Created by Ilene Gottlieb ~ The Heart Healer

Every Day Is A Good Day For Ho'oponopono

INSPIRATIONAL MESSAGES FROM THE HEART

A Personal Message from Ilene

No one forgets their first experience with Ho'oponopono!

For more than 10 years I was guided to offer Ho'oponopono during client sessions in the form of the prayer, "I Love you, I'm sorry, Please forgive me, Thank you". I was inspired to study Ho'oponopono in 2018 during a time that I could not stand up straight for about a week and had vertigo. The first time I used this process, within an hour that back pain was gone and never returned. The vertigo took a few more days. But, when I started to focus on healing my relationship with my Mom and my childhood trauma, I came to understand the power of this simple process.

Since then, I have been blessed to experience incredible benefits for both myself, as well as my clients and 100's of people I have been blessed to shared this process with. You and your loved ones can benefit as well!

This eBook is a gift from my heart to yours. It is a compilation of intuitive wisdom I have been sending on a daily basis to my "Heart Healers", the divine participants in The Heart Healers Ho'oponopono Membership Community.

Within these messages is information that will ideally help you to understand the core principles of Self I-Dentity Through Ho'oponopono.

You are invited to connect with these messages on a daily basis as a reminder of what Self I-Dentity Through Ho'oponopono is, in order to assist you in developing your own daily Ho'oponopono practice as you feel inspired to do so.

I pray this information is a blessing to you and your family.

I Love you,Thank you

Ilene Gottlieb
The Heart Healer

Quoted references unless noted otherwise are from *Who's In Charge?* by Ihaleakala Hew Len, Ph.D.

What is Ho'oponopono?

Ho'oponopono is "... an ancient Hawaiian problem solving process updated for today's use by Morrnah Nalamaku Simeona, Kahuna Lapa'au, recognized as a Living Treasure of Hawaii in 1983 (and) ... composed of three elements: repentance, forgiveness and transmutation ... (it is) a petition initiated by the Conscious Mind to Divine Intelligence to void memories to re-establish Self I-Dentity ..." It begins in the Conscious Mind.

And "... Self I-Dentity ... (is) composed of four elements: Divine Intelligence, Super Conscious Mind, Conscious Mind and Subconscious Mind."

The foundation of Self I-Dentity is "... Void and Infinite ... an exact replication of Divine Intelligence."

We are always seeking our connection to God, Source, Divine Intelligence, the Creator, Love. Because of the illusion of being in these human forms, we hold a belief that we are separate from that which created us. But that is the challenge, it is but an illusion.

As long as we believe we are separate, then we are. Whatever we believe, we are right! The actual quote from Henry Ford is “Whether you think you can, or you think you can't – you're right.” So checking in on what we believe from time to time is very valuable, for we are able to change our beliefs with conscious choice.

Ho’oponopono in its simplicity honors that we are always at One with the Divine and that the human experience is all about reconnecting consciously with that part of us, with the Love that we are.

How do we do that?

By initiating the cleaning when memories replay and we experience them as a problem, suffering or struggle of any kind. With each petition to clean memories replaying, we are brought back to our conscious connection to the Divine, to Void, that place of quiet where there are no questions, where we simply have knowing of our truth and of Love, even if it is only for a moment.

Enjoy the moments of your day and know you are loved dearly.
I love you, Thank you

What is a Problem?

In reviewing the basics, we talk about what a Problem is based upon Ho'oponopono. A Problem is a memory replaying a past experience again in the Subconscious Mind.

So many of us have problems with this concept of what a Problem is!"Have you ever noticed that every time there is a problem, you are always there?" Ihaleakala Hew Len

Understanding this concept is key to embracing Ho'oponopono as a way of BEing. If we understand that everything we are experiencing in the human journey is only from the perception of memories replaying from our Subconscious Mind, then anything that we experience as a problem, is being perceived or understood from a part of us that perhaps has experienced it before.

But what part of us?

That's the challenge. We really don't know.

Energetically, within this energy field that is us, we hold the vibrational imprint of all of our life experiences, all of the life experiences of our ancestors and so on. There is no separation.

