

**Subject:** [Fwd: "Winging It with Dr. Cat" ~~ Goodies for you!]  
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## Winging It with Dr. Cat



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Dr. Cat's motto:

**"When in doubt, wing it!"**

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### 1. **WHAT'S HOT?**

#### DR. CHRISTIANE NORTHRUP'S PBS SPECIAL (MARCH 2007): "MENOPAUSE AND BEYOND: NEW WISDOM FOR WOMEN"

*"I've been to the mountaintop and I've come down the other side and I can tell you that the news about menopause is really, really good! The days of 'one-size-fits-all-medicine' and the 'Father Knows Best' version of 'Here, take this pill and you'll feel fine, ma'am' is obsolete. It's over. It's not about raging hormones meant to torture you. This is a time to reinvent yourself. It's a time to fuel your life not by what others think, but by source energy. It's a time to mend all the unhealed parts of you. That's why I call it the 'wisdom' of menopause. And this information is equally relevant for men."*

**--Dr. Christiane Northrup**

Dr. Northrup's dynamic two-hour special is airing on PBS throughout the month of March 2007. Check your local television listings to catch her show!

I wholeheartedly agree with Dr. Northrup that her new information about menopause is equally relevant for men, not only because most men's lives are populated by women of all ages, but also because many men experience a kind of "male menopause" in middle age. This means that they, too, may be stimulated by their bodies' changes to reinvent themselves and tap into "source energy" at deeper levels.

If you'd like to read my personal endorsement of Dr. Christiane Northrup, who is a longtime mentor-friend and a profound inspiration to me, please visit <http://drecat.org/html/links01.html#christiane>.



#### DR. CAT'S "MAGIC OF BEING" WEBZINE INTERVIEW ABOUT HO'OPONOPONO WITH IHALEAKALA HEW LEN, PH.D.

Over the last several months, I've noticed a sudden and significant upsurge of e-mail from around the world asking me for information about Ho'oponopono and my interview about it with Dr. Ihaleakala Hew Len.

Since I've been working with Ho'oponopono since 1985, and since my interview with Ihaleakala is ten years old, I was curious if something had triggered this recent influx of interest in the technique.

When I started asking these new e-mail contacts how they'd found their way to me, many of them said they'd read about Ho'oponopono in a newsletter written by Joe Vitale. Although I recognized Vitale's name, I'm not personally familiar with his work.

Apparently, Joe Vitale had interviewed Dr. Ihaleakala Hew Len about his work with the ancient Hawaiian forgiveness process called Ho'oponopono. After reading Vitale's newsletter, people then went to the Ho'oponopono Web site (<http://www.hooponopono.org>) that provided them with a link to my interview

with Ihaleakala, which was originally published by **The New Times** and has been available on my Web site for many years.

All I can say about this short trail of links in support of Ho'oponopono is, **thanks, Joe,** and **the Internet rocks!**

One of the people who came to me this way was kind enough to send me an e-mail copy of Vitale's article about Ho'oponopono and Ihaleakala Hew Len. Here's a brief excerpt:

*"Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients—without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved...."*

*I had always understood 'total responsibility' to mean that I am responsible for what I think and do....I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does. The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility...."*

*Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.*

*'After a few months, patients that had to be shackled were being allowed to walk freely,' he told me. 'Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.'*

*I was in awe.*

*'Not only that,' he went on, 'but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.'"*



Ho'oponopono is an ancient spiritual cleansing process updated for modern times by the late Mornah Nalamaku Simeona (a native Hawaiian **kahuna** or "keeper of the secret"). I first began using Ho'oponopono after learning it from Mornah and Ihaleakala in 1985. Through this work, Mornah and Ihaleakala have been my two most important spiritual teachers about 100% responsibility and respectful self-care.

The longer I use Ho'oponopono, the more I am blown away by the beauty and power of this ancient forgiveness process. Ho'oponopono is, quite simply, the most extraordinary karmic cleansing tool I know. For me, Ho'oponopono is like electricity: I don't have to understand how electricity works in order to turn on a light switch. In the same way, I have no clue how Ho'oponopono actually works; I just use it!

