

Thank you for requesting this Special Report, which is an excerpt from the book "Zero Limits" by Dr. Joe Vitale and Dr. Hew Len.

You can get the book in book stores or of course from amazon. Please be sure to tell friends and family about it. You can order it at [www.amazon.com](http://www.amazon.com) today.

Also, "At Zero," the sequel to "Zero Limits," came out in January, 2014. You will love it.

Meanwhile, here is your Special Report:

How to Heal Yourself (or anyone else)  
and Discover Health, Wealth and Happiness

Here are two ho'oponopono proven ways to heal yourself (or anyone else) of anything you notice. Remember that what you see in another is also in you, so all healing is self-healing. No one else has to do these processes but you. The entire world is literally in your hands.

First, this is the prayer Morrnah (the creator of this new process) said to help heal hundreds if not thousands of people. It's simple but powerful:

"Divine creator, father, mother, son as one ...

If I, my family, relatives and ancestors have offended you, your family, relatives and ancestors in thoughts, words, deeds and actions from the beginning of our creation to the present, we ask your forgiveness ...

Let this cleanse, purify, release, cut all the negative memories, blocks, energies and vibrations and transmute these unwanted energies to pure light ... And it is done."

Second, the way Dr. Hew Len likes to heal is to first say "I'm sorry" and "Please forgive me." You say this to acknowledge that something - without you knowing what it is - has gotten into your body/mind system. You have no idea how it got there. You don't need to know, either.

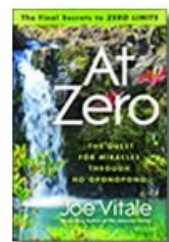
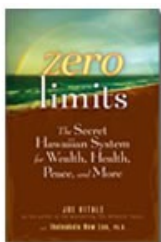
If you are overweight, you simply caught the program that is making you that way. By saying "I'm sorry," you are telling the Divine that you want forgiveness inside yourself for whatever brought it to you.

You're not asking the Divine to forgive you; you're asking the Divine to help you forgive yourself.

From there, you say "I love you" and "Thank you."

The "I love you" transmutes the energy from stuck to flowing. It reconnects you to the Divine. Since the zero state is one of pure love, and has zero limits, you are beginning to get to that state by expressing love. When you follow that statement with "Thank you," you are expressing gratitude. You are showing your faith that the issue will be resolved for the highest good of all concerned.

What happens next is up to the Divine. You may be inspired to take action of some sort. Whatever it is, do it. If you aren't sure about the action to take, use this same healing method on your confusion. When you are clear, you'll know what to do.



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