



POWERFUL *Latinas.com*

Latinas Sharing Courage,
Strength and Wisdom
Through Their Stories

Interview With:



Mabel Katz

Moderated by: Aurelia Flores

July 2, 2008

About the PowerfulLatinas.com Interview Series

The idea of the interview series was conceived by Aurelia Flores as a project to compile AND SHARE a storehouse of wisdom from Latinas who have reached successful peaks in their careers. The project is an exciting one and geared to provide inspiration, personal growth and motivation for Latinas nationwide.

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The goal is to motivate and inspire women – both young women who have not yet started their careers or are at the very beginning and also those further along in their careers – to learn from others' life lessons.

As a young woman, Aurelia personally found a lack of positive role models in her life. The scope of possibilities and opportunities that were known to her was very narrow.

During the course of her own academic and professional life she found the lack of guidance and experience a hindrance to her at various points in her life. And although any lack of knowledge was subsequently overcome, she believed it would have been great to have had role models to look up to.

Aurelia wants to offer a learning opportunity to other women who might find themselves in similar shoes. Also, she strongly believes women can learn from other women, no matter where they are in their career or life path.



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Mabel Katz

Biography

Mabel Katz is an internationally acclaimed speaker, seminar leader and consultant. She applies her knowledge, insights, experience, and skills to assisting businesses and individuals in becoming more productive, effective and prosperous. For her outstanding work she has gained national and local honors and recognition. In her native country of Argentina, Mabel became a Certified Public Accountant (CPA).

Mabel immigrated to the United States in 1983 where she received accreditation as a business accountant. She worked as a senior tax accountant for over twenty years in California, and, as an Enrolled Agent (EA), represented clients before the Internal Revenue Service.

In 1997 Mabel started her own company, Your Business, Inc., a step that not only enhanced her own success but also increased her ability to work more directly with others. Her company has prospered by helping established businesses expand and grow as well as assisting fledging entrepreneurs plan and execute financial and tax programs and systems.

Throughout her career Mabel has been able to effectively integrate and apply a number of innate resources including exceptional organizational skills, an aptitude for working simultaneously on multiple projects with a diversity of players, contract negotiation, and a keen perception of the realities of the business environment.

She brings all of these into play as she works with her clients, presents her seminars, or motivates audiences large and small. Because she stands on a foundation of personal accomplishment as a woman in the male-dominated world of accounting and finance, her advice is always based on solid, gained-in-the-trenches experience.

In addition to her business successes, Mabel has become recognized in the field of personal effectiveness, with her unique seminars for corporations and individuals. Based on the principles of Ho'oponopono, a system of applying practical principles for setting goals and achieving results, these seminars are particularly effective in accelerating productivity and promoting accountability.

Mabel's book, "The Easiest Way," based on this ancient practice, teaches one to live the life of her dreams by applying the principles of Ho'oponopono. She also co-wrote "Inspiration to Realization," with 40 other successful women, on proven strategies for business, personal, financial and spiritual fulfillment.

She also created, and continues to produce and host an innovative television show, Despertar (Awakening), that has gained wide recognition and influence in the Los Angeles Latino community. Her newest endeavor is "The Mabel Katz Show" on KWHY-TV Channel 22, which promises to be a very unique and one-of-a-kind Spanish show. It is a combination of Oprah, Suze Orman, The Apprentice and Rachel Ray all in one.

As an adjunct professor and guest speaker in the Pepperdine Business Certificate Program, Mabel is part of a team of industry experts teaching an eight-week course on Strategic Planning and Implementation. Her curriculum focus is the area of accounting and taxes for small businesses.

As a result of her personal and business accomplishments and her generosity of spirit, Mabel has received recognition on the local and national level. Since 2005 she has been acknowledged Business Woman of the Year by the LA Metropolitan Chamber of Commerce and received the Sol Azteca Award and the prestigious Latin Business Association's Members Choice Award. In 2006, she was one of only nine women nationwide to receive the coveted Anna Maria Arias Memorial Business Fund Award.

To find out more about Mabel, check out her website at www.mabelkatz.com.



Reader's
Reflection
and Study
Guide

The following questions may help you during your reading of Mabel's interview to gain greater insight into the lessons she shares with us. Feel free to use the questions as you see fit. You may want to just think about them, or take notes during your reading. Enjoy!

What do you think of Mabel's comments about being a rebel? When have you rebelled against something? Did it work?

Give a few examples of how Mabel's strong desire for independence evidenced itself in her life. How did this affect her overall?

Reflect on Mabel's statement, "We kind of play games, and everything we do is really to get attention, to get approval, to get love..." Do you agree? Why or why not?

How did Mabel land in accounting? What were the factors that brought her there? Have you ever ended up loving something that was totally different than what you originally set out to do? If so, what was it and how did this come about?

What did Mabel enjoy about her accounting practice? What was difficult for her?

Describe how Mabel started her spiritual search. What was the seminal moment, and then what happened next?

Mabel shares a lot of her insights from her own spiritual path. Which of these lessons are most useful to you, and how will you use them?

Mabel says that inspiration comes in the "empty spaces." What does she mean by this, and do you agree with her? Why or why not?

What messages do you tell yourself that you enjoy? Which ones would you like to get rid of? What is your reaction to Mabel's description of the "delete key"?

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Reader's Reflection and Study Guide

What was the difficult choice that Mabel ended up saying, "Thank God I did that!" What further questions would you have for her about that choice? Why was this a difficult choice and how did it turn out?

What pieces of advice does Mabel share with the audience? What do you think about these words of wisdom?

What did you learn most from this interview?



