

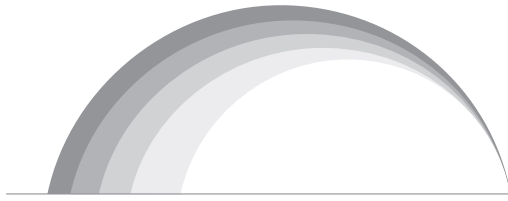
zero limits

*The Secret
Hawaiian System
for Wealth, Health,
Peace, and More*

JOE VITALE
IHALEAKALA HEW LEN, PhD



John Wiley & Sons, Inc.



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To Morrnah and Ka'i

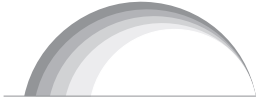
—Dr. Hew Len

To Mark Ryan and Nerissa

—Dr. Vitale

Ho'oponopono is a profound gift that allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed, or action be cleansed. **The process is essentially about freedom, complete freedom from the past.**

—Morrnah Nalamaku Simeona,
Ho'oponopono Master Teacher,
creator of Self I-Identity Ho'oponopono,
named a Living Treasure
of the State of Hawaii in 1983
by the Hongwanji Mission of Honolulu
and the Hawaii State Legislature



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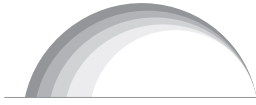
Two key people deserve thanks for this book: Mark Ryan is the priceless friend who first told me the story of the unusual therapist you're about to read about, and Dr. Ihaleakala Hew Len is that unusual therapist who has become my latest priceless friend. Nerissa, my love, is my main support person and domestic life partner. Matt Holt and my dear friends at John Wiley & Sons, Inc. are terrific people to know and work with. Suzanne Burns is my key assistant and publicist, and proofread an early draft of this manuscript. My mastermind group supported me in this project, including Jillian Coleman-Wheeler, Cindy Cashman, Craig Perrine, Pat O'Bryan, Bill Hibbler, and Nerissa Oden. Early readers of this book who helped me shape it and perfect it include Mark Weisser and Mark Ryan. I also want to thank the Divine for guiding me in the process of writing this book. I am grateful to all.



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Preface

Where Peace Begins

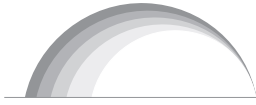
Dear Mornnah Nalamaku Simeona, the creator and first master teacher of Self I-Dentity Ho’oponopono, had on her desk a placard that read, “Peace begins with me.”

I witnessed this peace beyond all understanding as I worked and traveled with her from December 1982 to that fateful day in Kirchheim, Germany, in February 1992. Even as she lay in death on her bed surrounded by chaos, she exuded that stillness beyond all understanding.

It was my great good fortune and honor to have received the training from Mornnah in November 1982 and to have been in her presence for a decade. I have been doing Self I-Dentity Ho’oponopono ever since. I am pleased that, with the help of my friend Dr. Joe Vitale, this message can now reach the world.

But the truth is it only has to reach you, through me, as we are all one and it all happens inside.

Peace of I,
Ihaleakala Hew Len, PhD
Chairman Emeritus
The Foundation of I, Inc. Freedom of the Cosmos
www.hooponopono.org www.businessbyyou.com



Introduction

The Secret of the Universe

In 2006 I wrote an article titled “The World’s Most Unusual Therapist.” It was about a psychologist who helped heal an entire ward of mentally ill criminals—without ever seeing any of them professionally. He used an unusual healing method from Hawaii. Until 2004, I had never heard of him or his method. I searched for two years before I found him. I then learned his method and wrote that now-famous article.

That article swept the Internet. It was posted on newsgroups and e-mailed to huge lists of people from all walks of life. My own list at www.mrfire.com loved it, and passed it on to tens of thousands of others. They in turn forwarded it to family and friends. I estimate about five million people saw that article.

Everyone who read it found it hard to believe. Some were inspired. Some were skeptical. All wanted more. This book is a result of their desire and my quest.

