

Dr. Mary Oz's



RADICAL CHANGE
— IN LESS THEN 30 DAYS —

**Get Radical Change in Less
Then 30 Days with the
Healing Power of**

Hō'oponopono



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Introduction

Sometimes life has some very interesting timing. Just prior to taking a trip to Hawaii back in 2012, I heard about an unusual therapist who had helped an entire ward of criminally insane patients become healed in a Hawaiian institution. Being a therapist myself, I was immediately fascinated and decided to read the book called “Zero Limits” by Dr. Joe Vitale. I found both the book and the whole concept of Ho'oponopono to be amazing and intriguing.

So I decided to start Ho'oponopono-ing with an openness to see what would happen. After a very short time, I started to notice unexpected and unusual positive twists that kept showing up in my life. For instance, how I received a \$10,800 grant for my daughter just by asking, after initially being denied. Or how both my daughters received an unexpected significant promotion in the same week, while committing to Ho'oponopono-ing for 30 days straight. My favorite outcome is how I have been feeling more peaceful and protected since Ho'oponopono-ing daily.

What's exciting about Ho'oponopono is that it's so easy, a child can do it and yet so powerful, it will amaze you and comfort you at the same time. So it is with great pleasure and honor I write this ebook on Creating Radical Change with A Hawaiian process called Ho'oponopono! And so my Ho'oponopono story continues!

After Ho'oponopono-ing for several years in October of 2014, I sponsored my first three-hour Ho'oponopono Seminar called, "Advanced Ho'oponopono Secrets." At the seminar, I taught the basic principles and foundation of Ho'oponopono and had the participants complete a detailed worksheet of all things they wanted to be healed of and freed from. Then together, we created an experiential healing environment in which we incorporated the Ho'oponopono process. The results were surprising and astounding. The very next day some of the participants had amazing stories and results to share!

In January of 2015, I held my first Ho'oponopono Coaching Course called "Creating Radical Change" and again, the results were not only astounding, the rate of change was just as amazing. In January of 2016, the course became a comprehensive 6-month life-changing program called Creating Radical Change. Just as in the past, once the participants were given the 30-Day Ho'oponopono Challenge, they also began to experience Radical Change and Healing within the first 30 days of the course.

Here are a few examples of the astounding changes that happened. One woman attended the group after losing her husband to cancer and went from feeling lost and lifeless to being committed to finding herself and rebuilding her life. Another woman in her 50's reported after living with a lifetime of pain and heaviness that was always with her, she finally felt totally free from her childhood pain and disappointment for the first time ever. Two different

professional women in the group had their business clientele increase dramatically and another woman reached her weekly desired income of \$7,500! Another woman who only attended the seminar had the opportunity to connect with her estranged mother just four weeks before she passed away allowing them to reconcile and connect after years of distance and hurt. These examples are just a few of the astounding results.

Now, experiencing the same Radical Change is available to you, too! Read on to discover how to experience Radical Change in your relationships, your health, your wealth, and discover how to release and let go of any lingering past hurts and memories. Discover right here in this eBook how to take the 30-day Ho'oponopono Challenge!



Dr. Mary Oz

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Chapter 1

Being More Open to Change



Have you ever tried to create some major change in your life and felt defeated? Have you paid therapists, coaches and attended expensive programs that you feel haven't delivered what you need? Do you have something or several things that are plaguing you and bringing you down? Here is the good news – there is a new game changer in town and it's so easy even a child can be taught to do it. It's as easy as the ABC's. It's as powerful as an unstoppable locomotive and the little train that could all mixed into one, with a built-in conductor! Sounds good right?! More on those details in Chapter 3.

Here is the bad news. Before you apply this Radical Change Process, I would like to coach you to be open to change. Trying to create radical change without taking a measurement of how open you are could be more detrimental than people sometimes realize. How often have you or someone you loved been super excited to reach a goal and to accomplish something new that you desired, only to spin their wheels for weeks, months and sometimes years. It's like driving your car without closing the door first. Or it's like trying to build a house without a solid foundation.