Interview with: Mabel Katz

Aurelia: Good evening, everyone. My name is Aurelia Flores and welcome to the PowerfulLatinas.com interview series. Today's date is July 2, 2008, and tonight's guest is Mabel Katz. The idea of the interview series is to share courage, wisdom, and strength between and among Latina women. It's really my belief that by sharing stories, we can learn from each other's life lessons and encourage ourselves to take whatever steps we need to in our lives.

From listening to another woman's story, another woman's experiences, we really are able to reflect on our own and figure out what we need to do to encourage our own growth and maybe even avoid certain pitfalls or struggles. So if this idea is interesting to you, I would encourage you to tell other women about it because I will be interviewing a different woman each week, Wednesdays at 5:00 p.m. Pacific, 8:00 p.m. Eastern, and the call is free or people can join via webcast.

For those unable to make it each week, I will be summarizing some of the highlights of the interview in the weekly newsletter that goes out on Fridays, or people can purchase either or both the audio recording or transcript.

With that, let me introduce tonight's guest; it is Mabel Katz and she is actually calling in from Argentina tonight, so we are very grateful for her presence. She is an internationally acclaimed speaker, seminar leader, and consultant. She actually became a Certified Public Accountant (CPA) in her native country of Argentina before coming to the U.S. in 1983 and working as an enrolled agent representing clients before the Internal Revenue Service. From there, in 1997, Mabel started her own company, "Your Business Inc." and went on to do business consulting, helping established businesses expand and grow and helping fledgling entrepreneurs plan and execute financial and tax programs and systems.

Her career took an interesting turn and she has become a recognized expert in the field of personal effectiveness and, in particular, she uses the principles of Ho'oponopono, a system of applying practical principles for setting goals and achieving results. She's authored a book, "The Easiest Way," based on this ancient Hawaiian practice; she also created, produces, and hosts an innovative television show, "Despertar (Awakening)". Her newest endeavor is the "Mabel Katz Show" on channel 22 in Los Angeles. She's received numerous awards, teaches as a professor, and has a lot of other interesting involvements. So I hope you checked out her bio on the webpage, and I would also encourage people to check out her website as well, which is mabelkatz.com.

Mabel, thank you so much for being with us tonight; I really appreciate it.

Mabel: Thank you, Aurelia. Thank you so much for inviting me. It really is an honor to be with you and your audience tonight.

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I appreciate all the natural gifts I have and ...that strength and courage you talk about... I really got it from my mother.

Aurelia: Let's start and tell the folks listening a little bit about your background and I would ask you to start with your childhood, in particular; just paint us a little picture of the important influences, what it was like growing up in Argentina and so forth.

Mabel: You know, I was kind of a rebel. Later on in my life, I really learned that being a rebel is actually kind of a waste of time. You waste a lot of energy and time looking at what you need to rebel about and try to go differently! One of those was actually my mother, especially; she is a very strong character and everyone, even physically, everyone used to tell me that I looked like her and I was always like, "Really?"

I loved my father so much I wanted to look like him, not my mother, because of so much competition with her. But, through the years, I really learned to appreciate my mother; we are really alike. I appreciate all the natural gifts I have and everything because of what I admire in her right now, that strength and courage you talk about. It's so important for us women, and I really got it from my mother. So I'm really grateful, really grateful.

Aurelia: So, you were growing up and you were rebelling against perhaps things your mother said or did. Did you have brothers or sisters around you as well? What was that like?

Mabel: I had two older sisters and I was born when they were 10 and 6 years old. I came kind of an accident, you know? I came to this family that was already formed, organized. You know, after all these years, when you have a 10- and a 6-year old, you have a certain freedom, and here I am, just a little baby! I was never easygoing. My mother used to tell me, "One day, you're going to have one like you!"

I have two boys; my little one now works for me and I'm so blessed to have him with me, helping me, I actually ... when my mother used to come to Los Angeles and visit, I used to tell her, "You know, mama, I think he's worse than me; don't you think?" I used to remind my mother, "Don't you remember when you used to tell me I was going to have one ... but I think he's worse!"

There was a lot of struggle for power when you have two dominant; I always wanted to be independent, Aurelia, always, since a little girl. I remember even in Argentina, we used to go on vacation to a place that is called Miramar, on the beach, and I used to find ways to make money. My family would be at the beach and I would be selling things to make money!

I don't know, there was something about being independent that was very important for me. So, since I was a little girl, yeah, I would rebel, because I didn't want to depend on anybody; I didn't want to have to ask for permission to go out. I just wanted to do it my way and not to have to ask for it!

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So, I have to tell you, you know what I used to do when I was a little child that I think was a little bit different maybe to a regular, normal girl? I used to pack a couple of clothes that were my favorites and then, a lot of my dolls and I used to put them like in newspaper or something and I would tell my family I was going to leave and go and work as a housekeeper because nobody loved me there. And I used to really threaten them that I was leaving them and I would prepare all my things and sit there, waiting for someone to convince me to stay!

My mother used to tell me, "See how smart you were? Because you weren't just leaving; you were saying, 'I am going to work as a housekeeper.' That way, you knew you had room and board! You knew you didn't have to worry about that part!"

Anyway, that was interesting. It was maybe different. But I had a great childhood, really great. I don't remember anything terrible. We make a lot of things bigger than they are. We still do as adults, but I really had a great childhood, of what I can remember.

Aurelia: So, let me ask you a little about that paradox. You're talking about threatening your family with your leaving because they didn't love you or weren't paying you enough attention, perhaps, and then on the other hand, you're saying you had this great childhood. Was this part of really strong emotions as a child or was it because your sisters were so much older than you? What was leading into that kind of ...

Mabel: I think, Aurelia, we kind of play games, and everything we do is really to get attention, to get approval, to get love and sometimes, we don't know how to kind of get that in a positive way. Yeah, maybe I did it, you know now, maybe I never thought of these things, and thank you for bringing it up, but maybe it was a way of me bringing attention, because remember, I was a little one, everybody was busy, everybody worked with their own stuff and things like that. So, maybe it was a way for me to get attention ... Hey, I'm here!