A genetic issue is passed down from one generation to the next or may miss a generation. It's not just "ours", it is shared information through our DNA from those that came before us. If you can embrace this concept then it makes it so much easier to expand the concept to include thoughts, emotions and experiences as well.

This is why we are being invited with Ho'oponopono to NOT engage with what we are judging as a problem, issue or challenge. We will never know the all of it, so by engaging we are attempting to figure out something that we are only consciously aware of less than 1% of all the information that is available.

What do we do then?

Two choices ~ Engage or Clean … you get to choose.

In the book *The User Illusion,* Tor Norretranders cites research that shows that the Intellect or Conscious Mind is only aware of 15 bits of data per second compared to 15 million plus bits of data per second that it has no knowledge of.

With this understanding, it makes so much sense to me why Ho'oponopono teaches us the benefits of not engaging.

There is so much of our reality that we do not fully comprehend.

To me, the beauty of this is that we do not need to understand how Ho'oponopono works for it to work 'for' us.

And so, let us do the cleaning and let go of all that no longer serves us and experience joy and peace and serving Humanity, Mother Earth and the Cosmos all at the same time!

Enjoy the moments of your day and know you are loved dearly
I love you, Thank you

What is Repentance?

Repentance, “I’m sorry”, is the beginning of the Ho’oponopono process. It is initiated by the Conscious Mind as a petition to Divine Intelligence to transmute memories to Void. As Ihaleakala Hew Len shared, “With me, the Conscious Mind acknowledges its responsibility for the memories replaying problems in its Subconscious Mind, having created, accepted and accumulated them.”

Please remember, this process comes from the ancient Hawaiians who believed their soul purpose for being in the human experience was to atone for everything that happened prior to them arriving here on Mother Earth. That included everything that occurred with every ancestor and beyond, the memories being held within them.

Think of it this way. Energetically, the collective memories of every one of your ancestors is held within your DNA or within the energy field that is you.

When you remember this part of the process and then read what Ihaleakala Hew Len shared, hopefully it makes so much more sense. If you know the reason you are having a human experience is to atone for whatever happened before you arrived, then it might make so much more sense to you why you are being asked to accept 100% responsibility and choose Repentance or saying "I'm sorry" for the memories replaying that are the cause of the problems you are having, no matter what they are, simply because this is how it works.

For those of us that are not Hawaiian, and if we did not grow up with this understanding, it takes a bit of an adjustment to shift into this belief system.

I love the simplicity of it all. I have the understanding of the process but, in the moment, I do not need to remember all of what I understand, I can just keep initiating the cleaning by saying "I love you" or "Thank you" and let Divine Intelligence or God lovingly support me by transmuting everything that is a source of suffering for me no matter how it shows up.

Enjoy the moments of your day and know you are loved dearly
I love you, Thank you

What is Forgiveness?

"... Along with Repentance, I am a petition from the Conscious Mind to Divine Creator to transform memories in the Subconscious Mind to void. Not only is the Conscious Mind sorrowful, it is also asking Divine Intelligence for forgiveness."

Saying "I'm sorry" or "Please forgive me" pushes a lot of people's buttons. Guilt from old programming are what many experience. The most common trigger arises from not understanding how this problem or situation is happening in our lives when in the moment we know we have not done anything to consciously create it, and yet there we are, struggling!

Remember, based upon Ho'oponopono, the Problem is memories replaying from our own Subconscious Mind and we have no way of knowing or understanding the full scope of where those memories came from

This is why trying to understand it all, engaging with it, asking questions and doing our best to figure it all out is oftentimes not only frustrating but fruitless, as well.

Trust that you know what you know and leave the rest to Divine Intelligence. Do your best to stay out of the Victim Mode of thinking and Being. It will only take you down the rabbit hole of struggling and suffering.

The more we choose to initiate the cleaning, the more the energy connected to the problems we are having is cleared by Divine Intelligence, the more easily life unfolds in a good way.

Be as patient as you are able and most of all, be as loving as you can be with yourself. Because at the core, that is always the lesson we are being given the opportunity to master.

Remember to ask "What is my most loving choice?" and choose that!