What's the solution? The secret is to learn how to be more open and check-in on your level of believing. Being more open is about expanding your thoughts and feelings to bigger possibilities! In other words, it is about opening your

mind and heart to unbelievable happenings. One way you can help yourself be more open is by asking yourself several powerful and helpful questions. Questions such as, “What would it take to feel more open, be more open?” and, “Would now be a great time to tell myself that being more open can be beneficial, freeing, and empowering?” Just asking and answering the above questions can actually help you be more open.

Here is another suggestion: link being more open to something positive and a gain you want, while linking not being more open to a painful consequence and something costly. For example, being more open equals an opportunity for me to double my income, attract my soul mate and design a compelling future that I am proud of and happy with. Not being more open can cost me my dreams, keep me stuck for the next 20 years, keep me from financial freedom and result in being a closed, doubtful and unfulfilled person who didn't know better.

Take a moment and write down a number that represents how open you are to change and your level of belief. In other words, on a scale of 1-10 (10 being a high number and 1 being a low number) where are you at?

On a scale of 1 -10...I am open to change: ____.
(plug in a number)

On a scale of 1-10...I Believe change can really happen for me
____.
(plug in a number)

Chapter 2

Believe Change Can Happen



What do you think about belief and believing? How do you feel about the concept of belief and believing what you want can happen? On a regular basis, are you able to think about what you want, feel what it would be like to have and actually believe in your gut that it is possible? If you think about it, belief is a powerful verb and requires some form of action. It is interesting how some people find it easy to believe, while others can struggle with belief for a lifetime. If belief is an inner sense of knowing, what can you do to be more aware of how much you do believe or don't believe and how to increase your level of belief?

The easiest way to do this is to adopt a new and clear understanding of belief, as well as wisely choosing some new beliefs about believing that resound with you. Then be willing to take some inspired action. In our six month Radical Change Course, this is what the participants learn and apply in their life.

Here is a New Understanding about belief and believing: What if it is true that belief is the motivating force that enables change, and with openness and belief, change happens more easily, and without openness and belief, the change we want gets all jammed up and can't happen? What if it is true that we individually control our level of belief and believing by what we consistently and constantly say to our selves, what we focus on repeatedly and what we expect to

happen? In other words, if you are struggling with your level of belief and believing, it is your responsibility to change your beliefs and take different actions than you usually do. Instead of being upset, disappointed or frustrated that others seem to believe easier than you, try the following:

Here are 3 New Beliefs that will help you believe more deeply: 1) Belief is an invisible force that fuels change to happen and is a critical ingredient to experiencing Radical Change 2) There is magic and miracles in Believing 3) Belief itself is a miracle worker and results in feeling better!

Here are 3 New Actions to commit to: 1) Make a daily commitment to a new understanding about belief and believing 2) Make a daily commitment to asking yourself what would it take to incorporate these new beliefs daily and 3) Be willing to let go of old understandings and beliefs that are not helping you!

If you think about it, a belief is just a bunch of words strung together backed up with some strong emotions about what you have decided or someone else has decided it means for you. Beliefs are meant to change as we change, as we grow and as the world changes. Make it a daily practice to check-in with how many of your beliefs are actually your beliefs that you would stand by, versus someone else's belief you have been conditioned to accept as the one and only right belief. Is now a great time to get really clear and

decisive about what beliefs about believing you want to stand by and call your own?

Sometimes we make the mistake of thinking and feeling as if our beliefs are always factual. In many cases, our beliefs are more about our perceptions, experiences, hurts, accomplishes and fears and aren't as factual as we would like to think. Remember the secret to believing is knowing that there is genuine, powerful, creative magic in BELIEVING.

