

Zero Limits Retreat: Audio 3

Jan. 19 – 21, 2007

Hosted by Dr. Joe Vitale & Dr. Ihaleakala Hew Len

Joe: Once again, Dr. Hew Len said at the end, “Do you have any questions? Going once, going twice, going thrice!”

I didn’t see anybody raise their hands. As soon as we turned off the mike, they come up to ME!

Audience: [Laughing]

Joe: “Joe! What about this? Joe! What about that? Joe!” They cornered me! So, you all have got questions! Were you raising your hands because you had a question?

Female: Yeah, both of us.

Joe: Yes?

Suzanne: What I don’t understand is that if you want to be completely responsible and you are going through something difficult...I tend NOT to share what I am

going through because I am just more private than the average person I guess.
But...am I depriving YOU of clearing something if I DON'T share something
that is challenging for me?

Audience: Good question.

Joe: Do you want to come up here?

Audience: [Loud Laughing]

Dr. Hew Len: I'm sorry? I'm sorry. I was CLEANING for you! [Laughing]

Audience: [Laughing]

Dr. Hew Len: I am sorry?

Female: He was cleaning! Yeah!

Dr. Hew Len: The question?

Suzanne: Is it responsible or irresponsible not to share what is going on with you with
another person? Am I depriving you an opportunity to clean WITH me?

Dr. Hew Len: Yeah. There are TWO responses to that. Number one, they know it anyway.

Audience: Wow!

Suzanne: Okay.

Dr. Hew Len: [Chuckle] You can't withhold anything from The Universe. It KNOWS it! Now, they may not be CONSCIOUS of it, but they know it. Have you ever come into a situation where you go, "Um." There is somebody in the room and you are going, "Um." They know it! So, it's not like you are keeping it to yourself. They know it. That's number one.

Number two, you don't have to say ANYTHING to anybody. What I would do is talk to God, myself. That's all you need to do. I mean, why would you want to tell anybody?

They are going to go, "Oh, really? You poor thing! Oh, my God! I know a guy you can go TALK to!"

Audience: [Laughing]

Dr. Hew Len: Yeah, so the idea is everybody knows everything anyway [Chuckling].
Believe it or not, below their consciousness and two, better this to talk to God
or to The Infinite or whoever, because Divinity can erase it...

Joe: That's what I was going to say.

Dr. Hew Len: ...and replace it.

Audience: [Laughing]

Male: It's in your book, right?

Dr. Hew Len: Yeah.

Joe: Page 39. There was also another question.

Somebody came up and said, "Why love? Why say the word, 'Love'?" They
said, "Why say the word, 'Love,' because I don't know the person / place / or
thing, The Divine whatever it is. I don't KNOW that. I can't LOVE that."

So, they felt uncomfortable with the word, "Love." They wanted to know,
"Can they say a different word like 'joy' or 'life'?" I thought I'd...pass that to
you, too.

Dr. Hew Len: [Laughing]

Joe: [Chuckling]

Audience: [Chuckling]

Dr. Hew Len: So, in the end, here's what you want to do. You don't want to hang around with any guru. I am going to make the point, because your only guru is God. So, I am going to make that point. So, when you get something you want to check it out with Divinity.

He says, "I feel more comfortable if I say, 'Joy.'"

If you get like, "Oh that feels right!" GO DO IT!!

What I am doing is I am giving you the baseline and then after I give that, you can check it out on your own, but the idea is you get to talk to The Divinity who knows you, created you.

I am only here to say, "Hello! You can do it!"

As opposed to depending on a guru, which most of you will do; you are guru **prones** and I am not saying that's good or bad.

But, I am saying to you, "Let God be your guru. Let The Infinite who created you be THAT. You can run EVERYTHING by that Being because that being who created you knows exactly what's perfect and right for you."

I am only here going, "It's over there!"

Whether you go over there, that's up to you. I am not here to persuade.... This is why when Joe talked to me about, "Should he take the class?" To be very honest and it's going to sound HARSH, but I could care less. I am going to do it! Now, if he wants to come along and do it, he has to be inspired to do it!

If I say, "Yeah, come and do it because..." it won't work.

There is a part of him that will say, "What a bunch of bull shit stuff."

It will [chuckle] ALWAYS be that part of you that will come back! Don't you have that in you?

Somebody will say something and you go, "Really? Huh!"

Audience: [Some Chuckling]

Dr. Hew Len: But you don't do it. You are more civilized. You do it under your armpit or something.

Audience: [More chuckling]

Dr. Hew Len: Yeah. So, the idea is ULTIMATELY you want to TALK TO THE DIVINE in you. That's the only thing that I am telling you. If you can erase and get the garbage out of the way, Divinity...you can talk to The Divinity. So, gurus... they are nice to have around, but you don't want to hang around with them too long, because then they become a dependent situation. Why not go through that which CREATED YOU? I mean, [chuckle] WHY NOT? Why? I mean, you don't.... You have that INBORN ABILITY and the way to get BY this stuff is to say, "I love you, Joe." Whatever works, get you by the walls that you have put up, called memories and get you through that.

See, the other thing that I notice...now, I am going to get into trouble for this. I just said that, "The shit is going to hit the fan" when I say this, but some of you have tried psychic routes. What you don't realize, it opens up doors that you can't see. It's like a hotel room...a hotel hallway, all the doors are open and you are trying to find which room is yours. You can't see the number on the door. You can't see any of that. You are just like, "Where am I?" That's

what happens when you do...when you are into things, if you are not careful, it will open such dimensions for which you will get lost. You just get sucked away and all of a sudden you are gone! So, the idea is to STAY HOME! You already need...everything you have is already in you.

Now, how to get by the BLOCKS so that you can get on into that space which is called God and you; the temple, you are the Sacred Temple of Creation. Yeah. So, I am going to take you to a Process called “Ha,” unless there is another question. Anybody? Yes?

Male: She has a little problem.

Dr. Hew Len: Yes? Yes? Yes? [Pause] Ma'am?

Ma'am: Oh! I am sorry!

Dr. Hew Len: No, that's alright.

Audience: [Laughing]

Ma'am: I thought you were looking down on me.

Dr. Hew Len: I AM!! I am cleaning that way.

Audience: [Laughing]

Dr. Hew Len: Yeah?

Ma'am: I think I missed the prevent jet lag and stay home [inaudible].

Dr. Hew Len: Yeah, that's what I am going to take you through now!

Ma'am: Oh, okay!

Dr. Hew Len: Thank you VERY much. Anybody else?

Nerissa: That was my question.

Dr. Hew Len: [Chuckling] Do you see how Divinity knew before, huh?

Female: Really! Yes!!

Dr. Hew Len: Ha! Ha! Ha! Oh, sorry. [Chuckling] Okay. I need a chair. [Paper rattling] I am sorry about using all of this paper, Suzanne.

Females: [Inaudible and laughter]

Dr. Hew Len: Okay, so I am going to WALK you through and then I am going to TAKE you through. So, first of all, I am going to put up here the number ten. [Marker sounds] This number ten means COMPLETION. This is what this number stands for...for THIS class. I don't know about any other class. I am only HERE. This is my responsibility is for THIS class.

Then, I am going to show you the 'Ha,' which is the process of infusing The Divine. So, you are going to...the Law of Divinity when you do the 'Ha', you are going to pull it in and it's not oxygen. So I am going to put that down: not Oxygen. So it isn't breathing physically. It's breathing mentally to get at, spiritually, to get at the memories. So, I am not doing this for your body. I am doing it for your SOUL, because that's where the problem is. When your soul is cleared of these memories, your body will copy. Yeah.

So I am going to talk about the Four Corners of The Universe. So, when you do this process you are going to Inhale, what you are inhaling is The Divine. As you are INHALING, you are going to count to ten. You can count it real fast, so as I am breathing in...one, two, three, four, five, six, seven, eight, nine, ten OR one...two...[Chuckle]...however it works for you. So, you are breathing in THIS and the only purpose is to cancel memories, release entities (Earth bound spirits, negative vibrations, space beings) from your computer banks. We are LOADED with that stuff.

Then you are going to EXHALE. You are going to do a quick count or whoever it works for you...one, two, three, four, five, six, seven, eight, nine, ten. So you breathe in on the count of ten...one, two, three, four, five, six, seven, eight, nine, ten. Then you, I am sorry, excuse me. You are going to HOLD for the count of ten. As you breathe in, you hold one, two, three, four, five, six, seven, eight, nine, ten or however you do it. Then, you EXHALE on the count of ten and then you PAUSE on the count of ten. Now you pause. Okay?

