about yourself and what you're really doing is forgiving yourself. That's the very first thing you're looking at here.

Maybe it would be useful to dissect the phrases for a moment because when I say all you have to do is say I'm sorry, please forgive me, I love you, thank you, however you feel it, whatever order it feels right, that's simple enough.

But what are you actually doing when you say these? For me, I'm saying I'm sorry that I've been unconscious, please forgive me for not being aware of my own programming, of my own beliefs of my negativity, of my past memories. Forgive me and I'm sorry for not being alert in a conscious responsible way to how I've helped create this problem I'm perceiving. That's what you're really saying.

Then the next things are thank you, you're thanking Divinity, which is the term Dr. Hew Len likes to use. Some people might want to say God or Tao or Life or Nature, whatever that bigger energy field is that we're all part of. You're saying thank you for it for cleaning this problem from within you.

And I like to end with I love you, although you can say it anywhere, but if you end with I love you, any word to describe the Divine or any essence of the Universe, the essence of your own soul is love.

By saying I love you, you're starting to merge back into the essence of life itself. You're starting to merge back with the divine and you're devotion to the divine. So I'm sorry, I love you, please forgive me, and thank you are so much more than just four phrases.

There's actually quite a bit of energy behind each one of them. They're almost like a spiritual combination lock that opens up the feelings within you so you can release them.

It doesn't matter if it's an issue of forgiveness for somebody else or if it's a health problem for you or somebody else, whatever it is that you're perceiving as an issue, that's what you're focusing on as you say these four phrases internally to your connection to the Divine.

So in many ways, that's the recipe for any problem you would throw at me. That would be the very same answer.

Q3: Why am I saying I'm sorry when I haven't done anything wrong?

Kory: So whatever we're experiencing as a 'problem' or an issue is the same process and I really liked the distinctions, it was really helpful to understand what am I thanking and what am I sorry for.

Because I had a couple of people write in and they said, **when I say I'm sorry I feel like I've done something wrong, but I haven't really done something wrong**, so they have a resistance to saying I'm sorry.

Joe: That's the number one thing people are resistant about. I would say the first thing people are resistant about is taking full responsibility for everything in their lives.

That's a big one that as I said in the beginning of this interview, but it's also the most important one because instead of intimidating you, it empowers you, it frees you to be able to resolve the things that are going on, or that you perceive are going on.

And the other one is I'm sorry. I've heard so many times over the years people don't want to say I'm sorry. They feel like they did something bad,

or they committed a sin or a crime and I talked to Dr. Hew Len about that one time and he said, well they can change it to please forgive me, but people were still objecting to even that, because I had offered that one.

He said, well, they don't have to say it, but a better solution would be clean on your issue with saying I'm sorry.

Kory: Oh, I see. So when you say the phrase whatever feeling comes up you would clean on that.

Joe: You would clean on that and I've given a lot of talks about this and of course we did the Zero Limits events and people would often bring up that very statement about I'm sorry and I'd say you know, I've gone to a number of funerals and I walk up and say to the family "I'm sorry."

Why do I say that? And I've noticed other people say that when they walk up. There's a death in the family and I was talking to a guy this morning who had a client that was diagnosed with a terminal illness and they're all upset and I said I'm sorry. Why would I say that?

I am not directly responsible, I don't even know who those people are, but in some way shape or form, I feel like a feeling of sympathy is the appropriate response. In some way I'm trying to show love and comfort by saying this.

When I say I'm sorry to the Divine, I do not think I screwed up. I think I've not been conscious and we're all driven by our unconscious mind, our conscious mind is just the tip of the iceberg.

The unconscious mind is the power ship, it's the nuclear reactor, it's the warehouse of all this information and all the programming and we're not aware of what's in our unconscious mind.

So very often we do something unconsciously, whether we later notice we did, or someone points out we did, or we may be in a situation where we have what we perceive as a problem with another person, but we don't even see how we unconsciously participated in the creation of it. So I say I'm sorry because I wasn't aware. Please forgive me for not knowing what's in my unconscious mind but let's work on it now. Thank you for healing it, cleaning it, wiping it out and I love you.

Kory: That's really helpful; it's a great example because you would say I'm sorry if someone is going through a sad situation. And if I found out that I had inadvertently hurt someone else's feelings that I cared about, that offended them, I would say I'm sorry for that, you know? Even though I didn't do it on purpose I still have that same feeling to say it.

Joe: That's perfect, that's a better example even than the one I just gave because that's what we're saying. We were inadvertently behaving or thinking in a certain way that got us this feeling we don't like, I'm sorry for that, I didn't know that's what was going to happen. I'm really sorry, please forgive me.

Kory: That's great, very helpful. Along these lines, it is a big issue of taking responsibility. I've got a couple of questions here that I think are relevant, especially given the time we're in.

One person wrote:

Q4: I'm still baffled that it's my fault or the buck stops with me, especially about the current situation in Japan. I'm trying to get my head around it and I'm willing to trust the process.

Joe: I'm glad she's willing to trust the process because the great key to making all of this work is trust. When I did the first seminar with Dr. Hew Len we were talking about this and he had asked me early on, have you ever heard the phrase 'you create your own reality'?

And I said yah; I'm one of the guys who writes about it. I get on a soap box and talk about it. And he says that if somebody shows up in your life like they did in his and they're a mentally ill criminal, didn't he help create that reality too? In other words, if you create your own reality, there are no loopholes, there are no escape clauses, there are no hidden little corners where you didn't create that.

If you create your own reality and Japan is now in your reality, by extension, you had to have some hand in creating it.

Now when you look at Japan the real issue is how do you feel about it inside. If you're looking at it as a neutral event that you're not feeling one way or the other about, you're probably fine.