Chapter 3

Take Personal Responsibility for Yourself, Your Feelings and Your Life



It's a sad fact, but many people are way too comfortable blaming others, justifying and/or shaming either themselves or others. Unfortunately, somehow we grow up, attend school/college and find many ways to better ourselves, yet we are rarely taught that there is a better way. The quicker we learn to take personal responsibility for our own thoughts, feelings, beliefs and life the sooner we begin to really understand just how much influence, control and power we possess, in order to be happier, healthier, wealthier and even freer.

Taking Personal Responsibility for your life is an internal process that requires clarity, self-honesty, courage and lots of self-awareness. Taking Personal Responsibility is being aware of what you do and why you do what you do, most of the time. On the other hand, avoiding personal responsibility victimizes us, makes us feel angry and powerless. If you want to experience Radical Change, Radical Healing and Radical Transformation taking 100% personal responsibility for yourself and your life is a must.

I would like you to consider that we are all 100% responsible for everything in our life that we don't want and what we do want. More and more people are coming to understand that our thoughts and feelings really do carry vibrational energy, so it's good to get in the practice of being

Careful about what you say, wish for and desire. If you don't think thoughts and feelings carry any vibrational energy, I would read up on the Law of Attraction and Quantum Physics. The goal is to take 100% responsibility for your life all the time with no exceptions, no excuses and no avoidance.

I understand it is difficult to wrap your mind around the belief that you are capable of attracting the things you don't want into your life. Who in their right mind would do that? As you read through this, I just want you to be open to considering that maybe it's true. Have you ever been wrong about anything before? Can you remember a time when you felt so sure of something only to discover you were missing some of the details or facts? Maybe to understand this better and in order to believe what I am suggesting, you just need more information, facts or input.

Whenever a negative feeling or problem shows up in your life, be willing to try a new approach. If you want to solve a problem, look within and ask yourself what beliefs, feelings and rules that you live by are connected to this problem. Instead of looking out and blaming, look inward and just sit with some self-awareness and see how you might be connected to the problem. With Ho'oponopono, we like to see each problem as an opportunity and consider ourselves as part of the problem and as part of the solution. We have another famous saying that states "It's not the person, it's not the problem, it's the program." Usually it's a

reflection of two different programs that two different people are running.

Here's a new understanding for you that I teach in my Radical Change Program: Taking 100% Personal Responsibility for your life means accepting that we often unconsciously attract people and problems into our lives for a purposeful reason. Very often that reason is related to some change, healing, transformation that we are in need of, although we are not usually aware that we need this change, healing and transformation. What if taking 100% personal responsibility is really just a quest for self-healing and self-love so we can help and love others more profoundly each and everyday?



Chapter 4

Take the 30-Day Ho'oponopono Challenge And Start Ho'oponopono-ing Today

In order to take the Ho'oponopono Challenge you will need to understand how to do it. Ho'oponopono is a Hawaiian healing process that has been known to help others experience all different types of healing. The Ho'oponopono process involves saying the following four statements: I love you, I am sorry, I thank you and please forgive me. You say the words to God, Divinity or the Universe in order to connect with a higher source of love and healing power.

Everyday you want to say these four statements until they become automatic. Say them as often as you can throughout the day for 30 days straight. It doesn't matter what order you say the phrases in, as long as you say all four phrases repeatedly. You can say them quietly in your head, in your heart or say them out loud. I suggest you do a combination of all three. As you begin to say the four phrases repeatedly, observe if you feel a sense of less anxiety, calmness and/or protection.

As you continue to say the Ho'oponopono statements, begin to watch and expect unusual positive twists in your life. They may show up as unexpected positive twists with family members, friends, coworkers, positive financial gains, promotions, health issues resolved, healed relationships and unexpected opportunities. I would make a commitment to

writing down the Ho'oponopono miracles you experience. You may want to keep what we call a "Book of Positive Ho'oponopono Miracles and Moments Journal". During the 30 days of Ho'oponopono-ing you will want to ask yourself what else do I want to be freed from, cleansed of, healed and cleared from and expect change.