Enjoy the moments of your day and know you are loved dearly.
I love you, Thank you

What is Transmutation?

Transmutation is the process used by Divine Intelligence "... to neutralize and free memories to Void in the Subconscious Mind ... Only Divine Intelligence can use this."

It is always good to remember, that it is not us that is doing the transmutation, clearing or releasing. Only Divine Intelligence, God, Creator or whatever name you know this eternal part of you to be, is able to accomplish this.

When we remember, based on Tor Norretrander's book *The User Illusion*, that for every 15 bits of data per second that we are consciously aware of, there are over 15 million bits of data per second that we have no knowledge of, doesn't it make sense why we are not the ones doing the cleaning or transmutation?

We would have no idea where to find all the energy that represents the problems, issues or challenges that we are experiencing in our human journey.

But Divine Intelligence in all of it's wisdom, does know where all this energy is and therefore is able to transmute it all from us and then from all who carry the same energy here on Mother Earth and then back through our ancestors and ultimately back to the beginning of Creation.

I find great comfort in knowing and trusting this. That does not mean that I do not have my moments of frustration from time to time when whatever problem I am consciously working on releasing is not clearing as fast as I would like so that I can experience my desired outcome.

It is very human to experience frustration, doubt, fear, anger and any other emotion that comes up when we are not getting the results we would like in our preferred time frame.

And of course, when we do experience any of these emotions, we get to clean on them, as well!

Enjoy the moments of your day and know you are loved dearly!
I Love you, Thank you

What is Self I-Dentity?

Self I-Dentity is composed of Divine Intelligence, Super Conscious Mind, Conscious Mind and Subconscious Mind.

"Existence is a gift from Divine Intelligence … given for the sole purpose of reestablishing Self I-Dentity through problem solving … Ho'oponopono involves the full participation of each of the four members of Self I-Dentity … working together as a unit of one …" Ihaleakala Hew Len

So we do the cleaning to have the memories replaying from our Subconscious Mind cleared so that once done, we have a moment of being at Void or Zero, so that Inspiration from Divine Intelligence can come through.

I love how Ihaleakala Hew Len shared he cleaned continuously because he knew he was always stuck in memories replaying even when he did not know he was stuck.

If we make the assumption that we are always stuck on something, the more we clean, the more peace we create in our relationship with ourselves and in our lives.

How do we know the cleaning is "working"?

Simply notice how you are feeling. If you are feeling good, at peace, as if everything is flowing in a good way ~ it's working!

Enjoy the moments of your day and know you are loved dearly!
I love you, Thank you

What is Divine Intelligence?

"Existence is a gift from Divine Intelligence given for the sole purpose of reestablishing Self I-Dentity through problem solving ..."
Ihaleakala Hew Len

As I read this, for me it is a good reminder for why we practice Ho'oponopono. Here are some thoughts that I felt inspired to share.

"Existence is a gift from Divine Intelligence." This can be expanded to mean that everything in our reality is created by Divine Intelligence including each of us. Remember, Divine Intelligence is God, Divine Creator, Source or by whatever name you know this part of you to be. Therefore, everything in our reality at the core of its structure is Love ... including each of us!

When we think of who we are and our reality from this perspective, this experience of BEing Human is truly an "inside job". And the Love we seek is not outside of us, it is within us filling every one of our cells and beyond.

"And the gift is given for the sole purpose of reestablishing Self I-Dentity through problem solving." Reestablishing Self I-Dentity is simply reconnecting with the "I" or Divine Intelligence that is within, that is our soul essence. Everything has a Self I-Dentity in that everything is created by Divine Intelligence. Therefore, Ho'oponopono as a problem solving process can be applied to everything and everyone.

This to me is the same as what I have been guided to share for many years. That being, it is our sole/soul purpose as Human BEings to remember, not learn, how to BE in a loving relationship with ourselves first, our Source as we know it to be, with others and our life experiences.

This is why the question "What is my most Loving choice?" is so important. And it reminds us that everything that we experience, whether it feels good or not, is designed at its core to help us to "remember" how to be a loving presence with ourselves in that situation and all situations, whether they be judged as small or insignificant or a major experience of our lives.