But really, I always remember how much my mother loved the three of us. The three girls are very different one from each other, and I remember no difference from my mother. My mother always was so proud of her three girls. I don't remember anything ... I think it was a way of me wanting to always be the center, maybe, and get all the attention.

Aurelia: The other thing I want to go back to really quickly is that you said you had wanted to be like your father, that you really looked up to your father. What kinds of things did you look up to in him and what kinds of things did you want to be like?

Mabel: Something I learned, really, from both of them but especially my father, I always said, you know, my father kind of was

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out of this world – extremely honest, extremely kind, extremely nice person, somebody that would never hurt anybody. My father died very young. I wasn't even 18 years old when he died and, actually, to be honest with you, Aurelia, I found out a lot of things about my father through his patients – he was a dentist – because of things that people would say about him and how people felt that he would never worry about the money. He didn't even want to take the money when the people would pay him for his services.

My father was a very special soul and I really loved him very much. I was very close to him. One of his offices was where we lived. My parents had built a house especially to provide a separate entrance from the rest of the house but it was at the same time connected to the house, and I used to peek through the keyhole and see when he had the last patient. When I knew he was with the last patient, I would go and sit in the waiting room and wait for him. So, when the last patient left, I would go and sit in the chair and just be with him while he cleaned up and took care of everything. I really, really enjoyed his company.

Aurelia: That sounds like such a nice memory of really sharing that time with your father.

Mabel: Yes, it was very special.

Aurelia: Tell us a little about your studies and so forth. Your father's a dentist and you decided then that you wanted to be an accountant. How did that come about?

Mabel: After I graduated from high school, I actually went to get my license in biochemistry, believe it or not! I just thought that because I liked it during high school that, oh, I would like to do this. There were some very difficult years in Argentina where they actually closed universities and at that time, I was offered a job as a bookkeeper. I didn't have any experience, only what I learned in high school, but I was given the opportunity ... actually, the accountant for that firm said, "No, no, no! It has to be somebody that knows, somebody with experience." And these people insisted that I could learn.

Maybe a month later, the accountant says, "I've never seen a case like this!" I was handling everything and I really like it; I really enjoy doing it. So, I used to work all day and then go to the university at night and I graduated. I have two degrees here in Argentina, one a license in Business Administration and then the CPA, and I really enjoyed doing that for many years.

Aurelia: So, you kind of landed in that without intending to, because the universities were closed?

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Mabel: Yes, and because I started working, I realized I had that talent and I could be good at it, so I really enjoy it, so I said, “why not?”

Aurelia: How was it you came to the U.S. to practice being an accountant and so forth? How long did you practice in Argentina ... maybe I should ask this first ... before you came to the U.S.?

Mabel: To be honest, time goes so fast, Aurelia. I don’t even remember when I graduated. I don’t know how many years here; maybe at least eight years, I would say, something like that. I’m kind of guessing. Yeah, probably about eight to ten years here in Argentina. My ex-husband always wanted to leave Argentina. We got married here and he always wanted to leave.

It wasn’t at all in my plans; it wasn’t part of my dreams. I never dreamed, you know, “Oh one day I’m going to leave Argentina,” or “one day I’m going to live in the U.S.” Never passed my mind! But, he wanted and I thought it was important for me to follow because I thought, he’s going to blame me for the rest of our life, because a lot of things in Argentina maybe don’t work as well as in the U.S. and he will have every day to show me things that, “See, I told you we should have left!” So, I decided to go for it.

I have to tell you, the first year was very, very hard – being an immigrant is not easy. I didn’t speak the language really well and I went with a two-month old baby. So, it was really hard. But I remember having this thought in my head, I said after a year, “If he wants to go back, he can go back, but I’m staying.” I love the U.S. because I feel it’s the place that Well, it depends on you; it’s up to you. You want to succeed, you want to progress, whatever you want to do, I feel that it’s up to you.

The thing, with a country like Argentina that I love, and I’m enjoying to be here right now, too, very much, is that you never know what to do, like professional people like we are ... my husband was a medical doctor ... even if we make money, we didn’t know what to do with the money because of inflation, because of very unstable.

So, for me in the U.S. was an opportunity to really do what I studied for and see the progress and see the achievements and see how you can grow, and you have all these opportunities. For me, remember how we started, I’m a very independent person, it was important that I could do what I love, that I could decide what to do. I could even decide where I stop. Because, if I want to keep growing, there is more room to grow. That’s what I like about U.S., which I definitely consider my home, I’ve been in the U.S. for 25 years now.

Aurelia: Let me ask about that. You have made it really clear you have been a really independent person, even from a very young age, from childhood, and a lot of people wouldn’t put that together with being an accountant and working in an accounting office so

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much! But somehow you made that work. How did you make that work as a career?

Mabel: I didn't know who I was, really. When I started doing my own search and discovering who I really was, I realized I don't know how I loved it, in that career, sitting in the desk 9 to 5; I'm not that kind of person! But I did it because I'm an overly responsible person and I'm always trying to prove myself. The thing is, when you ask me to do something, I'm going to do it, no matter what and whatever it takes.

For me, it was challenges, I was growing, I had a great career working in public accounting for CPA offices where I had the possibility of making money, working with very sharp people. And you know what was interesting, Aurelia, in American CPA offices, American CPAs, when they had a difficult case where you really have to use your creativity ... you know, those messy tax returns that sometimes they call the shoebox, when the client comes with a shoebox with all their receipts?

They used to give it to me. I was given those tasks. I was given those where you didn't know where to start and that you had to make sense of something that didn't make sense at all. I always had these challenges and these opportunities to grow and practice with my creativity.