During the 30 days just simply recite the four statements with openness while frequently asking yourself, "Won't it be cool when Ho'oponopono helps me heal from _____ (fill in the blank) or "Won't it be cool when Ho'oponopono-ing helps me feel relief about _____ (fill in the blank)." If you feel inclined, you can even jot down what you want to release and be helped with on an index card and just Ho'oponopono while holding your intentions on the card.

For more detailed information on how to take the 30-Day Ho'oponopono Challenge, or how to create Radical Change in less than 30 days, I have trained a handful of Ho'oponopono Coaches who have been personally trained by me. They are equipped to coach you and guide you with everything you need to know, understand and apply when it comes to Ho'oponopono-ing, the Law of Attraction and Result Oriented Living. Chapter 5 will discuss why it's important to consider working with a coach if you are looking for Radical Change.

Chapter 5 Be Held Accountable



As a professional therapist and coach, I have come to appreciate many people who were committed to change and growth and have successfully Radically Changed, Healed and Transformed their life. I have also come to appreciate that although what is in this eBook is not rocket science, most people need help and assistance getting from point A to point B when it comes to personal self development, growth and creating Radical Change. Taking personal responsibility for yourself and your life means you are willing to commit to constant and consistent self-awareness, self-honesty and self-love.

Self- awareness, self-honesty and self-love is not something I can give you. It is something I can help you find and uncover within yourself. However, many people set goals but never reach them. So in order to hold you accountable, you should make a plan to hold your self-accountable by measuring whether or not you do what you say you will do and be willing to measure your success from day to day and week to week. So set some Ho'oponopono daily and weekly goals, write them down and create a tracking system for yourself.

Most people, however, do better by having a coach help them create their tracking system and check in with them on a weekly basis. If you are the kind of person who loves to be supported, empowered, and connected to others who have

had success with what you are trying to accomplish (with Ho'oponopono), you may want one of our professional Ho'oponopono Coaches to guide you and hold you accountable.

In fact, the 30-Day Ho'oponopono Challenge was developed in direct response to participants of my Ho'oponopono seminars and courses needing to be reminded, redirected at times, encouraged, supported and held accountable to their commitments. With just six weeks of working with a Ho'oponopono Coach, you will know everything you need to Master Ho'oponopono!

It has been my pleasure and absolute joy to share how Ho'oponopono has helped me and many of my clients create Radical Change for our families and ourselves in less than 30 days. Now it is your time! I am thrilled to share Ho'oponopono with you and how it can help you, serve you, heal you and bring you to a lifetime journey of Radical Change, Radical Healing and Radical Transformation. Need more proof or interested in reading some first hand accounts from others who have experienced the kind of changes I am suggesting? You too can experience once you are more open to change and ready to believe in miracles and magic. On the following pages, I have included a few of the letters I have received from others.

September 9, 2015

Dear Dr. Mary,

Thinking back over the past two plus years, I cannot believe how much my life has changed for the better. Better yet, I'm so grateful that my reaction and response to things that happen in my life, has changed in such a positive way, and I have you and everything you've taught me to thank for the positive changes!

In looking back through my notes, I realized my first introduction to the Ho'oponopono prayer was during our one to one session on June 14th, 2013. I was struggling with Jake's health at the time. He had just transitioned back to school after recovering from his hip surgery and I was having a really hard time letting go. I think my fears of letting go are what led to more sickness / seizures for him and in turn, more time away from school. This caused even more sadness, frustration and struggling for me, and this is when you first introduced me to Ho'oponopono and Zero Limits. I started saying the prayer while getting Jake ready for school in the morning. In the beginning, I remember wondering if I was doing it right and then before I knew it, it became part of our morning routine. I stopped thinking, and simply recited the 4 phrases in my head over and over. Soon I began to notice a sense of peace and calm while saying the prayer. With that said, when I found myself stressing over other situations during the day, I would use Ho'oponopono to bring back that peaceful, calm state. Little did I know, this was only the beginning...