Enjoy the moments of your day and know you are loved dearly!
I love you, Thank you

What is Super Conscious Mind?

The Super Conscious Mind is one of the four parts of Self I-Dentity.

"... I oversee the Conscious and Subconscious Minds. I review and make appropriate changes in the Ho'oponopono petition to Divine Intelligence initiated by the Conscious Mind. I am unaffected by memories replaying in the Subconsious Mind. I am always One with Divine Creator."
Ihaleakala Hew Len

Although this part of our mind is unknown to us, its function as part of Self I-Dentity Through Ho'oponopono is a significant one.

As noted, our Conscious Mind or our Intellect, initiates the cleaning of whatever we are experiencing as a problem, issue or challenge.

When we initiate the cleaning, it is received as a Petition by Divine Intelligence. For example, one format I use for a cleaning statement is:

To whatever memories are in me that are the cause for (fill in the blank with the problem, issue or challenge), on any and all levels, that I am to atone for, I love you or Thank you or I love you, I'm sorry, Please forgive me, Thank you.

The Petition goes from the Conscious Mind to the Subconscious Mind where the memories connected to the problem are stirred and brought to the surface shall we say. The Petition then goes to the Super Conscious Mind where it is reviewed.

Because the Super Conscious Mind is unaffected by memories replaying in the Subconscious Mind and is always at One with Divine Intelligence, it knows our hearts. And so the language is adjusted as is appropriate to serve our highest good.

The Petition is then sent to Divine Intelligence and the process continues.

There are times that we will not use an actual cleaning statement but simply initiate the cleaning in the moment when something does not feel good on any level of who we are, physically, emotionally, mentally or spiritually. This can be accomplished by simply saying "I love you" or "Thank you" or using any number of other cleaning tools. That conversation is for another time.

Enjoy the moments of your day and know you are loved dearly!
I love you, Thank you

What is Conscious Mind?

All of our life experiences are *for* us, even if we do not understand the why.

The Conscious Mind is our Intellect and has the gift of choice. "... (the Conscious Mind says) I can allow incessant memories to dictate experience for the Subconscous Mind and me, or I can initiate the release of them through incessant Ho'oponopono ..." Ihaleakala Hew Len

There are many beliefs and philosophies about why we are here on Mother Earth as Human Beings. Whichever beliefs you have, shape your relationship to your life experiences.

If you believe that you are Spirit having a human experience, then you will likely be comfortable considering that the intentions for your life experiences were not made as a human being. Rather these intentions were made while you were still in Spirit prior to your birth.

Because of the expanded love energy we are all experiencing during this very special time we are sharing, where in most lifetimes we have a dinner plate full of intentions for what we will focus on healing, in this lifetime it is a banquet table full!

It is why so many of us have had lives filled with challenges especially as children. Through our experiences we are shining light on the "past" in order to heal it on behalf of ourselves and our ancestors.

"... The Intellect, the Conscious Mind, believes it is the problem solver. That it controls what happens and what is experienced. In his book *(The) User Illusion* ... science journalist Tor Norretranders paints a different picture of Consciousness. He cites research studies ... that show that decisions are made before Consciousness makes them. And that the Intellect is not aware of this, believing that it decides ... Intellect is only conscious of between fifteen to twenty bits of information per second out of millions in reaction below its awareness! ..." Remember "... memories replaying dictate what the Subconscious Mind experiences ..."

When suffering shows up in our lives, please remember, based on Self I-Dentity Through Ho'oponopono, we are being given the opportunity to clean whatever it is to support ourselves and therefore our ancestors.

We are not having these life experiences “out of the blue”, nor are they a punishment. They are all part of a divine plan to assist us in honoring our intentions for this lifetime with the underlying lesson always being ~ To remember how to be in a loving relationship with ourselves, first!

I am surrounding you with so much Love. Peace of “I”

Enjoy the moments of your day and know you are loved dearly!
I love you, Thank you

What is Subconscious Mind?