So, you inhale on ten, pause on ten, exhale on ten, pause on ten and we are going to do TEN ROUNDS of these. One of the purposes of doing this breathing...it has many purposes. One of the purposes is to shut down all of these psychic doors that are open that will drive your Subconscious crazy. Yeah. When you get confused, you don't know what's up, what's down. So, this is going to CLOSE a lot of those doors. Okay?

So, all I am going to ask you to do is this...this is to represent The Infinite in YOU! This is The Divine. This is the ONE that makes it happen. This is your thumb; without your thumb, hard to have.... Then, this is your pointing finger. This is YOU and The Divinity as ONE!

Then, you are going to sit on your chair and you are going to put your back up against the back of the chair. So you sit comfortably up against the back, because when you breathe, you are also going to include family relatives and ancestors back to the beginning of creation. So, you are not just breathing for yourself, but you are breathing for ALL of the generations that came before you, CLEARING whatever is back there and whatever it is, I don't know.

So, this is the position that you will take: thumb and forefingers sitting in your lap, both of your feet on the ground, because you are now going to include Mother Earth, because Mother Earth is part of your family. Then, you are just simply going to breathe, as you breathe in you count to ten: however, some of you will do it fast and some of you will do it slow. So, you breathe in as you count to ten, hold for ten, exhale for ten, hold for ten. That's one round. I am going to ask you to do TEN ROUNDS; when you are done, if you would open your eyes. Okay?

[Long Pause while breathing takes place]

Any questions about the breathing?

It will CLEAR you like nobody's business.

So, let's say that you are traveling, as you are going to someplace. So EACH HOUR of travel, if you breathe this ten rounds you'll be fine. Let's say that you have a flight of four hours. You breathe the ten and sitting in the terminal and you are waiting to get on there, you do your ten rounds or twenty or, like I do, I just keep doing it. Then you know that you are going to be in the air four or five hours, you do ten rounds for each hour that you are on the airplane and you'll be fine. It's as though you never left wherever you went or you never left wherever you are going to. Yeah. Okay, any questions about the breathing? [Pause] Yes, sir?

Male: The final part when you pause...

Dr. Hew Len: Yes.

Male: ...what does that...you are not holding your breathe when you pause.

Dr. Hew Len: Now, what you are doing is you want to make sure that your whole body won't go into trauma. So, let's say you breathe and you are holding to give that energy time to shift and then you are letting go and you are holding and you are giving the energy a time to shift. If you breathe in and out, and in and out, OH! Your body will go into trauma. It will shake!

Now one of these things that it WORKS on is a problem such as Alzheimer's. So, if you are breathing, you are shutting down doors that otherwise your mind would wander into [pause] and be gone. So, all of these doors are open; however, who opened them, who knows. But if the mind is moving anywhere and it sees this door, it's been moved through that door and that's not where it's supposed to be, you are going to be in trouble and it's just going to be gone.

So, this breathing helps to shut down these doors however they opened and closed them down. Yes, Brian?

Brian: I read about this years ago in some book, I don't even remember, as a kid. I have used this SO MANY TIMES in my life where I have been TOTALLY CRANKED. I just lay on the bed and did this exercise and felt this clearing. It's an amazing technique that I have used privately for years.

Dr. Hew Len: Good.

So, I want to just pause to see if you have any questions. Yes?

Female: Could you explain a little bit further of what you were saying earlier about Earth bound entities and enhancing....

Dr. Hew Len: Yeah! Yeah, we are LOADED! So our Subconscious has these connections to people or Earth bound. To give you an example, if anybody in your family died and they died with a memory, they get Earth bound. So, here are the three selves. This is YOU!! So, this is The Divine, Creator, or The Infinite. This is the Super Conscious. This is the Conscious. This is the Subconscious. If in fact something occurs and THIS part of you leaves and you perish, then you have this Earth bound spirit moving around in The Universe. It doesn't know where to go.

I used to do some work at a hospital in Honolulu and the director would ask me to come occasionally, because they would be losing more and more people in the E.R. room. So, you go...I'd do my cleaning before I go, but if I didn't DO it...I'd actually TRY to "Okay, I am NOT going to do my cleaning," so I show up, I walk into the E.R. room and from here down I can't feel my body. You look and you see all of these Earth bound spirits on the ceiling crying. As the room fills, more people will die. So, now, those kind of Earth bound spirits we are responsible for and we are STUCK with. So when you do THIS BREATHING, this ALLOWS...because you are doing it as the breathing, you ERASE this memory. This soul can go back into the Light. That's how INCREDIBLE this cleaning can be.

So, you don't have to go...if somebody says, "There's a spook in our house." You don't have to go there, just find out the person's name, know the address,

and know that you are the problem. You do this breathing or do the cleaning and the Earth bound spirits will go. They WANT to GO!! Yes. But, they are LOADED, particularly in hospitals.

My brother was once a fireman and on a particular corner or on a particular intersection in Honolulu there are always people dying. So, he asked me to look. When I looked you could see people were already dead there. So, it was just more and more stuff...more and more people dying because it was already dead. So, now you do the cleaning, I did my cleaning, I asked for forgiveness, "I love you," whatever. Now, nobody has an accident there.

Female: So you have to prepare or train yourself to LOOK?

Dr. Hew Len: No, I wouldn't look! If they gave me enough information, a name, the place, I'd just do my cleaning without looking. I'll let The Divinity look.

But we are CONNECTED to all of these things and we don't even know that! I had a case in Pennsylvania where there was a particular bed in the hospital and no matter who they put on that bed, whether the person only had a COLD, that person would die! Yeah.

Female: That's like this chair!

Dr. Hew Len: Yeah! You GOT IT! So, as she talked to me, I did my cleaning, then nobody dies on THAT bed. Now, *I* didn't DO IT. I'm just...I was the culprit. So, I am saying to The Divinity, "I am sorry for whatever is going on in me that that bed is doing it." It's not like I came to save it. I don't do any healing. The Divinity does that.

Female: So we do the breathing...other than jet lag, on a more frequent basis.

Dr. Hew Len: Oh, yeah!

Female: All of the time [Inaudible]...cleaning.

Dr. Hew Len: It will UNDO depression! It will undo it, if you are willing to do this breathing, it will undo depression.

Female: In whomever.

Dr. Hew Len: Well, I don't care. I am more interested in YOU!

Female: Okay...yeah.

Dr. Hew Len: [Chuckling]

Female: Well, right now I don't have depression. So that doesn't....

Dr. Hew Len: No, no. I am not saying that you have depression, but I am saying if you DID have it, it will...whatever connections you have and every...it will UNDO IT!!

Female: Okay. I've got you.

Dr. Hew Len: So...

Female: I hear what you are saying.

Dr. Hew Len: Oh, yeah. So, you're asking The Divinity to do it, not you. Only Divinity can make a correction. Yes?

Lady: When you are doing the work, just somebody's...like they have asked you to come and you are cleaning on that particular thing, do you hold it in your mind or do you...you just think of it ONCE and then you clean?

Dr. Hew Len: No, usually it's somebody like Joe or somebody that comes...I would like to have the name and if there is...if it's a particular problem in any place, I would ask for the direct...for the address, but it may have NOTHING to do with that. But I am talking to them to give them... at least they have something they can do as opposed to, "Let me look" and I'll do it. They go, "Huh?" So, HAVE to

involved people, but...usually when you do the cleaning it has nothing to do with what the person was saying.

Can I say that over and over again? If you are listening to a person that says, "A, B, C, D," it's not the problem. [Pause] It's someplace over here."

So, it's like one day, somebody came to see me. They said to me, "Dr. Hew Len, (I was sharing with somebody) I have an arts problem and what can I do with that? How can I clean that?"

I said, "You don't want to clean THAT, you want to clean what's in your back shoulder. That back shoulder is causing that."

So, we have NO IDEA what is going on [chuckle], so it's better just to do the cleaning and to let Divinity go and say, "Oh! There it is," and let the Divinity do the cleaning.

All we have to do is breathe. It helps babies. If babies are fussy, it helps them settle down really quick! I mean, you can not believe what it will do! It helps buildings, like if a hospital is having it as you do, sit, go find a place, do your breathing. It will help EVERYBODY. The hospital will settle down. Yeah.

Anything about the ten breaths? Yes?

Female: Well, you seem to have extra...