But, I didn't know who I was, and I didn't even know that I was a creative person. We used to have, in the last CPA office I worked for, one of the partners was considered the PR partner. He was the one that was always networking and bringing clients, and we used to meet every Monday morning to see the workloads for everybody and what was due, emergencies, whatever. And this partner, when it was his turn to talk, he used to talk to us and say, "Look, we all know people. You don't have to sell anything. You just share with people what you do. And that's the way you get clients."

Every time, Aurelia, he said that, I would close myself and say, "First of all, he's not talking to me. Let me go and work; I have so much work on my desk, I need to get back to work. I don't want to listen to this." You know, so little, I found out later on that I'm an incredible networker and I love to network and I have that, like a magnet, to get clients. But again, how many times in our life we do things because we are told we good at it?

And, you know, I'm so grateful of my career. It's a career that, wherever I go in the world, I'm going to have work. I'm so grateful because, you know, here in Argentina, I got married really young; my husband was just graduated as a medical doctor here in Argentina, and I actually helped him here because I had the career that I had where I can always find work.

And then we went to U.S. and he had to validate his degrees and everything and pass exams, and again, I found myself working in Los

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Angeles and helping him to be able to do it. It was always his career that was important, his job. Kind of, I didn't mind, but then after the years, one of the reasons I divorced was because I couldn't be myself. I wanted really to do what I love, and I couldn't have done it, if I stayed in the marriage, and it was very important.

My spiritual awakening, what I found, it was very important for me to follow. It was something beyond, that even today, I cannot explain. It's like some fire or something I have inside. If you ask me to describe it, it's like something in my heart that I cannot stop and I can feel that nobody out there can really stop me. My career helped me to support, really, my passion.

Because of the career I have ... and many times I put my own money to have radio programs, have the TV ... and things that again, I have this fire. I need to share with people my message; I need to let them know they can do it. If I did it, they can too. For me, it's mandatory; I don't have any choice, I feel; that's what I'm chosen. I want to do it; I really want to do whatever it takes.

Aurelia: Let's talk about the spiritual awakening, then, before we go back and weave it into the rest of your career. I find it interesting in talking about the CPA or the accounting experience, you managed to find ways to put these two parts of you together and mesh them. Tell us about the spiritual awakening; when did it happen and what happened to kind of get your attention in this direction?

Mabel: What happened is that I had everything a person thinks we need to have in order to be happy, and I wasn't. I was a very angry person. I play a lot of my anger with my oldest son, Jonathon, and one day, Jonathon talked to me the same way I talked to him, with resentment and anger and when I saw it on him, it was shocking, Aurelia, and I didn't say anything to him, but I told myself, "Mabel, you have to do something about it." Because I knew how that felt, and I didn't want that for him.

I started my search. My first course was about anger; I wanted to know where anger came from and what was anger? They say, when the student is ready, the teacher appears and there were many teachers on my way. I actually went, for example, to a yoga class and at the end of the class, the teacher guided us through a visualization. She said, "Think of something that is not working in your life right now and just picture in your head how it would look, just see it working." It manifested the same day for me, a couple of hours later.

That day, I asked myself, "Could it be that we are so powerful, that whatever we imagine, whatever we think, we can manifest?" And that's when I started my search; I needed to know more about it, because I just realized. Again, one thing took me to the other. A friend of mine saw me that I was in the search, actually gave me the first metaphysical book I ever read, and she even was a little bit

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scared to give it to me, but she said, “Look. This is a very special book to me. You read it; if it feels good, you keep reading it. If not, you leave it.” I loved it, Aurelia. I couldn’t stop reading it. I started practicing things there and they started happening.

Then I took a seminar with a psychiatrist, with a psychologist and they all were talking about the same thing that was in the metaphysical book. I said, wait a minute, there is really something here. I’ve gotten into something really deep. Then, I didn’t have enough time to go to all the seminars I wanted to go! I wanted to know more!

But, everything was about finding myself, finding who I really was. My mother used to come to visit Los Angeles and she would tell me, “Mabel, look at this house you have. Look at your new car, too, a husband that loves you so much, two beautiful kids.” And she used to ask me, “What is your problem?” Yes, she was right. I was asking myself, what is my problem?

I realized, back then, it’s not material things that makes you happy. You know, we always think, oh, when I have money, I’ll be happy, when I have that house, I’ll be happy. Then, you get there and you realize you’re still not happy. Then, you’re looking for the next thing that is going to make you happy and it’s like a race of trying to attract things outside of yourself, we don’t know, but that’s not really what we are looking for. What we are looking for is as close as inside ourselves; closer than our own breath.

Aurelia: So, was it at this time you decided to kind of shift your career or how did that happen time wise in this spiritual awakening for you?

Mabel: No, no, no. It took me many years to let go. To be honest with you, this is the first year I didn’t go through a tax season. This is actually the first year I was willing to let go even of not preparing taxes this last tax season. I gave it to a very good friend of mine. I referred all my clients to him. But this was actually the first year. It was kind of a struggle. This is a very lucrative career, you know? It’s a great way of making money and, worse than that, I was actually helping people!

I was really a very creative and good accountant and I had a great relationship with my clients. I always used to say, “If you are looking for a normal accountant, don’t call me!” And, you know the Latino community, there’s a lack of information about finances and taxes and a lot of these people get into a lot of trouble because they go to people that just take their money but they don’t do the job right and then they end up with a government audit.

I represented a lot of them with great results and things like that, and then they became my clients. I love that way of helping too, because you see them grow. You see them how they are; they can

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now concentrate on their business because they have somebody to concentrate on the other thing that is very stressful for them. So, it was hard, because I was also helping people. But, this is really a calling, and I'm willing to go for it. I trust and I want to do it.