Even if you’re a veteran of the five steps in my earlier book, *The Attractor Factor*, you may not understand the incredible insights I’m about to reveal to you here, at least not at first glance. The simple process I’m going to share in this book will help explain why I’ve

been able to manifest some huge accomplishments without actually trying to make them happen. Here are a few of them:

- My Nightingale-Conant audio program, *The Power of Outrageous Marketing*, happened *after* I quit pounding on their door for 10 years.
- How did I go from homeless to poverty to struggling writer to published author to best-selling author to Internet marketing guru *with no plan at all*?
- My desire to attract a BMW Z3 sports car led to me *being inspired* with an Internet marketing idea no one had ever thought of before—which made me \$22,500 in one day and a quarter of a million dollars in a year or so.
- My desire to buy and move into a Texas hill country estate when I was broke and going through a divorce led to me creating a new business that brought in \$50,000 *in one day*.
- My huge weight loss of 80 pounds occurred *after* I gave up and opened myself to a new way to achieve my desire.
- My desire to be the author of a #1 best-selling book led to my writing a #1 best-selling book that I *never planned* to write at all and *wasn't even my idea*.
- My appearance in a hit movie, *The Secret*, happened without my begging, pleading, intending, or orchestrating *anything at all*.
- My appearance on *Larry King Live* in November 2006, and again in March 2007, happened without my ever intending it.
- As I write these words, Hollywood hotshots are talking about turning my book, *The Attractor Factor*, into a movie, and still others are negotiating to get me my own television program.

The list could go on, but you get the idea. I have many miracles happening in my life.

But *why* are they happening?

I was once homeless. Today I'm a best-selling author, Internet celebrity, and multimillionaire.

What happened to me to create all this success?

Yes, I followed my dreams.

Yes, I took action.

Yes, I was persistent.

Haven't a lot of other people done those same things and yet not achieved success?

What's different?

If you look at the accomplishments I've listed with a critical eye, you might see that none of them were directly created by me. In fact, what they all have in common is a spirit of Divine planning, with me a sometimes unwilling participant.

Let me explain this another way: Toward the end of 2006 I taught a seminar called *Beyond Manifestation* (www.BeyondManifestation.com), which is heavily influenced by what I learned after I discovered the mysterious Hawaiian therapist and his method. In that event I asked everyone to list all the ways they knew to manifest or attract something in their life. They said things like affirmations, visualizations, intentions, body awareness methods, feeling the end result, scripting, Emotional Freedom Technique (EFT) or tapping, and many, many more. Once the group inventoried every single way they could come up with to create their own reality, I asked them if those ways worked all the time, without exception.

Everyone agreed they did not always work.

"Well, why not?" I asked them.

No one could say for sure.

I then hit the group with my observation:

"All of those ways have limitations," I declared. "They are toys your mind plays with to keep you thinking you're in charge. The truth is, you are not in charge, and the real miracles come when you let go of the toys and trust in a place inside yourself where there are zero limits."

I then told them that where you want to be in life is *behind* all of those toys, which is behind the chatter of the mind and right there with what we call the Divine. I went on to explain that there are at least three stages to life, beginning with you as victim, then moving on to you as creator of your life, and ending—if you're lucky—with you becoming servant to the Divine. In that last stage, which I'll discuss later in this book, astonishing miracles happen—almost without you trying.

Earlier today I interviewed a goals expert for my Hypnotic Gold membership program. (See www.HypnoticGold.com.) He has written a dozen books and sold millions of copies of them. He knows how to teach people how to set goals. Most of his philosophy revolves around having a burning desire to accomplish something. But that's an incomplete strategy. I asked him what he suggested when someone can't find the motivation to set a goal, let alone complete it.

"If I knew that," he began, "I'd be able to solve most of the problems in the world."

He went on to say that you have to be hungry to achieve a goal. If you aren't, you won't keep up the discipline needed to focus on it and work toward it.

"But what if you're not hungry enough?" I asked.

"Then you won't reach your goal."

"How do you make yourself hungry or motivated?"

He couldn't answer.

And that's the rub. At a certain point all the self-help and goal-setting programs fail. They come up against the troubling fact that if someone isn't ready to achieve something, they won't maintain the energy needed to manifest it. They'll quit. Everyone knows this experience from setting resolutions on January 1st and forgetting them by January 2nd. The good intentions were there. But something deeper wasn't in alignment with the conscious desires.

So how do you take care of that deeper state that isn't "hungry"?

That's where the Hawaiian method you'll learn in the book comes in handy. It helps clean the *unconscious*, which is where the

block resides. It helps dissolve the hidden programs that keep you from attaining your desires, whether health, wealth, happiness, or anything else. It all happens inside you.