Dr. Hew Len: [Laughing]

Female: ...abilities...

Dr. Hew Len: Yeah.

Female: ...that this WORKS whether you do or not?

Dr. Hew Len: Oh, yeah!

Female: Okay.

Dr. Hew Len: Because I trust...our National Motto, "Trust in God." I am willing to trust, because I don't know what's going on.

Female: Well, you know more than I do, apparently [chuckling].

Dr. Hew Len: Only if you SAY so, like Shakespeare said, "If you think so, it's so." But it doesn't have to be so because you have the SAME...you have the same

capacity as I do. The only thing that is different from you and I is that I have been doing it for twenty-five years.

Female: So, you didn't start off with these abilities to communicate like with beings and like all forms of life?

Dr. Hew Len: We could go into that, but in the end, you are still responsible.

Female: Right.

Dr. Hew Len: I mean, I could say when I was a young kid I could see these things, but it doesn't do any good, because I didn't know what to DO with them.

Female: But it doesn't.... Okay, so our ability as far as doing this work would be just as effective.

Dr. Hew Len: Oh! Of course! [Chuckling] OH! Why wouldn't it be as effective for you as for me?

Female: Well, because I can't hear the chair talk.

Dr. Hew Len: Lucky for you!!

Audience: [Loud Laughing]

Dr. Hew Len: Lucky for you! LISTEN!! You don't want to hear it!

Female: Okay.

Dr. Hew Len: I mean, lucky for you!

Audience: [Laughing]

Dr. Hew Len: I mean, people who want to hear this stuff, the stuff that would come up it would drive them crazy! You DON'T WANT to hear this stuff. Let The Divinity hear it. Just say, "I love you. Joy." Do whatever, but don't be fussing around with...this psychic stuff is...can be dangerous. You can get LOST in it. I mean really lost. Yeah.

Anybody else about the breathing? Yes?

Woman: I just wanted to be clear. When you are breathing are you also doing the words or are you just breathing?

Dr. Hew Len: The breathing is doing the work. So, for each breath that you are taking is saying, "I love you." So, the 'Ha' process is a process of "I love you." So each

breath that you take...you are breathing in you are saying, "I love you." You are breathing out you are saying, "I love you." Pausing you are saying, "I love you." Divinity has worked it all in there.

Woman: So, I don't HAVE to say it.

Dr. Hew Len: Oh, no!

Woman: It's saying it for me...

Dr. Hew Len: Yeah.

Woman: ...through the actions of the breathing.

Dr. Hew Len: Yeah, but I do it.

Woman: But you do it?

Dr. Hew Len: Yeah, so when I...

Woman: Why not double up?

Dr. Hew Len: Absolutely. There you go! [Laughing]

Audience: [Laughing]

Dr. Hew Len: Hey, she's getting it! Okay!!

Woman: I've got it! I got it.

Dr. Hew Len: All the way from Canada! If they can get it we are all going to get it.

Woman: [Laughter]

Audience: [Chuckling]

Dr. Hew Len: Really! So, when I breathe, I am always paying attention to watching...to listen...is there anything else they can put in there? Yeah, like, "I love you," or, "Thank you." Sometimes I hear the word, "Blue Bell." I am going to talk to you about that.

Woman: [Laughing] Okay.

Audience: [Chuckling]

Dr. Hew Len: Yeah. Anybody else about the breathing? Yes?

Female: So, as I am learning this from you and this method, is there any harm in passing/teaching this to also my clients from your point of view?

Dr. Hew Len: One more time? Run it by me one more time.

Female: So, is there any harm in passing on this teaching to...

Dr. Hew Len: Ah! Why would you want to do that...?

Female: So....

Dr. Hew Len: ...if you are the problem?

Audience: [Chuckling]

Dr. Hew Len: I am sorry?

Female: I think I got it.

Dr. Hew Len: Yeah. Now, having said that, let's say you do your cleaning and you are inspired to do it. Go do it! But DON'T do it if you think they need it! Boy, it's going to come back and slam you!

Woman: It's coming from a Source of Inspiration.

Dr. Hew Len: Oh, wow!

Female: Got it.

Woman: Got it.

Dr. Hew Len: Yeah. Therapists get burned out. I know that I was reading some statistics. By the time of a school teacher's third year, they are gone! [Chuckling] We've got kids with them, you know? But they can't help it. You showed up! Yeah. Just with the breathing. Anything with the breathing? Yes, Joseph?

Joe: It seems to me, I may have my memory wrong, when you first taught it to me, we interlocked our fingers.

Dr. Hew Len: Yeah.

Joe: You are teaching it this time with fingers not locked.

Dr. Hew Len: I am just teaching it the way The Divinity is telling me, Joseph.

Joe: Okay.

Dr. Hew Len: Yeah. But you are right! So, different people get different processes of how to do this...the breathing. Since these people...you are different from every other group that I have taught, we have to ask, “What’s right for you?” So, that’s what’s come in. Nobody that we’ve ever had participated in this ever went to ten rounds.

Woman: Wow!

Dr. Hew Len: You are the first ones to do it. It represents completion!!

Now, I am going to sound caddy, but you need all the help you can get.

Audience: [Laughing]

Dr. Hew Len: I mean, really! You’ve got...you need all the help you can get. You cannot believe, I mean, what you folks need! So, if you take good care of yourself you’ll be fine. If you are out to healing anybody else, you are going to get smashed.

Male: [Chuckling]

Dr. Hew Len: Yeah. You've got [chuckle] to be clear about that. If you clear yourself, if you have clients, anybody, you'll be fine, they'll be fine. What you've got to do though, if you are going to charge them \$200 or whatever a month, you've got to look like you are doing something!!

Audience: [Laughing]

Dr. Hew Len: You know, I mean, you can't just go, "Okay! I've got it. Thank you. Pay me."

Audience: [Laughing]

Dr. Hew Len: You've got to look like you are doing SOMETHING!!

Audience: [Chuckling]

Dr. Hew Len: Yeah. So, when I was working the Hawaii State Hospital, I had to show up! I could do this all at home, but they are going to say, "What [chuckling]? You've got to come, so we can pay you! You've got to show up bodily!"

But YOU, all you have to do is take good care of yourself and whoever you are working with will be fine, really. But if you are here to heal other people, you are going to be in for a long haul. Yeah. Particularly if you've reached my age, almost seventy, and it will just take you out, heart problems, high blood

pressure because you are fussing around with...with trying to manipulate people as opposed to just working on yourself.

Okay, anything about the ten rounds [chuckling]? Yes?

Madam: This is a question about...not about the breathing...

Dr. Hew Len: [Chuckling]

Madam: ...about the dead...the spirits. Can someone.... Sometimes I get a client and they've been breathing REALLY heavy breathing people for ten, fifteen maybe years. Can their breathing keep spirits Earth bound?

Dr. Hew Len: Oh, yes! I had a case of a woman who came in to see me, when I was seeing people. I have stopped doing that. Better to do it by internet, I can catch my breath, yeah? But she came in to see me and I saw this...I saw this soul come in with her.

I heard this soul say to me, "Tell my mama to let me go."

So, I was just talking to the mother and I said, "Where have you been?"

The mother said, “I’d been to the grave to put some flowers on my daughter’s grave.” Then, she said, “I’ve been doing it for sixteen years now.” Yeah.

Now, having said that, mama can’t help it. I mean, the grieving...people grieve not because they want to grieve, they are stuck in the grieving and they can’t help it; but you and I can undo it.

They only come to you to say, “Hello! This is your chance!! [chuckling]” As opposed to, “Oh, you poor thing.”

Madam: Yeah.

Dr. Hew Len: It doesn’t work.

Madam: Thanks.

Dr. Hew Len: Anything that pertains to breathing? [Silence] Okay, any other questions?

Female: I have one.

Dr. Hew Len: Is this the breathing?

Female: The breathing, breathing.

Dr. Hew Len: Okay.

Female: You mentioned something about ancestors.

Dr. Hew Len: Yes.

Female: Can you explain a little more about that...?

Dr. Hew Len: Sure.

Female: ...and the breathing?

Dr. Hew Len: Sure. So what happens is that you have come from someplace. So, here is you, face up. You have a memory, but BEHIND you are zillions of other generations of identities going back to the beginning of creation, including coming out as rats, grass, I mean other life forms, other dimensions, other galaxies! Other dimensions...this is YOU! This is YOU! So, you are...when I look at you face up, I know that I am not just seeing you. I am seeing all of creation!