Aurelia: Let me back you up. In addition to just filing tax returns for folks and doing the accountancy practice, you have had your own company for ten years where you weren't in, if I understand correctly, another accounting office, and you were actually doing business consulting. Yes, preparing taxes; yes, helping people in a very grounded way; but also giving strategic advice and so forth. Is that right?

Mabel: It was more of the other, like the business consulting I started, I would say, maybe five years ago, because of me trying to do what I used to call my hobby – the conferences, my books, sharing this message.

In the beginning, it was so strange, Aurelia, because I never wanted to have my own practice because I am so overly responsible, like I told you before, that I thought if I don't sleep now when they are not my clients, the CPA clients, imagine if I had my own! I said, I'll go crazy! It was something I always resisted. Don't ask me why, but when I got divorced, it was like a complete starting new, and that's when I decided, instead of going back to the CPA office, with a very nice window office, a great salary, benefits; don't ask me why, I decided to go on my own.

Even in the beginning, I didn't even know if I could afford it. But, you know when you are moved to do things and you just don't think about it? You trust, you go with the flow, and things just start falling in place and synchronicity and everything. It was great! But that's when I had decided; that was ten years ago. Then the clients started coming and people started referring people to me. I don't know; it's kind of hard to explain, but that's kind of what happens when you follow your heart, not your intellect! And it's beautiful! Again, I realized I could be free to do the work.

You know, I used to tell my clients, "Look," I said, "you can call me Saturdays; you can call me Sundays. I'm always working. But there will be times when I'm going to call you and say, I'm leaving, and I'm going to go!" But I said, "I am responsible; your work will be done before I leave, no problems; I just want you to know that's kind of my way." For many years, I actually worked three weeks per month and one week per month I would always travel. I would go and take seminars or sometimes a vacation, but that was the life I lived for maybe five years or so, after my divorce.

Aurelia: Let's go back, then, a little bit to this spiritual path. You alluded to the fact that you were kind of on the spiritual path prior to the divorce; tell us about the next phases of the spiritual

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path because I'm really excited to hear more about how you came to this work in particular and I'm really also excited that we're catching you at this moment of transition in your life, and you can, hopefully, tell our audience more about that. Tell us about the spiritual path.

Mabel: Like I said, my son woke me up, and I started my search. You know, when you find out about something very important, something that maybe you forgot but it was really important, and you say, "How could I have forgotten this?" When you find something you realize is something so important; I lived all my life believing in everything I could touch, I could see, what I could hear, and always felt that life was tough, that you have to work hard. I also thought everything I was accomplishing in my life, it was because I was smart or I was a hard worker.

*... when I change,
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Suddenly, I realized there is a whole universe right there backing you up, if you allow it. Again, like I mentioned before, when you follow your heart, everything kind of flows easier, kind of goes much easier. I started trusting a little bit of the unknown. Yes, I kind of woke up, I was still married, and this kind of took over a little bit in my life, because I wanted to know more and there were so many things to read and so many seminars to attend.

One of the things that happened to me as I went through different trainings is that I noticed we are very addicted to drama. We like to tell stories. We like to tell, "Oh, my father did this to me or my mother said that to me." And we're always into the blame and we are victims, and I always had this thing inside of me that was like a little voice that said, "There has to be an easier and faster way." Maybe because I'm kind of a very impatient person, too, so I wanted a faster way for my own sake! One thing took me to the other, but that's how I landed into Ho'oponopono, a very ancient Hawaiian art of problem-solving.

What happened is, it's not like I realized right away that it was really what I was looking for, but after reviewing it a couple of times, I realized that's what I was looking for. There wasn't any intermediaries, it was all about me. I learned there is nothing out there, or nobody out there doing anything to me; that it's just me and my memories, my thoughts, my programs, and that if something doesn't work in my life, I have to change those programs, those thoughts, those memories.

Because I have the possibility of erasing those and when those get erased, they get erased from everybody, meaning, when I change, everything changes. It's not the other way around. You know, we are always waiting for the other to do, the other to say, the other to change, the other to behave. It's about us, everything is about us. People in our life are just showing us our programs, our thoughts!

So, if something doesn't work, instead of talking to the other people, we can just go to the delete key in our keyboard and delete those things that don't work. Again, those are just memories; it's not the

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If we want to change the movie, we have to go to the projector and the projector is inside of ourselves.

other person, it's not us; it's just the memories. No matter who erases those, it gets erased from everybody. It is profound; it's hard to explain it really will work. I have a lot of stories I can tell you in my own life. From these years, from radio, audio, from TV, I mean, it's unbelievable. This thing works! It is all about 100-percent responsibility. It is about me and whatever is in me that is creating this. I'm sorry, we are not bad people, we are not sinners; this is not about guilt, but it's about forgiveness from the heart. It's putting love first. Love can heal anything and it's great.

I mean, it's easier to say than to do but the tools are even very easy to do and if you practice it, it works. Amazingly, it works. I remember my youngest son, one day, maybe he was 12 or 13 years old, and I said, "Lionel, I know that I talk about these weird things, but they work!" and he said, "Mom, yes, I know they work because remember I was having problems at school and you told me what to do and now I can't believe it — I get along with all my teachers!"

Those kinds of things that, yeah, the intellect will never understand that. The intellect, you know, we are so addicted to thinking, worrying, coping, manipulating, controlling, you know, that the intellect will never understand how this thing works. But it does work. And it's all about as simple as pressing the delete key instead of reacting, instead of talking, instead of blaming, and it's great.

Because, you know, I'm going to put it in an example, like when you go to the movies and you know the movie is not on the screen. You are conscious that there is a projector in the back, but in life, we talk to the screen and we want the screen to change, but if we want to change the movie, we have to go to the projector and the projector is inside of ourselves.

Aurelia: I was going to ask you to give maybe one really concrete example. Your analogy is brilliant, about the movie and the projector; that makes total sense. Give us a real concrete example from your own life.