The real shift in my life happened after I took your Ho'oponopono course in January of 2014. Taking the class with a group really intensified everything for me. I had read Zero Limits, but really wanted to hold myself accountable because I was part of this group. I wanted the prayer to "run on my back burners" and the more I said it, I realized I started doing just that. That's when I began to notice some big changes. Prior to Ho'oponopono, I was a bit of a hot head. I let other people rattle me to the core. Ho'oponopono made me start asking myself questions as soon as I would notice I was irritated with someone or something. What is it in me that's causing this or that in this other person or situation? I would clean using the prayer and would start to feel better. Today I'm just so grateful that I don't jump straight to anger and resentment and negative feelings. I'm grateful and feel that I can handle what life throws at me in a much healthier way! For example, this past fall/winter happened to be Jake's worst yet in terms of being sick and missing school, but it never once rattled me the way it had in the past. I cleaned with Ho'oponopono often and kept myself in good spirits despite the challenges surrounding me. This positive emotional shift was just one area of my life that changed with Ho'oponopono. I want to share some of the more tangible "miracles" in the paragraphs below...

The special shower chair that we wanted for Jake that I was told would never be covered by insurance, ended up being “administratively approved” without anyone even seeing the doctor’s letter of medical necessity. THIS IS UNHEARD OF!! Jake’s case manager was in shock and I was just grateful!

The \$5k stander we wanted for Jake was denied by insurance, and at almost the same time, we received a call from Jake’s PT that there was a family looking to donate a stander to another family on Long Island (it was just a slightly older model, but perfect for Jake). Not only did the couple donate the equipment, but also they delivered it themselves!

In a few weeks we are holding our 9th annual fundraiser for the charity for the rare syndrome that affects Jake. Every year, we approach local businesses to see if they will donate to our auction. We have always received donations, but not nearly as many as these past two years (since Ho’oponopono has been a part of my life!) and the process has been the smoothest by far this year! Also, since the beginning, we have tried to get a local news station involved with no response. This year, after one email to a local station, we were contacted and they wanted to do a story about Jake and PKS Kids! Once the story aired on Aug 18th, 2015, I was able to share it on Facebook and within a week’s time, it had 7.8k views! Friends of friends have shared it and I’m absolutely overwhelmed by all the love and positivity. Plus, all we ever wanted was to spread the word about this rare syndrome and it’s finally happening in a HUGE way!!

One last example I need to share happened just last night. I have always loved Ellen DeGeneres since her show aired right when Jake was born. It was so hard in the beginning that I think I cried almost every day. Ellen’s show would make me laugh and forget how hard everything was at the time. I told myself that one day I would go to her show even though it would be hard to get to LA. A friend of mine is one of her publicists and out of nowhere she contacted me to tell me she was able to get 2 VIP tickets to her NYC premiere!!! I went just last night and had an AMAZING time – it was an experience I will never forget and I’m so grateful that this dream came true!! I’m also keeping my fingers crossed that one day Ellen will be flying us out to LA to have us as guests on the show to talk about Jake and PKS Kids. Anything is possible!!

These are just a few of the many examples of the positive things that have happened since taking your class. Ho’oponopono has radically changed my life for the better and I am forever grateful.

I love you. I’m sorry. Please forgive me. Thank you.

Peace and Love, Nicole Zane

September 21, 2015

I had the pleasure of attending the 'Advanced Ho'oponopono Workshop' that Dr. Mary Oz hosted about a year ago, and ever since then, this amazing Hawaiian Healing Prayer and System has changed my life, as well as those around me.

Before learning Ho'oponopono, I suffered from anxiety and depression, finding it difficult to get through numerous life changes and relationships. However, after learning the four simple phrases, 'I love you, I thank you, Please forgive me, I am sorry,' I noticed a quick sense of healing and peace. Until this day, I still say the four phrases every day. I say them over and over before bedtime and notice awaking refreshed and ready to start my day on a positive note, and I even use it before, during, and after treating my Massage Therapy clients and notice a shift in their attitude as well.