So to mess around with you by saying, “Here is your problem, as opposed to looking at myself and doing the problem solving here, it’s...I am taking on all

of this.” A lot of these things can be Earthbound, their ghosts, their spirits, their entities, their space beings. You handle with space beings, you’ll get burned! The idea is to keep it simple...

Female: So these are the ancestral memories?

Dr. Hew Len: Absolutely! Not only are they ancestral memories, but the ancestral people!
[Pause] This is where Canada comes in! Now, I am going to say something again that might get me into trouble. But if we had done this correctly, then the countries I have said to Tess, my friend here, I said, “The countries would have worked from the North Pole all the way down to Panama, where all of the Americas we would have been one people. We would have an easier time than we have now.” Somewhere along the line, we goofed [chuckle] and now we are having to come back and correct it! We are finding out that artificial barriers don’t work! They don’t work!

This idea of artificial barrier that he is talking about, race, doesn’t work! But to be Zero...to be pure in heart, my God...THAT WORKS! So, when you deal with the memories, it looks simple enough, but it’s TREMENDOUS COSMIC kind of movement when you say, “I love you.” It’s huge! But we can’t see that. The Intellect does not have the ability to see this tumultuous thing taking place. It doesn’t have that ability to do it. Yes?

Woman: Could you write, “I love you,” and put it somewhere in different places?

Dr. Hew Len: You could do that. If you...what I would do, is I wait to see if I am inspired to do that. You want to come from inspiration. Yeah, anybody else? Okay, I’m going to go through another process called...is there any comment, Joe that you want to make?

Joe: No. I want to know what the next process is.

Dr. Hew Len: Oh, okay.

TRACK TWO

So, I have a blue bottle here. So, I want to thank Suzanne and Bruce. I am going to show you how to make a special kind of water that will release memories, Earth bound spirits, entities, and space beings. So here’s the blue soul. Here’s blue water. So, here is how this works.

This is a CLEANING PROCESS. So what you need is a blue bottle. It can be any kind of bottle. It has to be glass. Of course, it has to be blue. Then you fill it up with tap water! This is in Los Angeles.

(Dr. Len imitating the inevitable ensuing questions) “Does it have to be tap water? Can it be filtered water?” [Spoken in high pitched voice]

Audience: [Laughing]

Dr. Hew Len: No. No. Tap water.

(Still imitating) “Are you sure?” [Spoken in high pitched voice]

Audience: [Laughing]

Dr. Hew Len: I say to them, “Do what you want, but I hear tap water. You may hear it differently, so be my guest, but I am going to instruct this as what I heard.”

So, you put tap water in there. Then you need a solar source. It could be the sun, but let’s say so the sun comes down and hits that and hits in the bottle. Now, what it’ll do is it’ll take all of the toxins out, any memories that is not correct for you and it will infuse it with whatever rainbow colors that is perfect for you. It will make this exchange. So down comes the Source, it could be the sun or it can be an incandescent light bulb! NOT fluorescent! So, there has been a move to _____ fluorescent lamps, too bad for us, because they burn! If you go to classrooms in which the fluorescent lamp leads, you have a lot of problems, you see? So, now, you can have THIS as a Source, energy source or the sunlight. What it needs is at least an hour!

Here you go. Okay. I fill it up with tap water. I leave it out in the sun or under our incandescent lamp and now all I do is I am going to drink this stuff and this is another form that says, "I love you!"

Did you drink out of this water?

Female: I did.

Dr. Hew Len: Good. I'll drink it, too. [The sound of water being poured into a glass heard].
So, now I am drinking it. As I drink it, it will begin to work on erasing anything in your entities, Earth bound, space beings or anything like that.

Lady: Would you say that again, please?

Dr. Hew Len: It will do the cleaning as the same thing as, "I love you."

Lady: Okay.

Dr. Hew Len: But now, what THIS will do for you, because most of us run around dehydrated, it will do like this. If you have any respiratory problem, if you drink at least a gallon of this, it'll knock it out; if you have any back problems,

if you have any joint problems, if you have any muscle problems, it'll knock it out...just memories. But, now you are hydrating yourself.

Now, remember now, it's going into the Subconscious before its goes into the cell. It's changing you at the Subconscious level. So, if you drink this stuff, a lot of your so called health problems will go...guarantee.

I had a mother who was depressed after giving birth to a baby, I don't know why, so as I was working on that and looking at myself and doing my cleaning, her Divinity said that the water would work. In like a week or so, it went.

Lady: Um.

Dr. Hew Len: Now, what happened? I have no idea. I am not privy to that kind of information. All I know is that it worked, yeah. Yes, Bruce?

Bruce: Extrapolated from information that you said earlier about if you try to heal someone else you are in trouble.

Dr. Hew Len: Yes.

Bruce: Does the same principle apply to the water?

Dr. Hew Len: Yes.

Bruce: Don't make it for someone else?

Dr. Hew Len: Yes. But, if you make it for yourself, it'll take care of the other person. Whatever comes off of you, will come of the other person. Now, let's say you have a party and you serve it anyway. I mean, you know, that's when you REALLY want to make sure that you've got the water out, because they are coming...not to see you, they are coming to be cleaned up! Oh, it would be like the same if they came to see us, Bruce, but somehow The Universe is saying, "Uh-oh, they know something we don't now!" They are going to show up! Yeah.

So, again, blue bottle, tap water, one hour incandescent lamp or direct solar and we have over here NO metal cap. So, you either want to put a cork on there, cellophane, something, but no metal cap! Ask me, "Why?"

Audience: "Why?"

Dr. Hew Len: "I don't know!"

Audience: [Laughing]

Woman: Why the color blue? You don't know?

Dr. Hew Len: I don't know.

Woman: Okay. [Chuckling]

Male: [Laughing]

Dr. Hew Len: So, now, let's say I am about to go some place and I can't take a bottle [chuckling] of water!! So, what I do is, I take something out and I put a drop in there! That drop will solarize anything that I am drinking. So, I make a cup of coffee, I put a drop in there, it'll solarize the coffee. So, whatever I drink will be fine. So, you can put drops of it! So, if you take a bath, a drop into your bathwater, you are going to rinse...what do they say, "A little drop will do you," or is that, "A **drill will kill you'?**"

Male: Yeah!

Dr. Hew Len: It must be **drill'll kill you.** [Laughing] Ha! "A little dab will do you!"

Female: There you go!

Dr. Hew Len: Yeah. So, this is blue solar...any questions about the blue solar water? I want to stay on the blue solar water. Yes?

Woman: You said something about a gallon?

Dr. Hew Len: Yep! Yep! I would drink at LEAST a gallon!

Lady: A day?

Woman: What time?

Dr. Hew Len: Now you are being...you should check that out with yourself! But, the idea is most of us have the kind of problems physically is because we are dehydrated...dehydrated to the max! Even to the point where our bodies will tell us we have enough water and it isn't!!

So, if you are looking, to.... "You are not sick! You are thirsty!!!"

(Dr. Len is referring to a book titled: *Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty* by Fereydoon Batmanghelidj).

Woman: Oh! [Chuckling]

Dr. Hew Len: [Chuckling] So, I've got this, if any of you are interested in looking at this.

Woman: Yes.

Dr. Hew Len: But again, this is at the physical level, and if we take good care at the basic level, you'll be fine, but you need at least a gallon.

I don't want to tell how...because then, you need to determine that yourself. But the idea is, the more you have in it, the cleaning is going on. It's like, the more water that you put in this blue water, it's just a surging... the cleaning is going through molecular changes, the whole kit and caboodle. Can you imagine? Just drinking this stuff, I don't even have to know you! [Chuckling] You see? Just drink!

What's happening? I don't care, just make it happen, you know?

Audience: [Laughing]

Dr. Hew Len: I mean, you don't need...I mean, it's going to happen, so if you are fussing around with how come, where, it ain't going to work for you. Just do it! Yeah. So, any questions about the blue solar water? Yes Ma'am?

Ma'am: So, when you have the depressed mother, you drink?

Dr. Hew Len: What?

Ma'am: When you have a mother that's depressed....?

Dr. Hew Len: YOU drink.

Ma'am: You are drinking.

Dr. Hew Len: That's right. Now, as you drink, if you get inspired to give it her, but it's got to come from The Divine! If you over step that bound by doing something without getting permission, it's hell to pay. Yes?

Male: I am curious. Is there a distinction between the blue water and the M&M guy?
Is there a joke?