Subconscious Mind is the "... storehouse for all of the accumulated memories from the beginning of Creation ... the place where experiences are experienced as memories replaying or as Inspirations ... the place where the body and the world reside as memories replaying and as Inspirations ... the place where problems live as memories reacting." Ihaleakala Hew Len

I love this quote from Maya Angelou.
"This is a wonderful day I have never seen this day before."

This quote reminded me of my Mom. When we would drive up to visit my sister, without fail at some point she would say "Look at those clouds! I've never seen clouds like that before!"

Being in the moment, we are blessed with the awareness of Inspired thoughts and experiences as well as problems, issues or challenges. All from the same source, our own Subconscious Mind as memories replaying. Nothing is really "new" except for our "in the moment" experience of it.

When we consider that nothing is "new", what a gift this is to know we have experienced this before and somewhere within us is the wisdom to know how to BE in that experience!

If this is not part of your beliefs, that is perfect. For whether we hold this belief or not, we always have our two choices at all times:

To Engage or To initiate the Cleaning!

In the ancient Ho'oponopono prayer, I love you, I'm sorry, Please forgive me, Thank you, the "Thank you" is directed to God, Divine Intelligence as an expression of gratitude for that presence having transmuted all of the memories connected to what we have requested to be cleaned so that we can experience the State of Void and then the State of Inspiration even if only for a few moments. And the process continues.

Enjoy the moments of your day with a grateful heart and know you are loved dearly.
I love you, Thank you

What is Void?

I was thinking about the peace that comes from simply BEing and how challenging it can be to find our way to that place.

Void "... is the foundation of Self I-Dentity and the Cosmos." It is "... where Inspirations spring forth from Divine Intelligence, the Infinite. Memories replaying in the Subconscious Mind displace ..." Void, but do not destroy it, "... precluding the inflow of Inspirations from Divine Intelligence."

Ihaleakala Hew Len also shares "Void is the common ground, the equalizer, of all Self I-Dentities, both "animate" and "inanimate." It is the indestructible timeless foundation of the entire cosmos seen and unseen."

What this brings up for me as I breathe into these words is this.

If the Void is as Ihaleakala Hew Len describes, the foundation of all that is, then this makes so much sense to me. Our connection to the Void is not only the foundation for Ho'oponopono, it is our connection to our Creator/God/Source/Divine Intelligence/Love.

And so, when we think of it from this perspective, Love is the foundational structure of all that we perceive and more ~ what is seen and unseen. It is the structure of all of our cells, our homes, our planet. Therefore, we are never separate from Love or Divine Intelligence. It is not something we must seek from outside of ourselves.

This concept speaks to everything being an "inside job". What we experience is coming from some part of us (memories replaying from our Subconscious Mind) and the remedy for the problem, issue or challenge (Divine Intelligence doing the transmutation) is also within us. We are a self-contained love machine and problem solver all in one package!

And remember, every time you initiate the cleaning by Divine Intelligence, you are serving Humanity and Mother Earth, for we are all connected and all part of the same Love.

Enjoy the moments of your day and know you are loved dearly.
I love you, Thank you

What is a Memory?

A Memory is "... a record in the Subconscious Mind of a past experience. When triggered, I replay past experiences." Ihaleakala Hew Len

Trauma is defined as a deeply distressing or disturbing experience ... A physical injury. Trauma is any experience that is distressing or disturbing. If it is a trauma, it is defined by our perception of the experience. It is personal and our own.

Based on Ho'oponopono, when we define a trauma as a problem, issue or challenge, then we see it in a different light ~ a Memory replaying a past experience again in the Subconscious Mind.

But we do not know the “all” of where the Memories are replaying from. It may not be just what we remember but rather, a collective Memory from our ancestors or Humanity.

When we shift our understanding of trauma and all the symptoms that accompany it, no matter how many years ago the trauma(s) occurred, the simplest choice is to engage with it or initiate the cleaning for them to be transmuted by Divine Intelligence or God”.

“To engage or not to engage” becomes a simple question we can ask ourselves in the moment that we are aware that our past traumas are replaying as Memories in our Subconscious Mind. Whatever you determine to be “your most loving choice” will be the experience you create.

