

Zero Limits - "The Secret of Hawaiian System for Wealth, Health, Peace and More"
by Vitale and Hew Len, PhD, published by John Wiley & Sons, Inc. c. 2007

Ho'oponopono is a profound gift that allows one to develop a working relationship with the Divinity within. One asks that in each moment, our errors in thought, word, deed, or action be cleansed. Zero Limits is about freedom, complete freedom from all negative thought patterns.

Ho'oponopono

"I love you."

"I'm sorry."

"Please forgive me."

"Thank you."

Using these simple phrases can heal relationships and change lives. Our minds have a tiny view of the world and that view is not only incomplete but also inaccurate. (P. 32) Nothing exists at Zero, Ao Akua, no problems, including the need for intention. . . Jesus said, "Seek ye first the Kingdom (Zero) and all else will be added (inspiration.) (p. 34) Zero is the residence of you and Divinity... from where and from whom all blessings flow. (P 35)

Honolulu Mental Hospital

Question: "You never saw patients?"

"Never!" I saw them in the hallway but never as a patient in my office. One time I saw one of them and he said, "I could kill you, you know." I replied, "I bet you could do a good job, too." (Len spent his time being friendly and doing Ho'oponopono over his patient's charts.)

"When I started at the state hospital working with the criminally mentally ill, we had three or four major attacks between patients every day. There were maybe 30 patients at a time. People were shackled, put in seclusion or restricted to the ward. Doctors and nurses walked through the halls with their backs against the walls, afraid of being attacked. After just a few months of cleaning, we saw a complete change for the better; no more shackles, no more seclusion, and people were allowed to leave and do things like work and play sports."

Question: "What did you do to bring about this transformation?"

"I had to take complete responsibility within myself for actualizing the problems outside myself, . . . I had to clean my own toxic thoughts and replace them with love. There wasn't anything wrong with the patients. The errors were in me. . . The patients and even the ward didn't feel love. . .

I looked at the walls and saw they needed to be painted. But none of the new paint would stick. It would peel off right away. So I simply told the walls that I love them. Then one day someone decided to paint the walls and this time the paint stuck."

Question: Did all of the patients get released?"

"Two of them never were. They were both transferred elsewhere. Otherwise, the

entire ward was healed." (P. 179-180)

Note from Omaka-O-Kala Hamaguchi, a social worker, during the time Len was there:

Dr. Hew Len was friendly enough but appeared to do next to nothing. He didn't do evaluations, assessments, or diagnoses; he provided no therapy and did not perform any psychological testing. He often came late, and did not attend case conference or participate in mandated record keeping. He instead practiced a "weird" process of Self I-Identity Ho'oponopono which had something to do with taking 100 percent responsibility for yourself, looking only at yourself, and allowing the removal of negative and unwanted energies within you." (P. 181-182)

Len's response: "I was present when the first in-ward work project—baking cookies for sale—appeared. I was present when the first off-ward activity—car washing appeared. I was present when the first off-ward recreation program started. I didn't carry out the usual function of a staff psychologist not because I felt that they were useless. I just didn't do them for whatever unknown reason. I did however, walk the ward and took part in the baking of cookies and in jogging and tennis games off-ward. But more than anything. I did my cleansing before, during and after each visit to the ward week in and week out for three years. I cleaned with whatever was going on in me with the ward every morning and every evening and if anything about the ward came up in my mind. (P. 186)

Len's method: 1. Continuously clean 2. Take action on ideas and opportunities that come your way. Continuously clean. Len claims, *"I'm no guru, I'm a garbage collector."*

What is Ho'oponopono?

Have you ever noticed that whenever you have a problem, you are there? It's all about 100 percent responsibility for everything. No exceptions. There's no loophole that lets you off the hook for something you don't like. You're responsible for all of it – all." (P. 41)

How did Len do it? Even when he worked at the mental hospital and he saw murderers and rapists, he took responsibility. He understood that they were acting from a memory or a program. To help them, he had to remove the memory. The only way to do that is by cleaning. This is what he meant when he said he never saw clients professionally in a therapeutic setting. He looked at charts. As he did, he silently said to the Divine, "I love you," "I'm sorry," "Please forgive me," and "Thank you." He was doing what he knew to do to help the patients return to a state of Zero Limits. As Dr. Hew Len did this within himself, the patients healed. (P. 41-42)

Simply put, ho'oponopono means make right or "to rectify an error." Ho'o means 'cause' in Hawaiian and ponopono means 'perfection.' 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 thought, or errors, which causes imbalances and disease." In short, ho'oponopono is simply a problem-solving process. But it's done entirely within yourself. (P. 42)

*Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place or thing. You neutralize the energy you associate with that person place, or thing. You are purifying energy. **Prayer: "Divine creator, . . . If I, my family, relatives, and ancestors have offended you, your family relatives and ancestors in thoughts, words, deeds, and action 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."**(p. 45)*