Dr. Hew Len: Well, I am just sticking to the blue water so far and then we can come back to that. Yeah.

Male: Okay.

Dr. Hew Len: Yeah. Yes, Ma'am?

Woman: So are you saying you can share it with anyone that naturally comes into your environment? So that means that you can share it with your children, your animals, your plants?

Dr. Hew Len: Yeah, but you are not saying to them, “I am going to do this! Boy, you ought to know this is something that is really going to help you!”

Woman: Yeah.

Dr. Hew Len: You are doing it because it’s part of your routine. But, boy, they are going to show up and sometimes you don’t want them to show up.

Male: [Laughing]

Audience: [Chuckling]

Dr. Hew Len: They are going to come by the droves! Yeah, but maybe you will. I don’t know.

Lady: So, where do we get a blue gallon bottle from?

Dr. Hew Len: [Chuckling]

Woman: At a glass store.

Lady: Do what?

Dr. Hew Len: Now, listen! Did you hear what she said? [Pause] Hello! What did she say?

Female: “Where do you get a blue gallon?”

Dr. Hew Len: Where do YOU go?

Male: You CLEAN!

Dr. Hew Len: YOU CLEAN!!!!

Audience: OH!

Joe: [Laughing]

Dr. Hew Len: Remember that old baseball...that movie? I build a baseball field and...?

Audience: They come!

Dr. Hew Len: So, just get around to cleaning!!!!

Female: [Laughing]

Dr. Hew Len: Well, you guys are looking! You are saying, “How? What?” LISTEN! GET TO ZERO and it will all show up! That’s what you want! You want to be at zero, because everything that you need will show up!

So, a lady said to me one day as she took the class, she said, “You know, I don’t know WHERE to get those things!” So, she’s talking and I am CLEANING because I am taking that opportunity. So, she comes to class one Sunday and she says, “My God! I don’t know why, but I drove by a recycling plant and there where TONS of BLUE BOTTLES!!”

Male: [Laughing]

Woman: OH!!!

Dr. Hew Len: I said, “Good for you! Good for you!”

Woman: Yeah.

Dr. Hew Len: So, you know, let it happen!

Joe: I just wanted to point out, one time I asked him about the blue bottles and I said, “Where did you get blue bottles,” meaning where did HE get them.

He said, “There’s a lot of wine bottles and Vodka bottles that are blue.”

I said, “Do you empty them?”

Audience: [Laughing]

Joe: He did what he did right there. He just smiled.

Dr. Hew Len: Not any of this Polish Vodka.

Joe: Yes.

Dr. Hew Len: [Laughing]

Audience: [Laughing]

Joe: [Inaudible]

Dr. Hew Len: Yes?

Lady: I have some blue wine bottles...

Dr. Hew Len: Yes.

Lady: But they had corks on them and I don't have any screw tops.

Dr. Hew Len: Ma'am? You'll find you'll be very resourceful. You'll get a rubber band, a piece of cloth, something.

Lady: Okay.

Dr. Hew Len: [Chuckling] Thank you! [Laughing] Sorry.

Female: Just a point of clarification?

Dr. Hew Len: Oh, a point of clarification!

Female: You see...

Audience: [Laughing]

Female: I have this.

Audience: [Laughing]

Dr. Hew Len: Hey, Hey!! Remember!! Thank you, Thank you very much.

Female: Now, we are taking the toxins out. Now, what are we putting in again?

Dr. Hew Len: No, we are not taking the toxins out. The Divinity is taking the toxins out.

Female: Yes, I know.

Dr. Hew Len: Let's get it clear, now.

Female: Alright, alright!

Dr. Hew Len: So, that's why we are cleaning, alright? Getting it clear.

Female: Okay.

Dr. Hew Len: So, Divinity takes the toxins out and puts in whatever is right for YOU.

Female: Okay.

Dr. Hew Len: It could be color...it could be things that we are not even aware of!

Female: Okay, thank you!

Dr. Hew Len: So, I am sorry. Did...the part of you is asking me another question...even when you are not conscious of it. See? So, it's asking me, "What if someone else shows up in my house? What do I do with that water?" Yes?

Male: I keep out the water!

Dr. Hew Len: [Laughing]

Man: Is this YOUR strategy or just one that you learned?

Dr. Hew Len: What is what strategy?

Man: The blue bottle.

Dr. Hew Len: It comes out of Zero.

Man: So, it came from Zero, from Inspiration.

Dr. Hew Len: Yes.

Man: Okay.

Dr. Hew Len: Yeah. I mean, I tell you what. If I give you wrong information, I am going to be damned. No, I'm not through yet with him.

Audience: [Chuckling]

Dr. Hew Len: So, if you give information that doesn't come from what you would get as inspiration, but you get it because you need it, it's going to be hell for you. This is why...the idea, hopefully, is to keep the cleaning going because then you'll get your own inspiration as to what to do. My job is to say, "Hey! This is the way that it works and now at some point I don't even want to SEE you, because you can do it on YOUR OWN!" That's what we want. We want YOU to be able to do this on your own!

What Divinity has said, "This is the beginning part of your body. This will get everybody on the road, because it's only about cleaning and then they are going to get their own inspirations."

John: So, it helps you to get into a mindset if you are open enough to...?

Dr. Hew Len: Oh, yeah! To get you to Zero, not a mind set, to get you to Zero so that you know when you are yourself, you will get your own information...

John: Okay.

Dr. Hew Len: ...which is what we want. We want you to get your own information. You had a question?

Miss: I do.

Dr. Hew Len: Yes?

Miss: I am hearing Intellect coming from the questions. Is that the barrier that we are constantly struggling with is to leave the Intellect outside?

Dr. Hew Len: Yeah.

Miss: ...and to just allow this to come in and believe that...

Dr. Hew Len: Yeah.

Miss: ...actually not even believe, it's...this is what we are following. Don't question it.

Dr. Hew Len: Yeah.

Miss: Don't try and figure out what the path is or why it works, why it doesn't work, who it should work with. What you are saying, as I understand it is, just do it and whatever comes into you, whether it's a thought or an inspiration, that's the path to follow.

Dr. Hew Len: Yeah. Now, having said that, it's never going to happen; the Intellect will ALWAYS be ferocious, ALWAYS!

Miss: Right. It's a struggle with us...

Dr. Hew Len: Oh, yeah. Absolutely!

Miss: ...because we are Intellect.

Dr. Hew Len: Well, it's a struggle, because the Intellect can't help it! Once something plays, it pushes up against it. It's called resistance! Something comes up, immediately you respond, but you can't HELP it. So, you have great saves. If you'll say that our friend Jesus said, "Father forgive them, for they don't know what they are doing!"

Miss: Uh-huh.

Dr. Hew Len: So, when you are giving...when you are doing anything, you have to know, it's going to come up. But you can't help it, but you can catch yourself and go, "Oh! I can work on that!" But, most people won't do it, because they can not.

Once they get caught...it's like Shakespeare said, "Once you get pulled down, hell is going to break loose!" "Hell is going to break loose!" This is in the play *King Lyre*. I mean, "Hell is going to break loose." It's just going to grab you and shake you to nobody's business. I mean, it's just going to shake you up!

So, the idea is to do your cleaning BEFORE HAND. So, before I show up, I am going to do as much as I can, but I won't get away Scott-free. There will STILL be scenes that will come up that I need to work on. Right. It's like Joe was saying. I mean, the Intellect can get it, but actually living it is a tough thing to do. Anybody else?

Female: Dr. Hew Len?

Dr. Hew Len: Yes?

Female: Okay, so the question on the theme was, "What is it IN ME that's causing me to respond to this person or to bring this person into my life?"

Dr. Hew Len: Yeah! Yeah, yeah.

Female: So, we are going to have an event or a visitor or something that is in the FUTURE.

Dr. Hew Len: Yeah.

Female: But nothing has triggered in yet.

Dr. Hew Len: Yeah.

Female: But we are cleaning that future event.

Dr. Hew Len: Oh, yeah!!

Female: So, what's the question that is different than, "What is it in ME that is causing this?"

Dr. Hew Len: Well, what I am DOING is BEFORE...Joe, in November, right?

Joe: Uh-huh.