Enjoy the moments of your day and know you are loved dearly.
I love you, Thank you

What is Inspiration?

Inspiration is "... a creation of the Infinite, of Divine Intelligence. I manifest from the Void into the Subconscious Mind ... experienced as a brand new occurrence." Ihaleakala Hew Len

I love this quote by Vincent van Gogh. It speaks to me as being so consistent with Ho'oponopono.

"Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it."

"... Self I-Dentity operates by Inspiration and memory. Only one of them, either memory or Inspiration, can be in command of the Subconscious Mind at any given moment.

The Soul of Self I-Dentity serves only one master at a time, usually memory the thorn instead of Inspiration the rose." Ihaleakala Hew Len

The beauty of van Gogh's statement is the reminder that our emotions are an incredibly powerful part of the human experience. The more present we are, the more we are consciously aware of the emotions we are experiencing, the more we are able to consciously choose how we are BEing in the experience of them.

And since our emotions come from Memories replaying, and they emanate from our Subconscious Mind, we do not choose the emotions we have, we do however choose how to react or respond to them.

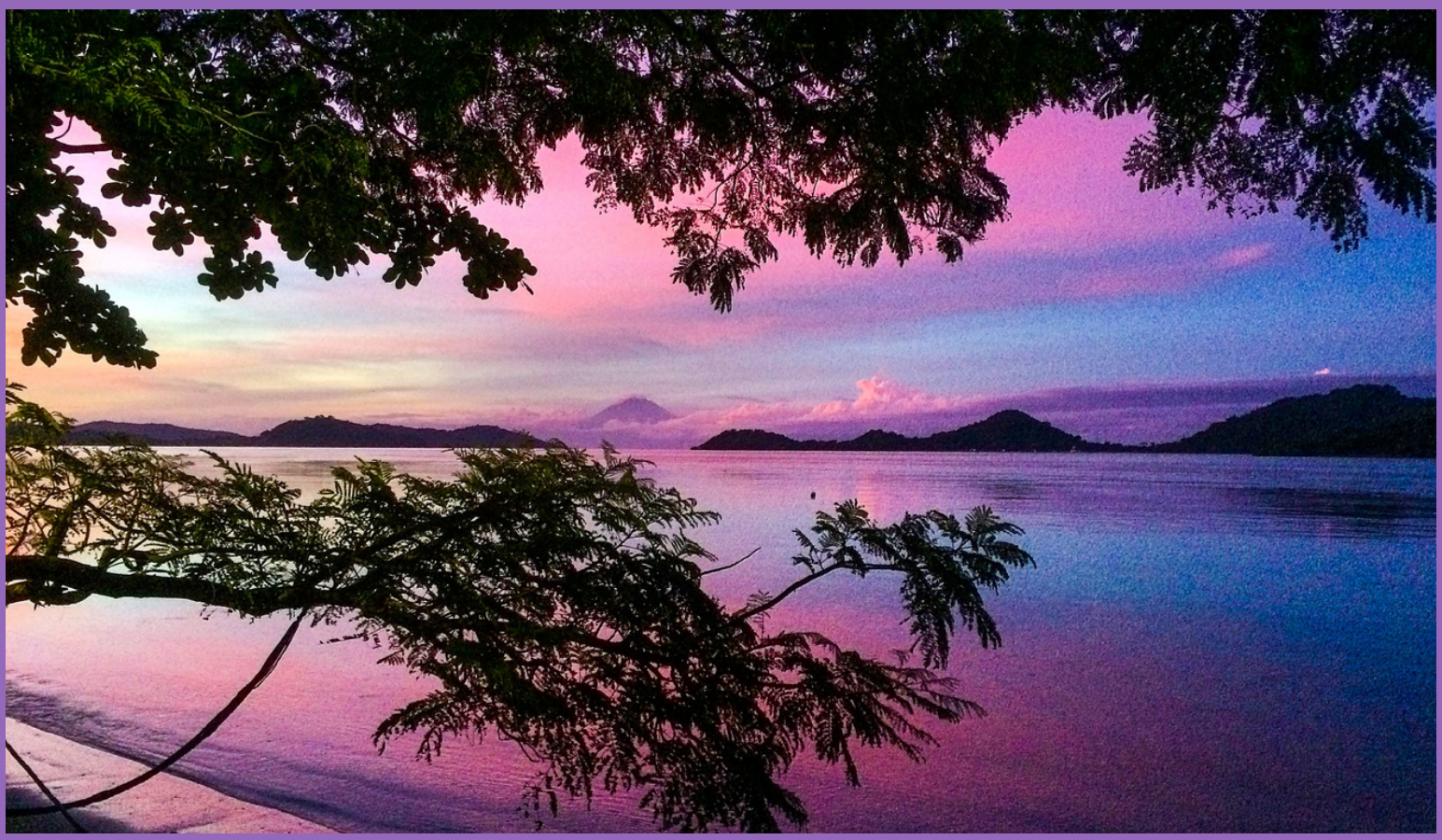
And as always, the awareness of the emotions then brings us to our core two choices ...