Mabel: Let's say somebody is talking to you and is making you upset. You have the choice of blaming, to making the other people wrong, to explain, to have the last word, to be right, you know how we always do that. Or, you can choose, in your mind ... the other one doesn't even need to know what you are doing ... you can repeat in your mind, "thank you." You can repeat in your mind, "I love you."

The thank you or the I love you is a way of letting go instead of engaging with the problem and attracting more of what we don't want. It's about letting go, letting go, letting go. Thank you for this opportunity. I'm sorry for whatever is in me that has created this, I'm sorry. I don't know what day, what memory, what movie, I don't know, but I'm sorry. Then, you will see things really transforming in front of your eyes.

You know, a lot of the things that get us into trouble is because we talk. If we didn't talk, we wouldn't get into so much trouble!

You know, a lot of the things that get us into trouble is because we talk. If we didn't talk, we wouldn't get into so much trouble! These things of repeating thank you ... one of the things I always tell people is, gratitude is very important. It puts you into a completely different energy level and energy attracts energy, so it depends on where you are, the things that are going to come your way.

Then we go through some times in our lives that say, "Why me? How come everything happens to me?" You know? Or, this is the last thing I needed with everything I have to do. But, the idea is, when you let go, you're saying thank you because you realize that everything in your life is a blessing, even if it doesn't look like it, when you take 100-percent responsibility and you hit that delete key, just by saying thank you, you are doing it, you create like an emptiness; you create an empty space. And only in an empty space inspiration comes out instead of a memory playing, a program playing.

You have to create that kind of emptiness in order to receive those kinds of miracle solutions to your problems, those inspirations to go to certain places that maybe you find your soul mate – you don't know how you went because you never go that route or you never go to that place. Or when you create that emptiness, maybe you give the space for somebody to get inspired to call you, to offer you the perfect job. Or things like that.

What happens is that we are a little bit confused. We think we know, and we don't know anything. We are really wise. We were born wise and the wisdom is in our hearts and not in our intellect. Sometimes, you know, how many times we tell ourselves, I don't have enough money or I don't have enough degrees or education, but we need to know that everything we need is inside ourselves. We were all born with unique talents and natural gifts.

And the thing is, we need to discover who we are. When you discover who you are, you realize you actually can do this, can do this work. You can really have the power to change your life without depending on anybody or anything outside yourself. Again, it starts with 100-percent responsibility, knowing that it's just a movie or just a program, but that you can delete it, by working on yourself. Not by telling other people they are wrong and you are right.

Aurelia: How did you find this? These are really captivating messages and really important lessons to remember. How did you find Ho'oponopono? How did you find this particular system? Was it part of the seminars you went to?

Mabel: Yeah, I started with something that is called rebirthing, which is a breathing technique that actually takes you back to your birth, and you realize you took a lot of decision of how you were going to live this lifetime, a lot by your experience through birth or when you were a very little child, that maybe you didn't even get to the light switch; you couldn't even reach there.

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We are always choosing. So, at one point, we chose to believe that was true and play that.

But it got to us by repetition, that we heard it so much, “You’re good for nothing,” or who knows, “you don’t have enough education” or “you were born poor, you’re going to die poor” or “money doesn’t grow on trees.” Who knows how many things we heard over and over again and we decided to believe them, because it is a choice. We are always choosing. So, at one point, we chose to believe that was true and play that.

Or, you know if you feel that men are there to hurt you or that all men are taken, that’s what you’re going to attract, really, because that’s the power we have. We don’t realize. We see ourselves as little victims, and things like that. We are so powerful. Rebirthing helped me very much but Ho’oponopono, for me, was really it ... because when I told you about the drama and the stories? Ho’oponopono is not about nothing of that.

You don’t need to know why; you don’t need to know when, because there is a part of you that knows everything. You just need to give it a chance, because we all have free will. We all have free choice, and as I told you before, we are always choosing. We can choose when somebody tells us something that upsets us, you can choose to let go instead of engage. You can choose to let go instead of resist it. What we resist, persists.

I have so much to tell you! I want to be sure from the point of view of your audience, that at least in this hour they get something that is what they wanted to know!

Aurelia: I was kind of asking where you learned this different practice, and I’m looking at the time and realizing yes, we’re running out of time, but I think the question, too, is how you started applying it to your life. And then I know we had spoken prior to this call about one of the really, for you, defining moments, of the really difficult choice of leaving your children. So I thought maybe you could weave that into how Ho’oponopono came into your life and how you made that choice.

Mabel: I think that’s great. Thank you. Yes. You know, that is one of the examples of how we don’t know anything and yes, I was brought up in a very nice family and I learned that you don’t do those things. My mother came to Los Angeles after my separation and said, “Mabel, I don’t understand. Are you abandoning them?” referring to my kids. I wouldn’t ever have done anything like it but my ex-husband asked me, that he wanted to stay in the house with the kids.

Because I was practicing this: thank you, thank you, thank you, I’m going to tell you what happened. When he told me that, I remember, I can even tell you what I was driving, what place, what corner, I remember, but yes, the first thing for me was reacting, all these thoughts in my head went like helping always his career and after everything I did, you know? But suddenly, I had this thought that came to me, oh my goodness, he’s actually helping me. He doesn’t

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know, but he's helping me to do something I need to do that I never could have done. I would never have said, "I'm leaving."

But I trusted so much already because I was doing this work, that when he said that, yes, it was my reaction, but right away, this peace came to me and this sort of, "oh my goodness! He's actually helping me!"

What I would like, especially because we don't have that much time left, my message is not about ... hey, women get divorced! Abandon your kids! No, no, nothing like that! That is not my message. I love to share my experience only to show you our intellect doesn't know anything and our intellect will tell us what is right, what is wrong, what is perfect or not perfect, but the intellect doesn't know anything.