Dr. Hew Len: So, now, November starts and I already know that if I am coming, I am not coming for anything other than the clean up. But I want to do the cleaning

FIRST, because I want to PREVENT. I want to prevent as much do-do from zipping up...I want to get at it before it comes up from the Subconscious, which is a million for each one that's above. So, I am going to do this in advance! Even after I LEAVE, I am STILL going to do it for weeks, and weeks, and months after I leave. So, are you asking The Divine, "I am going to make this event, so what I'd like to do is to clean any shared memories that I have with that environment, with those people, with the people that will be showing up," before the event?

Dr. Hew Len: Yeah! Let me give you an example. The reason he had this, what I am going to call Inspiration, like the mixed coming, and it will make no sense to the Intellect. But THIS LAND was once UNDER GLACIERS! So, THIS particular land has a memory of that and it's much related to this building wanting to be on SOLID FOUNDATION, because this thing is always moving. It has a memory of moving! Now, he has an inspiration, they are going to lay down concrete. That concrete is going to MOVE! It's going to crack unless it's done correctly! So, I am cleaning THAT! Because when I LOOKED, I could see the glaciers come up, I could see all kinds of stuff come up. Now, if I didn't look, I wouldn't be able to see that. If I didn't clean, all hell would break loose for me. What I am trying to do is pay down my debt, unless I am going to get killed again and you'll kill me! I am not very good at being killed, you know?

So, I have to PAY DOWN my mortgage so that when I come, I come as CLEAN as I can and you will get whatever it is that you need. If I don't come clean, you won't get it.

Female: Okay. One other possible example that might help me? Let's say that Joe has a new released book in this summer and he knows, as a result of that, different people are going to have different things triggered. He wants to prevent. He's not like you and he may not be able to sense that the land is on a glacier.

Dr. Hew Len: Hey! HE CAN!!

Female: Well...[Laughing].

Dr. Hew Len: He can!

Female: So ahead of time do what would be people's reactions are going to be for that?

Dr. Hew Len: Oh!! He knows it at this level! He doesn't know it at the level of the Consciousness! But, already, it's in him. It's in me. It's in you and The Divinity knows, so I am just going to appeal constantly, so that Divinity will get at that information, so when things go out, there's not so much of this Tsunami effect!! It may be a little [Chuckling] Earthquake, but not a Tsunami.

Female: Okay.

Dr. Hew Len: I can PREVENT that Tsunami.

Female: So, it's just a feeling.

Dr. Hew Len: Yes!

Female: Okay.

Dr. Hew Len: Oh, yes. That's what happens in relationship! They have Tsunami effect, because you didn't clean up their stuff and you keep thinking it's the OTHER person! It has nothing to do with the other person. It has nothing to do with you! It's a memory. That's what's going to kick in! Anything else before I go to the next cleaning tool? [Chuckling]

This is called a Blue Bell! This is what we call Elegance! This is the state flower of Texas! So, this is something that is called Blue Bell!! So, it's a CLEANING process to help bring ELEGANCE into your being instead of being rapturous, bitchy, moaning, and groaning, it will help you be more elegant. Yes, Bruce?

Bruce: Dr. Hew Len, some of us in Texas call that the bluebonnet.

Dr. Hew Len: That would be PERFECT!!

Audience: [Laughing]

Dr. Hew Len: You know that the Mexicans call it something else, right? What do the Mexicans call it?

Male: **El Conejo.**

Dr. Hew Len: You ought to know, because....

Male: **They'll** call you stupid!

Dr. Hew Len: Yeah. So, I am going to pass this around and you can get introduced to bluebonnet. So, that's another cleaning process. So any questions about the bluebonnet? [Pause]

So, let's say, I'm about to go about anybody...instead of saying, "I love you," I get this, "I can use a bluebonnet." So, I just say, "Bluebonnet." [Clap!]
That's it and it begins this undoing, this kind of possible earthquake up in Jim's area. Jim, have you guys had any kinds of rumbles up there maybe the last five years?

Jim: Not that I am aware of.

Dr. Hew Len: Well, you should CHECK, Jim! Yeah!

Woman: [Chuckling]

Dr. Hew Len: So, this bluebonnet HELPS with the lessoning of the abuse to Mother Earth. It brings more elegance and allows us to really APPRECIATE Mother Earth MORE...bluebonnets. You go up on the internet and there are all kinds of names for it! Any questions about the elegance of the bluebonnet?

Joe: Yeah, where did it come from? Because...I don't remember you talking about this before. Did you sit in meditation or something and Inspiration said, "Tell them about bluebonnets"?

Dr. Hew Len: Yeah, it came out of the Void. It came out of Zero.

There was a woman in Los Angeles, I should say man, but I...she was really a woman, so a woman in Los Angeles said, "Why can't we just say, 'I love you'? Why do we have to have all of these different processes?" So, I said, if you were to take me and place me in front of your clothes closet and you open it up, how many pieces of clothing would I see? She was embarrassed.

She said, “You’d see a whole mess of them.”

I said, “Well, why is that?”

She says, “Because on certain days I like this and...”

So, it’s the same thing with the part of you that says, “Hey! I prefer the bluebonnet today and I prefer this tomorrow,” or whatever. So, now you have a choice. Yeah? Any questions about that?

If the room is warm we can open the door in the back.

Speaker: That’s what she’s working on.

Dr. Hew Len: Ah! Okay. We don’t want anybody to be freezing but...okay? Any questions about the blue bell or the bluebonnet?

Woman: Are you suggesting that we plant them or...?

Dr. Hew Len: That’s NOT what I heard.

Woman: Okay.

Dr. Hew Len: But, *YOU* MAY HEAR THAT.

Woman: I guess that's what I am hearing.

Dr. Hew Len: Yeah. Yeah. Good!

Woman: Okay.

Dr. Hew Len: That's why we brought the plant up here, see? We brought a plant in here so they could be represented! Yeah. So, if you get inspiration to grow, then be my guest. Any questions about the breathing? Any questions about the water? Yes, Bruce?

Bruce: I have a question about the bluebonnet, actually.

Dr. Hew Len: Yes.

Bruce: You said, "That's not what you heard," but I don't think that I heard what YOU said.

Dr. Hew Len: Now, what she was talking about is 'can she grow it?'. .

Bruce: Well, I didn't hear what YOU said, though...

Dr. Hew Len: Oh!

Bruce: ...about bluebonnets.

Dr. Hew Len: You mean to that question?

Bruce: To US!

Dr. Hew Len: Oh! Well, all I know is that what I heard when it came through was that it represents elegance.

Bruce: Did you also hear something about Blue Bell, because they are a flower in Texas?

Dr. Hew Len: I heard it Blue Bell.

Bruce: It's an ice cream!

Dr. Hew Len: Yeah, I know.

Audience: [Laughing]

Dr. Hew Len: So, now, Bruce, when you say that... THAT *is* also a cleaning tool -- that ice cream!

Craig: SWEET!

Audience: [Laughing]

Dr. Hew Len: That's what I am...

Audience: [Laughing]

Dr. Hew Len: So, this is what I am hearing. So, what happened is this BOUNCING; this is how the Inspiration comes up, but that ice cream is a CLEANING process. It's crazy! There is no logic. It just goes, "Bomp, bomp, bomp, bom, bom bong [melodious tune]," like a grasshopper. Yeah. Any questions about the ice cream? [Laughing]

Audience: [Chuckling]

Dr. Hew Len: Okay. Can we take another break, yeah, please?

Joe: Sure.

Woman: Sure.

Joe: “We must love one another or die.” W.H. Ogden.

I also opened it up at random and found, “Am I my brother’s keeper?”

Male: [Laughing]

Joe: ...from Genesis. That was a good one!

You know, at lunch, where’d David go? There he is, David there. At lunch, David looked me right in the eye and was speaking from his heart in the most inspired way, right to me. He said something that was incredibly PROFOUND.

I don’t know if I’ll get the EXACT words David, but you said, I think, “Joe, it’s not important that you BE LOVED, it’s IMPORTANT that you LOVE.”

[Pause] Is that right? Thank you!

David: I was excellent!

Audience: [Chuckling]

Joe: I KNOW you were!

Audience: [Chuckling]

Joe: I KNOW YOU WERE! That was coming from inspiration, direct through. You were a Divine puppet and I mean that in a most respectful, wonderful, loving way. Thank you.

Has anybody enjoyed this so far, today?

Audience: Oh, yeah! Yes! [Clapping]

Joe: I have a GIFT for everybody here. It is an out of print collectible little book called, *How to Thrive on Rejection*.

Audience: OH!!

Joe: On the cover, it says, *Is there sex after death?*

Audience: [Laughing]

Joe: It is a very stimulating...would you mind...yeah, thanks.

