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### The Self Improvement Show Archives Available

**August 14th 2014: Opening the Aloha Mind to Heal the Self**

The Hawaiians have a practice called Ho'oponopono which means "to make right." The practice offers an alternative to feeling powerless to effect change, whether in ourselves or in our world. It answers the question, "What can I do to help?" Ho'oponopono is a process of conflict resolution and in this show we are viewing it as a process of resolving the conflicts within us by working on ourselves rather than on the circumstances around us. Think about it. What if, by working with yourself, you were no longer "rattled" by what was going on around you? What if, in doing this work you came to real

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### Featured Guest



#### Dr. Jim Nourse

Dr. Jim Nourse has been in private practice since 1980. From 1975 to 1980 he served as Staff Psychologist and director of Clinical Psychology Training at the Hampton, Virginia V.A. Medical Center and as Assistant Professor of Psychiatry and Behavioral Sciences at the Eastern Virginia Medical School.

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