Another way Ho'oponopono has positively affected my life is in connection with my cat, Yogi. A little over a year ago, I learned he has heart disease. He was two years old at the time and the veterinarian told me his heart murmur was a 5 out of 6, and he would probably only have a year or two left to live. Yogi was on heart medication for a few months, but due to a financial hit, I couldn't afford to pay for more medication. I felt hopeless and guilty (which I cleaned and cleared on), and honestly felt that his heart condition most likely worsened because of it. I scheduled an appointment with the veterinarian and I Ho'oponoponed multiple times the week leading up to his check up, with utmost faith and hope that everything would be ok. When the veterinarian checked his heart murmur, she initially said she could barely hear it. When she listened again, she informed me that his murmur was a 2-3 out of 6. The look of shock on her face was priceless, as this type of condition cannot reverse itself, and I knew even more from that moment on that Ho'oponopono has wonderful healing powers, not only for me but also for my loved ones.

Whenever I have educated people—friends, family, coworkers—about Ho'oponopono they are amazed by how much of an impact it has on their lives. And one of the best parts is that Ho'oponopono is so easy and simple. It is almost an immediate fix and something I wish I learned as a child. I am even working with a client right now who has a list of issues to heal on, and Ho'oponopono as well as the Morrnah Prayer, has gotten her from feeling a 5 out of 10 to a 9 out of 10 in just a 45-minute phone call.

I honestly thank incredible people like Dr. Joe Vitale and Dr. Mary Oz who practice the beauty of Ho'oponopono and make the effort to share this belief system with the world. It has truly been a blessing to not only learn about Ho'oponopono but to help make a difference in the lives of others by spreading these powerful experiences and knowledge.

I Love You

I Thank You
Please Forgive Me
I am Sorry

-Catherine Caputo

October 3rd, 2015

Dear Dr. Ozegovich,

I am writing this letter to express my gratitude to you for introducing the practice of Ho'oponopono into my life. Before I embraced this amazing gift, I felt lost, hopeless, drained, and drowning in a vortex of unhappiness (only later did I realize the vortex I was in could become, yet another, amazing gift). I was stuck in a marriage that felt like it was sucking the life out of me and felt like there was no light at the end of the tunnel. From the moment I first spoke those four phrases "I'm sorry I love you Please forgive me Thank you" I felt lighter and filled with hope. I become "unstuck" and found the answers I had been seeking for so long as to what I should do about my marriage. Life suddenly had more meaning and purpose. Accepting that the world I was living in, I had created, changed so much for me because I then realized I had the power to turn things around. Once I changed the inside, the outside began to shift. Pure, unadulterated joy and love found its way to my conscious state. It had been buried for so long for me so that, to me, seemed miraculous. Then in June when I had an abnormal Pap smear I instantaneously repeated those four phrases over and over again until I felt at peace. At our monthly Ho'oponopono meetings we tapped on a body part that we were having issues with so, of course, I tapped on my lower abdomen. A few days later, out came a big, black mass. I believe the tapping helped my body expel whatever abnormalities it has been carrying around. And eventually the precancerous cells that had been found by my doctor disappeared as if they had never existed. When my doctor first told me that "whatever was there is no longer there" and that "it just disappeared" I quietly smiled to myself knowing the reason why those abnormal cells had mysteriously vanished. Ho'oponopono is an amazing gift that everyone in this world needs to experience. So much healing comes from this wonderful practice. Every single time I recite those phrases I feel just a little closer to Divinity. I say them all day, everyday. So, I thank you and Dr. Vitale and Dr. Len for introducing this into my life. I will be eternally grateful to all of you because, without it, I don't know where I would be today.

Sincerely,
Jackie Rogers