Audience: [Chuckling]

Joe: If somebody could help you pass this around...*How to Thrive on Rejection: A Manual for Survival; Is There Sex After Death?* It's a WONDERFUL little book full of all of these insights on how to handle rejection and things like that. This book was written by an eighty year old publicist who I have yet to meet, but I have worked with. He is going to be speaking at Pat O'Bryan's seminar in February, where I will be speaking, too. Alan sent enough for everybody AND Alan Abel SIGNED them ALL!! I think that there's.... I wanted to give you this gift and he's also giving you this gift, but I also wanted to ask the question, "Who rejects us?" [Pause]

Audience: We do. Ourselves.

Woman: Our memories!

Lady: There's nothing out there.

Joe: "There's nothing out there," she says. "There's nothing out there." I think that's the reoccurring message today is that everything that shows up is only SHOWING UP so that we can CLEAN IT. Does anybody NOT get that? Does anybody have a QUESTION about that? Even about the nuances about that?

Dr. Hew Len: Thank you.

Joe: I have TALKED about this whole concept of Zero Limits. I have talked about excerpts from the book. I have talked about changing the world from the inside out, because the only thing that really matters is you are inside. I have talked about these four phrases. I have had people question the word, “Love.” We’ve talked about that.

I have had people question, “Why say ‘I am sorry.’ What am I sorry about? Why should I say, ‘Please forgive me’? What did I do wrong?” Anybody FEEL like that? [Pause] Nobody dare ADMIT that! [Chuckling] I am going to ADDRESS it ANYWAY, because it seems like it would be on somebody’s mind, either here in the room, or on the audio tape, or on the video tape later.

My understanding is when I say, “I am sorry,” I am saying it to myself to reconnect myself with The Divine, because along the way, I missed the mark. I missed my connection. I began to come from my ego. I began to come from conscious control, whatever you want to say. I realize that, “Oh! I screwed up! I am sorry!”

Now, The Divine is ALREADY SENDING me LOVE! I AM NOT saying it for The Divine to go and be like a good father or a good mother and say,

“Yeah, okay, you are now okay. We will now love you!” The Divine was ALREADY LOVING ME. I am saying, “I am sorry,” because I FORGOT it was already loving me!! I am SORRY! I FORGOT that YOU LOVED ME! I forgot that that love was coming in. “Please forgive me!” is really a petition for ME to KEEP THE DOORS OPEN for the LOVE to COME IN. Then I am back to, “I love you,” which is reconnecting me to Love itself. I am back to “Thank you,” which is this TOTAL STATE of GRATITUDE, which to the best of my ability is where I am trying to be in EVERY moment, including THIS ONE.

I am INCREDIBLY GRATEFUL to be in front of ALL of YOU, to be able to have the man that I HEARD about as a MYTH three years ago, this fable! Ha! A therapist who heals the mentally ill and he doesn't even SEE THEM! Thanks, Mark, what a joke!!

Mark: [Laughing]

Joe: Then, to MEET THE MAN and to do workshops with the man and to have him at my house, to do this dinner a year or so ago...

Male: To write a story.

Joe: ...to write a book that's going to cause 'the shit to hit the fan'...!

Audience: [Laughing]

Joe: [Chuckle] ...so I keep hearing, and the movie that is coming out!

I stand up here just ELECTRIFIED with the POTENTIAL that's coming through. It's coming through right NOW and with the GRATITUDE of this very MOMENT. ALL OF YOU, people that I LOVE, people that...I KNOW MOST of you from one place or another, people are coming from the other side of the planet to BE HERE!!! THIS IS AMAZING!!!! TRULY AMAZING!!!

I LOVE YOU!! I AM SORRY. PLEASE FORGIVE ME. THANK YOU.

Let's bring Dr. Hew Len back up.

Audience: [Clapping]

Dr. Hew Len: Do any of you have any questions or comments? Because we are going to pull it...I just want to tighten it up before we all go home. Any loose ends that I created...any uncertainty...any unclarity? So, I am going to use this time just to sort out to see if you have any questions about anything that we covered today.

Tomorrow, I am going to ask someone who works...who is an IRS...works with the IRS on auditing taxes! I am going to ask her to spend some time talking to you, how she deals with that, her practice of dealing with the federal government. Yeah, yeah. In the meantime, you might have some questions.

Otherwise, I'll go on to another cleaning process. This is a CORN COB. So as I was doing my cleaning and watching what come up, the corn came up. Do you know that corn comes from a very ancient grass? ANCIENT! It goes WAY, WAY, WAY back!!! So, the corn is a family of that.

One of the things that the Indians got was that corn represents this REACHING UP FOR THE DIVINE. So, the Indians...this particular Indian tribes were MOVED! Something moved them and the SYMBOL of the corn moved them! How it was moved, I don't know that. We'd have to meditate on that.

So, what came up in this mind is this circle, a complete circle, representing completion. Then, this, another completion. So that, if you look at the Tee-Pee, you will find that the ORIGINAL Tee-Pee has ten actual panels. I don't know what they look like now. What do you suppose the panels represent? In your mind, just sort of clean and see what comes up. What do you suppose the panels recommend?

Speaker: Roots.

Dr. Hew Len: I am sorry?

Speaker: Roots.

Dr. Hew Len: Okay. Anybody?

Female: The changing of life.

Dr. Hew Len: Okay.

Others: Completion.

Dr. Hew Len: Yeah. So, one of the things that it represents is the mountains.

This right here, this opening represents this Zero, so that they are able to STAND on the mat called Zero and look at the Cosmos. Coming through THIS, represented the panel represented sunlight coming down. So now, however it worked and I don't know how it worked, but what they saw coming out was this corn going...reaching way up into nothingness. This is

what this corn represents. Can you show it? Can you...let me, David? Thank you.

So, now, what this corn represents and I am going to pass around some products, is that the corn has SILK on it. So, what the SILK will do is that it will REACH INTO THE SUBCONSCIOUS of your BEING and begin to LOOK at the memories inside of you. So as you use these products and I am going to call it MAIZE...not corn, I am going to call it maize...so this gives you this ability of being complete, whole, and it gives you this ability to reach up into the Cosmos by simply eating and using these things.

So [chuckling], this morning I came down looking for something to eat.

I heard, "There are the corn flakes!"

So I looked at the corn flakes. My Intellect was saying whether there was garbage in there.

Then, I heard, "Hello! Just eat the stuff!"

I said, "Okay."

Audience: [Laughing]

Dr. Hew Len: So, anything that is corn is a cleaning process. Now, you could do this corn in TWO WAYS. You could just simply say, “Corn” so you say it, “MAIZE” rather. In your mind you say, “MAIZE.”

So, it’s a deletion process. It’ll give you the ability to reach up into the Cosmos and literally HOLD the hands of The Divine. This is what the corn is doing. It’s reaching for the sun, up and up.

You don’t SEE it here, but what happens...remember I drew the three cells around it? It’s REACHING up into the Cosmos, but it’s all Zero. Yeah? Zero, Zero. The idea is all you have to do is say or think “Maize” and it will begin the process of deleting memories, releasing Earth bound spirits, working on closing down different dimensions. So, I have asked Suzanne...so she was kind enough...can you give us the bag of chips and we can pass it around?

Suzanne: The blue or the yellow?

Dr. Hew Len: The blue and the yellow, yeah. So, we are going to pass it around. If you wanted to eat any of it, PLEASE be our guest. So, this idea, by eating it, by saying it, by thinking it, it gives you this ability to reach up and touch the sky. So I am just going to pass this around by looking at it. This is a cleansing process in and of itself.

So, we want to thank Joe Vitale for buying this stuff.

Female: Thank you!

Woman: [Chuckling]

Dr. Hew Len: He is saying to you, "I love you!" as you eat it.

Joe: [Inaudible]

Woman: Excellent!

Audience: [Some chuckling]

Male: He'll eat off the floor.

Dr. Hew Len: All you need is a molecule, but I don't know how many of you can only eat a molecule.

Audience: [Chuckling]

Lady: Just watch this!

Dr. Hew Len: That's all you need is a molecule.

Audience: [Laughing]

Is there blue?

Here's one that's already broken.

Male: We'll take some chips and pass them back.

Joe: Just one side is already.

Woman: Oh!

Joe: [Inaudible] Put it on one side or the other or usually [inaudible].... It just started! Get up and go...

Male: Maybe that's the whole...