I'll explain all of this in the book you are holding right now. For now, consider this:

There's a quote from Tor Norretranders' book, *The User Illusion*, that sums up the essence of the mental roller-coaster ride you're about to embark on: "The universe began when nothing saw itself in the mirror."

In short, *Zero Limits* is about returning to the zero state, where nothing exists but anything is possible. In the zero state there are no thoughts, words, deeds, memories, programs, beliefs, or anything else. Just nothing.

But one day nothing saw itself in the mirror and you were born. From there, you created, and unconsciously absorbed and accepted, beliefs, programs, memories, thoughts, words, deeds, and more. Many of these programs go all the way back to the beginning of existence itself.

The whole purpose of this book is to help you to experience wonder moment by moment. From that place, miracles like the ones I described will happen to you. They'll be unique to you. And they'll be just as marvelous, magical, and miraculous.

My experience of this spiritual rocket ship into power beyond comprehension has been almost indescribable. I have success beyond my wildest dreams. I have new skills, and my level of love for myself and the world is on a level of understanding words often fail to describe. I live in a near-constant state of awe.

Let me put it this way: Everyone has a lens through which they view the world. Religions, philosophies, therapies, authors, speakers, gurus, and candlestick makers all perceive the world through a particular mind-set. What you'll learn in this book is how to use a new lens to dissolve all other lenses. And once you succeed, you'll be at the place I call zero limits.

Please understand that this is the first book in history to reveal this updated Hawaiian method for healing, called Self I-Dentity Ho’oponopono. But also please understand that this is just one man’s experience with the method: mine. While this book is written with the blessing of the therapist who taught me the amazing method, everything to follow is written through my own lens of the world. To fully understand Self I-Dentity Ho’oponopono, you need to attend a weekend training and experience it for yourself. (Trainings are listed at www.hooponopono.org and www.zerolimits.info.)

Finally, the entire essence of this book can be summed up in one phrase—a phrase you will learn to use; a phrase that reveals the ultimate secret of the universe; a phrase that I want to say to you and the Divine right now:

“I love you.”

Take a ticket and have a seat. The train into your soul is about to take off.

Hold on to your hat.

I love you.

Aloha no wau ia oe.

Dr. Joe Vitale

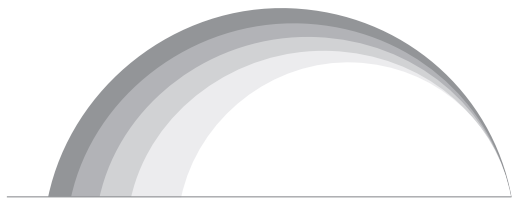
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The universe began when nothing saw itself in the mirror.

Tor Norretranders, *The User Illusion*



The Adventure Begins

Peace be with you, all my Peace.

O ka Maluhia no me oe, Ku'u Maluhia a pau loa.

In August 2004, I was speaking and working a booth at the National Guild of Hypnotists annual convention. I enjoyed the people, the event, the energy, and the networking. But I wasn't prepared for the life-changing event that would begin that day.

My friend Mark Ryan was working the booth with me. Mark is a hypnotherapist, as well. He's very open-minded, curious, articulate, and penetrating when it comes to exploring life and all its mysteries. We often had conversations that lasted for hours. We talked about our heroes in therapy, from Milton Erickson to lesser-known shamans. It was during one of these conversations that Mark surprised me by asking,

“Have you ever heard of the therapist who healed people without ever seeing them?”

The question stopped me. I had heard of psychic healers and remote or distance healers, but Mark seemed to be suggesting something different.

“He's a psychologist who healed an entire mental hospital full of the criminally insane, but he never saw a single patient.”

“What did he do?”

“He used a Hawaiian healing system called ho’oponopono.”

“Ho-oh-*what*?” I asked.

I asked Mark to repeat the term about a dozen times. I had never heard it before. Mark didn’t know the story, or the process, well enough to tell me much more. I admit I was curious, but I also confess that I was skeptical, as well. I figured this had to be an urban legend. Heal people without seeing them? Yeah, right.

Mark went on to tell me the following story:

“I had been traveling to Mount Shasta in California for about 16 years in search of myself,” Mark explained. “One friend there gave me a little booklet that I never forgot. It was white paper with blue ink. It was an article about this Hawaiian therapist and his method. I read that article over and over again for years. It didn’t describe what the therapist actually did, but it said he healed people with his method.”