So, I trusted my heart and, again, talking to my youngest son, I said, "Lionel, when I left the house and we thought it was such a terrible thing and then it worked for everybody?" and he thought for a minute, and then he said, "Yeah, mom, it worked for everybody!" Did I know that? No. I just trusted. I just went with it, and instead of saying, no, this is wrong. I just went for it.

I would like to share with you: there is a book coming out ... actually, it just came out more into the public that is called, "Thank God I." It will be a series but I am in book one and my chapter is, "Thank God, I left my kids," and there, I really share how we don't know anything. I would have stayed ... I don't know what would have happened if I'd stayed, but I can tell you what is happening now. My youngest son is working for me, is my right hand. He's a great admirer of mine and I'm a great admirer of him.

I think he will be ten times a better motivator than myself. He is an incredible person that I don't know if he would have become that if I was there, because I'm kind of "perfect" and I can do everything myself, or "let me do it because I'm faster and better." I would have been an obstacle in my kids' life.

My youngest son is 25 and one day I told him, I said, "Jonathon, I would like you to see me as a friend." And his answer was, "Mom, you are on my best friends list." So, you understand how sometimes we think this is right, this is wrong? I mean, we don't know anything.

So, I'm not saying, I wouldn't recommend, I'm not saying this is my message. My message is, you have to trust your heart. Your heart knows better. Always ask your heart and put love first. I learned to put myself first. I grew up knowing that that was being selfish. My upbringing was that I had to please everybody; that what others thought of me was important.

Then I realized that what I think of myself is important, not others. Even when people admired me so much, I didn't love myself. So, you play those things; you play those things all the time.

Don't see yourself as victim or this is your destiny, because we are making our destiny; we are building the destiny with every choice, every moment, and every choice we make.

Aurelia: I think it's interesting, your story has evolved in certain ways, even being a rebel, having what people would call a very structured career and then finding your own business, and then really kind of following this spiritual path and allowing it to open you so much that, when you went through a divorce, you were able to make a choice that your ex-husband was really pushing upon you in a way that turned out best for your whole family. That's a really powerful, powerful message, I think, for people; that if you really follow the right path for you, things really will work out.

Mabel: That is kind of my message to everybody. We have everything we need inside ourselves, that we can do it. We don't depend on anybody outside ourselves, that everything is just an excuse, and we don't have any more time. This is time to wake up, and that's what I feel my mission is. I'm not saying that everybody has to practice Ho'oponopono; I found my path. I love to share it with people and people will find what works for them; it could be this, it could be something else, but do something.

Don't see yourself as victim or this is your destiny, because we are making our destiny; we are building the destiny with every choice, every moment, and every choice we make. That's how we are making this destiny. It has nothing to do with anything else, your upbringing, where you are coming from, what they told you – because, look, Aurelia, I always say, in the same family, same customs, same messages, how come all the kids are different? See? It's the same thing. It's because of the choices we make. My sisters made certain choices and I made completely different ones. We are very different, the three of us. Same parents, same house, same upbringing.

Aurelia: Let me ask you about a few of the choices you've made recently, especially about being in the media. You wrote this book and you've done a radio show and now you're doing a TV show. Tell our audience about transitioning into this brand new career. You're leaving your old career behind and you're really out there getting your message out. What messages are you finding you're able to get into the media and tell us about how you transitioned into that, precisely?

Mabel: I think, Aurelia, we all need a little push, but especially for example, Latino women. I think we cannot afford anymore to think little, to think that we cannot be financially independent; that we have to stay in abusive marriages. I think that is not a good message for the future of America. I'm sorry to say that, but can you imagine all these kids growing up and having this model of parenting and relationship and career?

I think we don't have any more time and we need to wake up as women because our kids don't listen to us; they observe us. It's so important ... for example, if we put ourselves first, we are teaching our kids to do the same thing, and it's very important. We cannot go

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with, “Oh no, no. What other people think of you is important, you have to please everybody else, no matter if you are happy or not,” or “You have to do this because I’m telling you you are good at this.” No, follow your heart. Find out who you really are.

So, I think it’s so important. I’m trying to be honest with you because I don’t have enough to do! I really want to go into schools. I think we desperately need to talk to young people because they can be happy now. They don’t have to wait like us to discover who we are after 40, you know? I used to tell that to my kids, all the time. I said, “Listen, you can be happy now! You don’t have to wait like me.” The sooner we find out who we are; look at what’s happening with gangs in our communities, because we are looking for approval and love in the wrong places, because we think we are not good enough, or that there’s something wrong with us. It is very important, very important.

Again, because of the way I am and I’m going to do whatever it takes, but sometimes you also need money to do these kinds of things, so that’s kind of my challenge always. I don’t want to call it a struggle; I would like to say challenge. Because, also, when you want to make big changes and make differences in people’s lives, a lot of people could say they support you, but there are a lot of things behind the scenes and a lot of things happening and, because I got into entertainment, I learned a lot of things how they work.

I just graduated from a Valley Leadership Institute in the San Fernando Valley and I learned a lot about politics too. That’s when I decided, I’m going to schools myself, because if they’re not going to put any of those millions of dollars to prevent gangs, I’m going to do it myself! Because, I mean, they’re putting a lot of millions into gangs. I mean, hey, we need to prevent that! What about preventing that from happening? So, you have to encounter a lot of these things, but again, there are also people that also want to make a difference and can support this kind of work.

I’m always looking for different ways, really, to make a difference in people’s lives. I feel, my passion is to wake up people, to see a spark in their eyes, when I can help them to connect with that part of them. Because, see, when people come to listen to me, they leave there, no matter if they heard 15 minutes or an hour, they will take something inside of themselves. It’s not about, I need Mabel now, or I need this one ... no, this is about connecting yourself, you only know what is good for you and you know it in your heart.