Audience: [Lots of talking going on amongst themselves while passing the corn; they continue talking while Dr. Hew Len talks with a woman.]

Dr. Hew Len: Can you imagine your neighbor would clean up stuff just by eating the corn?
As you eat it, it begins to LOOK for memories and it just cleans it up by just
EATING the stuff.

Woman: It's AMAZING how much!

Dr. Hew Len: Just EATING it!!

Female: Just eating corn!

Dr. Hew Len: That's all it takes. You don't have to be smart. You don't have to think about
anything, just eat the stuff! You know?

Female: So our neighbors are natives, who are very much a part of their daily corn,
they UNDERSTOOD!

Dr. Hew Len: Oh, yeah!!

Female: THEY UNDERSTOOD!!

Dr. Hew Len: Now, what happens is they understood because their grandparents understood.
We don't know whether they have the MEANING, but who cares? Right?

Female: They did it!

Woman: Okay, guys!

Audience: [Lot's of talking going on]

Dr. Hew Len: I want to ask if you have any questions about the use of any maize products, it could be yellow corn or it could be blue corn. Any questions about that? Now, can you imagine....?

Male: Shhh!!

Dr. Hew Len: Can you imagine that all you have to do is to put one in your mouth and it begins the cleaning?

Male: All of that?

Dr. Hew Len: All of that.

Male: I could clean for years!

Dr. Hew Len: [Laughing]

Female: Dr. Hew Len, can you cook with it?

Dr. Hew Len: Yes!

Female: You can do anything with it?

Dr. Hew Len: You can do anything with it. It's like this water. All you have to do is DRINK IT! "How come? Why?"

You don't drink it? "Well, I don't know about this stuff."

JUST DRINK IT!!!

Audience: [Chuckling]

Dr. Hew Len: It creates Cosmic changes and you'll SEE IT!! This group will SEE IT!!!

Woman: Good!!

Dr. Hew Len: As long as you are willing to give up, "How come? Why? Oh, really?" and that sort of stuff. Yeah.

So, I tell you how I use it. Every day when I drink my water, I always take a little bit of corn, blue corn meal, and I just go “BOOM!” into the water. As I drink it, I get the cleaning of the water AND the corn. So, sometimes I am going to work on something and I hear it, “Just dust your hands with corn.” As I dust my hands with corn, I can see blood shed come off my hands. It’s about renewing this connection and letting go of all the past garbage. All you have to do is eat it. Drink the stuff. Think it.

Female: Wow!

Dr. Hew Len: David, do you have a question? You look like...I can see something bubbling off of the top of your head.

David: Man, you are perceptive!

Dr. Hew Len: [Chuckling]

Woman: [Chuckling]

Dr. Hew Len: Do you have a question?

David: The silk on the corn, what did you say about that...silk?

Dr. Hew Len: The silk on the corn are like computer wires. They go into the Subconscious and begin to see the memories. Again, they pull it out, just to correct memories, and to clean it up. That's what the silk will do. It's SO beautiful. I went to school in Iowa, so...Iowa is nothing but corn.

Audience: [Laughing]

Dr. Hew Len: Now, I have a better appreciation for it!

David: I WISH I could. I PICKED ENOUGH of it as a boy.

Dr. Hew Len: [Loud Laughing]

David: I wish I had known that THEN!

Dr. Hew Len: Yeah! But that's what it is! It's like...the silk allows you to get into the subconscious and begin to work it. It's beautiful!!! So, any form of the corn. You can eat it fresh. You can eat it dry. You can eat it...so I want to see if you have any questions about...deleting. Now, as you eat it, you don't know what's going to get deleted! But just eating it is sufficient. Any questions about the corn?

Joe: Yeah, aren't you worried about the salt, the calories, the nitrates, and the content?

Dr. Hew Len: ONLY...ONLY if you SAY SO!!

Joe: [Chuckling]

Audience: [Inaudible talking amongst themselves]

Dr. Hew Len: ONLY IF YOU SAY SO!! That's WONDERFUL that you should bring it up, because I am HOPING to CLEAN with that, because they had the SAME thought with that over here, over there way in the corner. [Chuckling]

Joe: [Laughing]

Dr. Hew Len: Remember now, all you need is a molecule of it!

When I go around, when I travel, I always take one little bottle of corn dust. That's what I put in my foods before I eat it. Because I want this silk to etherically search in MY SOUL for anything that will react to the food. I want the SILK in this CORN to SEARCH IN MY SOUL for anything...if I TRAVEL, that will cause me to react.

I want to pay down my debt. This is what this corn will do. It will PAY
DOWN D-E-A-T-H. It'll even prevent you from being in an airplane and the
airplane going down.

So, any questions about the corn? Now that you are chewing on it, you are
more interested in chewing on it. Any questions about the Solar Water?

Audience: [Munching of corn heard]

Dr. Hew Len: Any questions about the breathing? Any questions about who is responsible?

Audience: [Chuckling]

Male: There's a question in the back.

Dr. Hew Len: I am sorry?

Male: There's a question in the back part.

Dr. Hew Len: Yes, sir?

Male: You mentioned on paying down the debt. What are your thoughts on
becoming debt free?

Dr. Hew Len: That's what you were born with! You were created debt-free! That's what Zero means, you were debt-free and then you accumulated junk! So, now, when you eat this corn or you do you breathing, you are paying down your debt. You are allowing Divinity to erase it, so now you are debt-free and all you are doing is munching on this stuff! All you do is drink it! You don't have to know anything. Just drink, munch, and The Divinity will do the rest.

But it is paying down debt. I mean, REALLY debt. I am talking about TWO TYPES: death (this is an 'x', this is a memory), and debt. This is why the word "mortuary" and "mortgage" are one and the same. You are paying that down and clearing your mind of THIS STUFF so that you can be death and debt-free! That's the only thing this cleaning will do, if The Divinity will accept it.

Now, when you get to that point where you are debt-free, you get Inspiration. Now you are REBORN! You have been re-established. The Divinity is infusing you with this breath of life for which now you get to expand your consciousness. You'll see things you've never seen before. Then more doo doo will come up. Then you get to eat MORE cornmeal...

Audience: [Chuckling]

Dr. Hew Len: ...more whatever, or drink your water and you take that debt down. You RESTORE your identity and then UP comes the breath! [Pause] I wish it could be more difficult, you know.

Audience: [Laughter]

Dr. Hew Len: I might be able to make more money. I don't know.

Audience: [Chuckling]

Dr. Hew Len: Yeah. So, I want to see if you have any questions about how difficult this is.
Yes, Ma'am?

Ma'am: Well, I have a question about the concept that's very popular right now in terms of the Law of Attraction that if you say 'debt-free' you are attracting debt or if you say, "I am sorry" you are attracting that you are a sorry person.

Dr. Hew Len: So, can you tell us what you said?

Ma'am: Can [chuckle] I say what I said?

Dr. Hew Len: [Chuckling] Yes. Because, remember now, if the story is SIMPLE. You are either...you have three...you only have three states of being and you just doubled up on some. So, here this is Zero. Here is God and here is doo doo.

Audience: [Laughing]

Dr. Hew Len: So, tell me what you said. Which one of this is doo doo?

Ma'am: This one.

Dr. Hew Len: Yeah. So now you have brought it up, which is great! We are munching on...David is munching on his corn!

Audience: [Chuckling]

Dr. Hew Len: So, he gets to dump that!

Dr. Hew Len: So, now you are only going to hang out with yourself and God. That's all we want to do. Give up trying to figure out anything. You won't be able to do it. Knowledge can not encapsulate God and Zero, not possible!

So, I want to thank you for that, because all of a sudden I saw an EAGLE leave. Stuff got clean and an eagle flew up. What does the eagle represent in POETRY, not politics, but in poetry?

Woman: Zero.

Other: Freedom.

Man: The Nation.

Dr. Hew Len: Yes! Who said that? Yes, freedom!! That's the kind of signs that I look. Oh! That's freedom. Okay?

But [tapping of the board] here is freedom and out of this freedom, you get this LOVE, this Inspiration EXPANDS your Consciousness. The more you clean, the more this comes in, the BIGGER this stuff gets, the BIGGER and because it gets bigger, you get CLEARER and one of these days you go, "WOW!! My God! It was always there!" But you were too busy trying to figure it out...too bad, for us! Because, we are trying to figure out who God is by our knowledge and we can not encapsulate Divinity with this stuff, not possible.

[This is the end of CD three. Now, please insert the next (CD).]