Engage or Initiate the Cleaning.

And as we initiate the cleaning, if we are perceiving our emotions as a problem, Divine Intelligence transmutes the memories that are the cause for the problematic emotions, and the Ho'oponopono process then brings us to the State of Void and then Inspiration comes through.

Choose wisely this day and every day.

Enjoy the moments of your day and know you are loved dearly.
I wish you peace beyond all understanding.
I love you, Thank you



What are the steps to Ho’oponopono?

And now, we have come full circle and reviewed the basic principles of Ho’oponopono. We have noted that Ho’oponopono is an ancient Hawaiian problem solving process composed of the three elements of Repentance, Forgiveness and Transmutation.

Self I-Dentity Through Ho’oponopono is the updated version of Ho’oponopono by Morrnah Nalamaku Simeona, Kahuna Lapa’au. Self I-Dentity is composed of the four elements of Divine Intelligence, Super Conscious Mind, Conscious Mind and Subconscious Mind. Its foundation, “… Void and Infinite, is an exact replication of Divine Intelligence.”

“The Conscious Mind can initiate the Ho'oponopono process to release memories or it can engage them with blame and thinking. “
Ihaleakala Hew Len

The Problem Solving Process

From the State of Void, we experience either Inspirations or Problems. A problem is from Memories replaying in the Subconscious Mind.

1. The Conscious Mind chooses to initiate the Ho'oponopono problem solving process, a petition to Divine Intelligence to transmute memories to Void. It acknowledges that the problem is memories replaying in its Subconscious Mind and that it is 100% responsible for them. The petition moves from the Conscious Mind into the Subconscious Mind.

2. In the Subconscious Mind, the petition gently stirs memories for transmutation. The petition then moves to the Super Conscious Mind from the Subconscious Mind.

3. The Super Conscious Mind reviews the petition, making changes as appropriate. Because it is always in tune with Divine Intelligence, it has the capacity to review and make changes as it serves our highest good. The petition is then sent to Divine Intelligence for final review and consideration.

4. Divine Intelligence after reviewing the petition, sends transmuting energy into the Super Conscious Mind.

5. The transmuting energy then flows into the Conscious Mind.

6. The transmuting energy then flows into the Subconscious Mind where it first neutralizes the designated memories and then the neutralized energies are released into storage, leaving a Void. Ihaleakala Hew Len

Once in the State of Void again, we are moved to the State of Inspiration and the process begins again.

If we choose Ho'oponopono as a way of BEing, life is a neverending process of problem solving. Even if we are in the State of Void for only milliseconds at a time, it is from here that Divine Intelligence breathes Inspiration into us that we receive in the form of inspired or creative thoughts and ideas. And when memories replay again from our Subconscious Mind as problems, we begin the process again by the Conscious Mind choosing to initiate the cleaning.

It is a simple process that only requires the ability to say "I love you" or "Thank you". And although it is simple, I would not say that it is easy. For as with all things that are of value, they take time, attention and focus for them to expand and grow and for us to then experience the benefits.

It is because of my experiences with Ho'oponopono and the realization that in order to achieve benefit, it really does require consistent repetition of the process, that I created both The Heart Healers Ho'oponopono Community Facebook Group and a Membership Community.