“Where’s that article now?” I asked. I wanted to read it.

“I can’t find it,” Mark said. “But something told me to tell you about it. I know you don’t believe me, but I’m as fascinated as you are. I want to know more, too.”

A year passed before the next convention. During the intervening months, I poked around online but couldn’t find anything about any therapist who cured people without seeing them. Sure, there’s information on distance healing, where someone heals another without the other person being present, but I understood that the Hawaiian therapist didn’t do that. As I would come to learn, there’s no distance *at all* in the type of healing he did. On top of all that, I didn’t know how to spell *ho’oponopono* to look it up online. So I let it go.

Then, in 2005, at the next annual hypnosis convention, Mark again mentioned the therapist.

“Did you ever find anything about him?” he asked.

“I don’t know his name, and I don’t know how to spell ho-whatever that term is,” I explained. “So I couldn’t find a thing.”

Mark's a go-getter. We took a break, pulled out my laptop, found a wireless Internet connection, and went searching. It didn't take long to find the main and only official site for ho'oponopono at www.hooponopono.org. I looked around and saw a few articles. They gave me a quick overview of what I was about to get into.

I found a definition of ho'oponopono: "Ho'oponopono is a process of letting go of toxic energies within you to allow the impact of **Divine** thoughts, words, deeds, and actions."

I had no idea what that meant, so I looked around some more. I found this:

"Simply put, Ho'oponopono means, 'to make right,' or 'to rectify an error.' According to the ancient Hawaiians, error arises from thoughts that are tainted by painful memories from the past. Ho'oponopono offers a way to release the energy of these painful thoughts, or errors, which cause imbalance and disease."

Interesting, yes. But what did it mean?

As I explored the site, looking for information on the mysterious psychologist who healed people without seeing them, I learned that there is an updated form of ho'oponopono called Self I-Dentity through Ho'oponopono (SITH).

I didn't pretend to know what all of this meant. Mark didn't pretend, either. We were fellow explorers. Our laptop was the horse we rode into the wilderness of this new land. We were in search of answers. We eagerly typed forward.

We found an article that helped explain a few things:

**Self I-Dentity Through Ho'oponopono
Being 100 Percent Responsible for the Problems of
My Clients**

By Ihaleakala Hew Len, PhD, and Charles Brown, LMT

In traditional approaches to problem solving and healing, the therapist begins with the belief that the source of the problem is within the client, not within him. He believes that his responsibility is to assist the

client in working through his problem. Could these beliefs have resulted in systemic burnout throughout the healing profession?

To be an effective problem solver, *the therapist must be willing to be 100 percent responsible for having created the problem situation; that is, he must be willing to see that the source of the problem is erroneous thoughts within him, not within the client. Therapists never seem to notice that every time there is a problem, they are always present!*

Being 100 percent responsible for actualizing the problem allows the therapist to be 100 percent responsible for resolving it. Using the updated Ho'oponopono approach, a process of repentance, forgiveness, and transmutation developed by Kahuna Lapa'au Morrnah Nalamaku Simeona, a therapist is able to have erroneous thoughts within himself and within the client transmuted into perfect thoughts of LOVE.

Her eyes brim with tears. Deep trenches enclose the corners of her mouth. "I am worried about my son," Cynthia sighs softly. "He's back on drugs again." As she tells her painful story, *I begin the cleaning of the erroneous thoughts within me that have actualized as her problem.*

As erroneous thoughts are replaced by loving thoughts in the therapist and in his family, relatives, and ancestors, they are replaced too in the client and in her family, relatives, and ancestors. The updated Ho'oponopono process allows the therapist to work directly with the Original Source who can transmute erroneous thoughts into LOVE.

Her eyes dry up. The trenches around her mouth soften. She smiles, relief dawning across her face. "I don't know why, but I'm feeling better." I do not know why, either. Really. Life is a mystery except to LOVE, who knows all. I just let it go at that, and just thank LOVE from whom all blessings flow.

In problem solving using the updated Ho'oponopono process, the therapist first takes his I-Dentity, his Mind, and connects it up with the Original Source, what others call LOVE or GOD. With the connection in place, the therapist then appeals to LOVE to correct the erroneous thoughts within him that are actualizing as the problem for himself first