If you're looking at it going oh my God, how could this happen, or you're going this is a terrible catastrophe, or oh my God, where is God, the devil's out, whatever it happens to be. Any of those feelings that are turning into a problem.

You're looking at it and you're no longer happy, you're no longer in this moment with appreciation or gratitude. You're looking at that as an issue, that's what you have to clean.

Kory: So you need to take this cleaning process to that idea or those feelings and get to the point that you're clear.

Joe: And get to the point that you're clear. At that point you may be inspired to do something about Japan, or you may be inspired to just go about your business, live your life and do what's going to be useful here. I don't really know but the point is that it will be unique to each person.

The point is that we won't really know, so we want to keep cleaning and clearing so we can hear inspiration. What most of us are doing is just acting, we're not even acting, we're reacting to other people, reacting to thoughts, we're reacting to the news bulletins, we're reacting to life.

We're not responding, we're not being inspired, we're not coming from that place of a connection to the Divine. By this constant cleaning, we can get there.

Kory: That's great because a lot of people have this confusion about I'm responsible and it's my fault. And that brings in feelings of guilt and how do you explain that when people are looking for a distinction there?

Joe: Yah, that's a great one and I've heard that one a lot over the years. While we're responsible for what's going on, we are not in any way, shape or form to blame for it.

To blame would probably be in the form of you intentionally did something to yourself or somebody else, and even then I'm not sure that would be a correct way of looking at it.

What we really want to do is take full responsibility for what's going on emotionally in our lives. I remember there was a TV ad that came out decades ago and I always remember the guy's line, it was – your problem is not your fault, but it is your responsibility.

I always loved that because it's so clear. You're not to blame, nobody is pointing fingers at you at all saying that because you have a smoking issue or whatever, it's not your fault that you're smoking, but it is your responsibility.

What that does is kind of separate the line from condemning you to helping you and at the same time it puts it in your lap. Now you're free to do something about it.

Kory: I see, so if you think it's someone else's fault, or you have the view that other people are responsible for your life, then you're really powerless to do anything about it. This way you have the power to actually make some changes and work with it.

Joe: Yes, and this works – one of the examples that's just floating into my awareness right now is Mabel Katz is one of the teachers of Ho'oponopono and she's studied with Dr. Hew Len and she travels around and has written a book or two and she has been a tax attorney, or bookkeeper, I can't remember which it is, but she would go into the IRS to do audits representing her clients doing nothing but cleaning and would tell me, face to face, that she would have the IRS completely dismiss, or tremendously lower fees and penalties because of this cleaning she's doing.

Now, when most people think of the IRS they think, well, that's one company we have no control over, we can't get in there. That's not true. Thinking that is part of a perception that leads to a problem.

She's coming from the standpoint that the IRS is part of her inner being and whatever her relationship is to the IRS she's cleaning on it within her, I

love you, I'm sorry, please forgive me, thank you, I love you, I'm sorry, please forgive me, thank you.

They change. Whether it's all a feeling, whether it's a projection, I don't know how far we can go with a metaphorical, metaphysical description of all of this, but from a whole Ho'oponopono Zero Limits standpoint you change the inside and the outer changes.

In my Zero Limits event, the last one we referred to a few times, I stood up there and told them, you know, trying to change the outer world of other people is like standing in front of your bathroom mirror in the morning and putting make up on the mirror, or shaving the mirror.

Kory: I saw that part; that was a great analogy. Yah, people really got it, it helped me get it.

Joe: Yah, people got it, in fact there was one guy running a camera and when he heard it he almost collapsed. I saw him, he just folded over and sat down, it just went to his gut, it just went to that level.

But it's the whole image we're trying to reflect in Ho'oponopono, we're not trying to change 'out there'. The projection is what we're projecting from inside, we want to clean up the projectionist, who is the person experiencing it.

Q5: How do the four phrases interact with the Law of Attraction?

Kory: Another question I have here that's on a lot of people's minds is how do these four statements work and how do they interact with the Law of Attraction? I imagine you get that question a lot, what's your response to that, how do they integrate?

Joe: You know, first of all, everything you have in your life you attracted. There's no violation or conflict here. The Ho'oponopono and Law of Attraction are still working in the same reality.

Ultimately when you look at your life that you're the source of everything coming into your life, the Law of Attraction is working. That's why you have everything coming to you.

It's just that when you don't like what's coming up in your life, what are you going to do about it? How are you going to change it? Ho'oponopono is the eraser technique.

That's what you use to take care of the things that are showing up that are the ones you didn't want to attract.

Kory: I see.

Joe: I'm trying to imagine some kind of problem here – a boss has a problem with a co-worker for example, the Law of Attraction standpoint is you attracted that.

Now the skeptics would say, no I didn't because I wasn't thinking about that at all. But the deeper understanding of the Law of Attraction is that you attract everything in your life based on your unconscious beliefs. Not what you're consciously intending, it's what you're unconsciously intending and most of the time you don't even know what's in your unconscious mind.

That's why Ho'oponopono is so important. It cleans the negativity in the unconscious mind. As you clean that, then you're going to be less likely to attract something you wished you didn't attract.

So they work together.

Kory: They really do, it seems like they support each other if what you're attracting in your life is the sum total of your unconscious mind, your unconscious thoughts, then the cleaner your unconscious becomes the more you're going to be attracting what you want.

Joe: Yes, yes. Absolutely. The more you'll be in alignment with the Divine, your path through life. The more you'll lead an inspired life. When you look around everything that you'll be attracting is a match to that road.

Ho'oponopono is a way to make the Law of Attraction work smoother for you.