From my heart, I hope this information and the way it has been shared has been helpful to assist you in perhaps a little more understanding of what Ho'oponopono is and a how it works.

For more information about how to embrace Ho'oponopono as a way of BEing, I invite you to join our groups.

I wish you Peace beyond all understanding.

Ilene ~ The Heart Healer

Are you ready to learn more?

Here are some options for you to consider.

1. Join The Heart Healers Ho'oponopono Community Facebook Group: bit.ly/THHHC
2. Ready to learn more and enjoy the benefits of Ho'oponopono? Join The Heart Healers Ho'oponopono Membership Community. As a Heart Healer, you will receive support in establishing and maintaining a consistent daily Ho'oponopono practice and learn how to apply this powerful yet simple process to initiate the cleaning of the root cause for anything you identify as a problem, issue or challenge, on any and all levels, for you, your business or globally.
   Bit.ly/TheHeartHealersMemberships

Have Questions?

I love to share my over 50 years of experience facilitating healing. Here's how to connect with me.

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Call/Text: (561) 602-1989

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Schedule a Complimentary Heart Healer Session:
SpeakWithIlene.com

Ilene ~ The Heart Healer, combines over 50 years in Nursing and 28 years in Vibrational Healing to create a holistic approach to clearing energy blocks and promoting healing. She helps an International clientele of heart-centered individuals and entrepreneurs who struggle with trauma, fear, self-sabotaging, negative thoughts or behaviors and self-worth issues, to experience inner peace, self-confidence, empowerment and clarity about their soul's purpose.

As an International Conference Speaker, Ilene's experiential approach supports the growth and development and success of entrepreneurs and professional nurses, offering wisdom on Conscious Heart Connection, Leadership skills and Ho'oponopono, the ancient practice of problem solving.

Ilene is a published author, Certified as a Healing Touch Practitioner, Medical Intuitive, Quantum and Ho'oponopono Practitioner and President of Vibrational Healing From The Heart, Inc. Her Signature programs include the Inner Child Integration Process supporting the healing of trauma, the New Moon Clearing Process and "Live with Ilene Gottlieb ~ The Heart Healer" on The Heart Healer Radio Network.

"As The Heart Healer I am here to remind whoever I am blessed to share with, that it is our sole/soul purpose as Human Beings to remember how to be loving in our relationship with ourselves first!! This isn't selfish, it's not easy, but it's why we are here!"

Learn more about Ilene at:
IleneTheHeartHealer.com

Ready to learn about essential oils? Consider joining the Sharing The Love One Oil Drop At A Time Community. We focus on practical day to day uses of essential oils to create a nontoxic home/office and enhance everyone's health and wellness including our pets.
You have two options:
Join our Facebook Group or our membership community Bit.ly/TheHeartHealersMemberships.

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To book Ilene for your next event or conference:
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Ho'oponopono ~ I Love you, Thank you

"CLEAN, erase, erase and find your own Shanghai-La.
Where? Within yourself."

Morrnah Nalamaku Simeona, Kahuna Lapa'au

The photo above is of Ihaleakala Hew Len and Morrnah Nalamaku Simeona, Kahuna Lapa'au. Forgive the quality of the image but it is one of the few I was able to find of both of these Master Teachers for whom I am eternally grateful for bringing Ho'oponopono to the world as a way for us all to heal.

Morrnah Nalamaku Simeona, in the 1970's was guided to update the ancient Hawaiian practice of Ho'oponopono to what we know it as today, Self I-Dentity Through Ho'oponopon. Ihaleakala Hew Len studied with Morrnah for 10 years and they traveled the world teaching this beautiful and powerful process.

To their blessed memories ~ I love you, Thank you.

Information that is in quotations, unless otherwise noted, are from my blessed teacher, Ihaleakala Hew Len, Ph.D. from *Who's In Charge?,* an article he wrote of his thoughts from his notebook in 2005.

You are welcome to download this article from the link below, which is available in multiple languages: self-i-dentity-through-hooponopono.com/whos-in-charge/

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I love you, Thank you