In my own spiritual practice using Ho'oponopono, I sometimes think of myself as a "cosmic janitor" who works at the Universal Dance Hall. My job is to clean and clear the dance floor between dances, so the next dance can proceed with a little more grace and fewer mishaps. Of course, every dance brings new dirt to the floor, and every dance brings the possibility of more mishaps. And so, my janitorial responsibilities continue....

The title of my 1997 interview with Ihaleakala Hew Len is "**100% Responsibility and the Promise of a Hot Fudge Sundae**," which was recently reprinted by a bi-monthly Webzine out of England called "The Magic of Being" (<<http://themagicofbeing.com/interviewdracatinterview.html>>). Its publisher, Colin Whitby, and his daughter, Jo Whitby (who does the site's Web design) did a truly lovely job with the interview, and I am most grateful. Once you're on their site, you might enjoy checking out the other goodies available to you there!

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## 2. MEWSINGS

**IN MEMORIAM: HEATHER SHERWIN (April 20, 1972 - January 30, 2007)**

One of my dear friends, Heather Sherwin, died on January 30, 2007, at the age of 34, after a long and courageous dance with colon cancer that ultimately spread to her brain, lymph system, and lungs.

Heather had a heart as big as the sky, a laugh that could light up the darkness, and a passion for life that just wouldn't quit. Heather's gentle, playful, wild, and

compassionate spirit touched the lives of countless people, and her memory will live on in our hearts forever.

During this time of transition and transformation following Heather's death, my thoughts and prayers go out to Heather's wonderful husband, John Sherwin, and to his and Heather's loving circle of family and friends.

Words feel inadequate to express the gratitude I feel for having known Heather, who repeatedly blew my socks off with her amazing ability to embrace life fully and passionately no matter what was happening for her on the physical plane. Rarely have I witnessed such courage and grace in the face of excruciating pain and debilitating illness. I will forever be inspired by her example!

For those of you who didn't have the pleasure of knowing Heather, I want to tell you about one of the many projects to which she lent her support. Heather was September's "pin-up girl" as well as a cover model for the Colon Club's popular "Colondar," which features photos and stories about people under 50 who have been diagnosed with colon cancer.

At the Colon Club's Web site (<http://www.colonclub.com>), you see Heather's beautiful and powerful torso shot for the Colondar's cover (<http://www.colonclub.com/2007Cover.html>) and her playful "farm girl" photo for the month of September (<http://www.colonclub.com/2007September.html>).

At the Colon Club's Web site, you can also view all 12 months of their 2007 "Colondar," which can be purchased for only \$15 (<http://www.colonclub.com/2007buycolondar.html>).

If you'd like to read more about Heather's amazing life, please see David Mannweiler's article about her in *The Indianapolis Star* at <http://www.indystar.com/apps/pbcs.dll/article?AID=/20070208/LOCAL/702080405/-1/ZONES04>.

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### 3. COMING ATTRACTIONS!

#### DR. CAT'S "DEATH FOR DUMMIES" CLASS AT SEATTLE'S DISCOVER U (Saturday afternoon, May 19, 2007, 1:30-4:30 p.m.)

When it comes to the mysteries of death, we're probably all dummies! Even so, you can be a **well-prepared** dummy and thereby make the experience of dying—and your life before death—easier and more meaningful.

"Death for Dummies" deals primarily with the **practical** aspects of death preparations. The class also honors the need to handle every aspect of death and dying with dignity, respect, and sensitivity for the physical, emotional, and spiritual needs of all concerned.

People of all ages and perspectives are welcome to attend. For more information and/or registration, please visit the Discover U online catalog listing for the class at <http://www.discoveru.org/classes/detail.cfm?CID=2353>.