And the tools, like I gave you before, are so powerful – thank you. I know it sounds so easy, but just repeating thank you, thank you, thank you, instead of reacting. Or at least, if you can just take that second to think and instead of the impulse reactions to things, if you can take that second of saying thank you before you open your mouth, before you pick up the phone.

And the other one, very powerful – I love you. We all heard about loving our enemies? Our enemies are inside ourselves, our memories, our programs, and if we let them go, believe me, more

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If you take the first step, like I said before, the universe is right there to back you up.

comes your way, more of the right things for you, whatever is perfect and right. And it's very important not to have expectations because we need to realize we don't know anything so we don't know what is right and perfect for us. So we have to be open; we have to learn to be more flexible; because we don't know where it's going to come from. And you have to allow yourself to be surprised!

Aurelia: Well, we have a question on the line and I'm noticing we are several minutes past the hour, but I do want to ask this question somebody has submitted and then I'll give you a few minutes to wrap up and have any other messages you want, and I want to tell the people about our guest for next week. But the question from one of the listeners tonight was, how do we find out who we are?

Mabel: Great question. It will be different for everyone. I kind of shared my story, so I'm not going to repeat it, but it has to be like a wakeup call. You know, you listening to this maybe now will trigger something in you. For other people, it could be different. It could be listening to an interview like this, it could be listening to a seminar, maybe a good program on TV, a good book, but you have to initiate it yourself. Because if you take the first step, like I said before, the universe is right there to back you up.

For me, it wasn't like I said, "Oh, I want to find myself." As I went, like I said, first the seminar about anger and then the yoga and then my friend giving me this book and then the other seminar and the other one and then rebirthing and then we coming all the way to Omaha, Nebraska, the first time to learn about Ho'oponopono. If you are ready, if you want to commit to find out who you really are, the universe will take you there. But we have to take that first step. And it will be different for everybody.

But, I really could write a book about my awakening now, but I mean so many things; you're going to see that you will not be able to explain how these things happen because you were willing to give that first step that says, you know what? I would really like to find out who I really am. Or you know, this person I thought I was really is not me; it's just the memories playing, it's the programs, it's not me. And I'm ready to let go.

Or, I decided that money doesn't grow on trees, but you know what, now that I'm an adult, maybe now I can climb that tree and maybe it will grow money, I don't know! But the idea is 100-percent responsibility for things, not seeing yourself as a victim. You know the universe even will support you. If you go to a bookstore and you just ask what is the book for me? Believe me, that book will maybe jump from the shelf. I heard amazing things, so I cannot tell you so okay, you do A, B, C, and D, and then you know who you are. It will be different and a lot of people, sometimes they wake up faster than me.

Mabel Katz

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For example, when I do the teachings, I teach through telling my own story; I teach through fables; I teach through parables; things like that – music. You know why? Because we are all unique, and there will be something that will wake us up because we are all so different. Look at the fingerprints; there are no two the same. That is telling us something. So, it will be different because I might be more visual, another one might be through music or still another ... it will be something that will wake up in you. And that's kind of the start. I just want to tell you.

Then, it's like a roller coaster, because when you're really committed, the information is right there for you and you keep digging and digging and digging and it's like you are always finding out who you are. But there is something, like you said, for me to wrap up and tell you what the message is? Don't keep looking in the wrong places and asking the wrong questions because it's not there where you think it is. Great books like, "The Alchemist," "The Armor with the Rusty ..." I don't know, I can't remember the complete name in English, but books that people look and look and they travel and then to find out that it was right there in their backyard. Believe me, it is like that. It is inside us.

We have to find the time to find ourselves and believe me, it's not going to be the house you think it is, it's not going to be having so much money in the bank that will do it for you. You're going to have all that and you're still going to feel unhappy. So, I'm telling you, it's great to have money! I teach the easiest way to prosperity and I love that. I always loved money and I still do. I think it is different when you see it in a different way. You don't put money first; you don't work for the money. You do what you love and the money comes.

But you need to trust. It takes a lot of trusting, it takes a lot of no expectations. Let go of so many opinions and judgments. Realize that we don't know anything. 100-percent responsibility. It's a combination. For me, it gave me the freedom that suddenly I found out I didn't have to be perfect. What was important was what I thought of myself, not what others thought. Putting myself first is not being selfish. Those things just set me free and I love it; I really love it.

Aurelia: Those are really great lessons; they really are. You've given us a lot of weaving in of the lessons with your story and with other analogies, so thank you for doing that for us, as well. Let me encourage people, too, who want to hear more because, I myself, am like, oh my gosh, I can't believe it's not only after an hour, it's way past the end of the top of the hour!

But, for those of you who want more information, as we mentioned, Mabel has a book, "The Easiest Way," in both English and in Spanish, and she has a website, mabelkatz.com, and she also has a newsletter you can sign up for on her website. For those of you who are inspired by some of her messages tonight, I would encourage you to learn more. Thank you for being with us tonight.

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Join us next week; I will be interviewing Christina Guerola Sarchio. She grew up in New York City, the daughter of Spanish immigrants. She's a litigation partner at a law firm in Washington, DC, Howrey LLP, and she's the co-chair of the Diversity Committee and has been working on challenging an unconstitutional and discriminatory local ordinance that targets illegal immigrants. It will be a very different interview, and very interesting, as well. For tonight, Mabel, thank you so much for being with us.

Mabel: As you see my passion, I'm going to go for it. I love to do this and this is what I have to be doing, no question about it. I hope your audience enjoyed it too.

Aurelia: I'm sure they did. Thank you again, so much. Everybody else, thank you for joining us tonight. Have a great week and a wonderful holiday weekend and join us next week.

Mabel: God bless you. ✨