To help spread the word about "Death for Dummies," I've recently been invited to speak about the class at the Annual Meeting for People's Memorial Association (<http://www.peoplesmemorial.org>) on April 21, 2007 in Seattle. For those of you who are unfamiliar with this wonderful organization, here's an introduction to PMA's work from their Web site:

Founded in 1939, People's Memorial Association (PMA) is a Washington nonprofit membership corporation affiliated with the [Funeral Consumer's Alliance](#). It values responsible advanced planning, dignity, privacy and individual choice. Its mission is:

- To educate the public regarding cremation and burial.
- To promote planning for end-of-life decisions.
- To diminish the exploitation and confusion of survivors.
- To make available a variety of death care options that are both dignified and affordable.

Lifetime membership in People's Memorial Association is only \$25, which allows you access to all of their end-of-life services. I first joined PMA in 1973 at the ripe old age of 19, and I cannot speak highly enough of their pioneering work. If you're already a PMA member yourself, or if you join soon, perhaps I'll be lucky enough to see you at their Annual Meeting on April 21st. That would be great!

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#### 4. COOL NEWS

##### KUDOS TO CALIFORNIANS FOR HAVING THE LOWEST PER-CAPITA ENERGY USE IN THE U.S.

A *Washington Post* article by Steven Mufson, reprinted in *The Seattle Times* (March 9, 2007), revealed some surprising facts about energy use in California. Apparently, Californians' reputation as energy gluttons is misplaced.

According to Mufson's article, *"The state has been able to cut greenhouse-gas emissions, keep utility companies happy and maintain economic growth. Now California is pushing further in its effort to cut automobile pollution, spur use of solar energy and cap greenhouse gases."*

To read more about how California is achieving its drive toward environmental sustainability, please see "California: The Energy Miser?" at the link below:

<http://archives.seattletimes.nwsource.com/cgi-bin/texis.cgi/web/vortex/display?slug=california09&date=20070309&query=california%3A+the+energy+miser%3F>

#### 5. JUICY QUOTES & FUN FACTS

##### THOUGHTS TO MAKE YOU GO HMMM....

"\$2,161: Estimated median personal wealth worldwide." --**Harper's Magazine Foundation**  
(median: half fall below this figure and half fall above)

"We can have democracy in this country or we can have great wealth concentrated in the hands of a few, but we cannot have both." --**Louis Brandeis**

"Fascism should more properly be called corporatism, since it is the merger of state and corporate power." --**Benito Mussolini**

"When fascism arrives in America it will be wrapped in the flag and carrying a cross." --**Sinclair Lewis**

"It is dangerous to be right when the government is wrong." --**Voltaire**

"What we call evil is only a necessary moment in our endless development." --**Franz Kafka**

"Even for our enemies in misery, there should be tears in our eyes." --**Charan Singh**

"The question is not whether we will be extremist but what kind of extremist will we be."

--**Martin Luther King, Jr.**

#### Postscript from Cat

**Spread the word!** Feel free to forward this newsletter to your friends, family, and colleagues. Or give them my e-mail address and let them sign up to receive their own copy straight from the horse's mouth.

**Want a hard copy?** You're welcome to print out this newsletter to read and/or share with friends in hard copy. Note: To see the logo and my mug shot, you must be online when you view or print this newsletter.

**Does this newsletter look weird to you?** If you have technical difficulties viewing this newsletter (e.g., inconsistent or oversized fonts, goofed-up graphics, text that runs off the page, or strange apparitions in the margins), please let me know what kind of computer, operating system, and e-mail program you're using, so I can work to make this newsletter more universally accessible. However this newsletter appears for you, I hope you can at least read it, and I hope you'll forgive me for my limited computer skills!

**What to do if it's hopeless:** If this newsletter looks like a big mess on your computer, send me your postal address and I'll be happy to mail you a hard copy via Pony Express. One of the best ways I know to deal with computer glitches is to do an end-run around them!

**To unsubscribe:** Simply hit the "reply" key and type "UNSUBSCRIBE" in the subject line. Your name will be deleted immediately from my newsletter e-mailing list--no hard feelings and no questions asked.



**Comments?** Feel free to contact me anytime at [support@dr.cat](mailto:support@dr.cat). Who knows? Maybe something you share will show up (with your permission, of course) in a future issue of "*Winging It with Dr. Cat.*"

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