

Lisa Ferraro

FROM MY  
SOUL  
TO YOUR  
SOUL

*Simple, easy to use,  
yet deep and powerful advice  
for life's daily challenges  
drawn from Lisa's blog posts*






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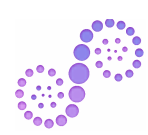
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From the depth of my heart I lovingly dedicate this book  
to **YOU**, the beautiful reader in service of goodness for all.



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# So Much More Than a Book

## Hello and welcome!

I believe you found this book for a reason, and not by accident. Your own inner guidance led you to read this collection, at this moment. When I started *Self Synthesize!*®, I made an intention with my Light Team — what I lovingly call the Beings of Light around each of us serving as guides as we journey through life. I said:

*May those who find Self Synthesize!® be sincere and desire profound transformation towards their highest potential as an Infinite Being having a Human expression. May they be willing to do the necessary work on their journey towards their Self-Enlightenment, towards Truth. Though the path might not always be easy, may they succeed and thrive as Beautiful expressions of Divine!*

Since that intention, back in 2012 when I officially incorporated as Self Synthesize!®, the most delightful, amazing people have come into my life. Again, I am not surprised that you found this book and felt drawn to read it with me, now.

Before I go further and share some ideas about how to use this book as a resource, and before you begin to thank me, I want to give a profound shout out to my team leader Jorge Silva. He is the true reason you are reading this book at this moment. It was solely his idea.

During one team meeting in 2017, he shared how he went back and read my twelve blogs from 2016 in a row. He was stunned at the sheer volume of help and advice I wrote in those monthly newsletter blogs. He insisted that many people could greatly benefit from these blogs and that we needed to put them together as a book. And *voilà*, you hold that book, born out of his compassion and desire to put this material in front of your amazing self! Please join me now in a deep bow of gratitude to Jorge.

While we are offering gratitude, I also ask you to join me in giving loving gratitude to our Light Teams for their never ending dedicated support of us while we journey through life. We are never alone, Light Team is always with us, always loving us.

Finally, I personally want to share my deep loving gratitude to my husband Christiano. His love and support of me have created the foundation of safety for me to fly.



Circling back, I want to share a few ideas of how to use this book effectively. Before starting any conscious path of self transformation, or, in other words, a journey to the Self, please remember the fantastic advice from Abraham above: appreciate and honor ALL that came before this moment, for it lovingly led you here, with me now. I know I am grateful.

Each of these chapters highlights a theme. Explore! You can skip chapters, read what applies to you in the moment, and even read in any order. If reading the chapters in order feels best to you, perfect! Take years to read the book if you prefer. There is no “right” way to read this book. You choose. Enjoy!

As you read, I encourage you to interact with the material and advice; circle and highlight ideas and themes that catch your attention. We have placed at the end of each chapter several blank pages for you to make notes, to create a protocol for yourself for each theme. Use them! They will help.

Another suggestion is to acquire a journal solely for this book. Make notes, ask questions, dialogue with your own Light Team through automatic writing, create protocols from all the practices suggested in these chapters, make notes about your journey and how these practices are working for you.

I promise that if you turn reading this book into an interactive journey with the suggestions given in each chapter, by the time you finish the book, you will be transformed into a High Frequency, vibrant Presence on Earth!

Why wait? Let's go! Again, thank you for being here. My love and Hugs to you.

All my Love,

*Remember, we are here to help. Email us: [support@selfsynthesize.com](mailto:support@selfsynthesize.com)*

# How Vibrational Frequency Impacts Yoga



I have practiced yoga whew, that seems like an conversation interesting is taught yoga \*with\* and understanding of frequency.

for over \*gulp\* 30 years... eternity. What makes this that I have practiced and \*without\* frequency, or the

What difference does frequency make in yoga? Speed! The rapid movement forward in yoga! Remember, higher frequency means a growth in consciousness and awareness, as well as moving us into a positive state or frame of mind — vibrational frequency often generates intense motivation and a sense of expansive possibility.

These two components create fast advancement in yoga. Interestingly, yoga also causes this awareness growth, though alone, without using high vibrational frequency, this growth and transformation takes much longer. In fact, yoga is the science of the Self, the Union of the self with the Self. Using frequency along with yoga leaps us rapidly forward in our yoga efforts, often effortlessly. Not to mention how both, together, accelerate transformation in our lives!

One of my clients told me that with my vibrational frequency work alone she made more progress in her life in 2 months than she made in 15 years with a psychotherapist. I hear this sort of testimonial frequently from my online clients who work with my monthly frequency fusion. AND on top of these encouraging results, add in a good yoga practice! Look out world!

Practicing yoga creates a peaceful, happy, energized state just after practicing. This state grows more steady throughout our full daily life over years of practicing. Frequency does this fast, often can happen in days. Of course, regular exposure helps in the beginning to maintain high frequency. Together, hand in hand with yoga, our desires, dreams, become our immediate realities!

A point I call the point of no return, blossoms in each of our lives as we journey down the road of growth and transformation; where once passing, we never go back to previous consciousness and/or frequency states — a point of no return. We stay more tuned-in, tapped-in all our waking hours. I have noticed over the years that those who combine high frequency and yoga cross this line much faster than those who practice yoga alone.

Are you ready?!?!? I am, so come join me!

*Originally published on January 18, 2016*



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# Expanded Consciousness Shift: 4 Levels of Consciousness



Last October, I began one year *Integral Facilitator*. One of my recent thought reflection on what qualities up in my work.

participation in a fabulous *Program* certification training. experiments involved a of a facilitator have opened

This led me into a deep dive into **consciousness and how high vibrational frequency interfaces** with it. From there, I noticed how the process model *Perceive, Think, Act*, of Ray Peat, works nicely in the interface of frequency and the 4 stages of consciousness.

What are the 4 levels of Consciousness?

- To me
- By me
- With me
- Through me

What I discovered fascinated me, and am thrilled to share it with you!

## 1st Stage of Consciousness: To me

This level maps well to this model:

Perceive/Act → Act → Think

This stage uses a more survival/stress reptilian brain induced mode of living. Interestingly, this level creates a protective environment defined by the external world. It allows an individual a level of safety in which to grow and gain individual strength. This stage of consciousness sees life as “happening to me”, and defined by external reality, which plays a powerful role in an individual’s world. It can lead to experiencing life as a victim, with no control over circumstances, a reactive mode of living; act out of reaction and maybe later think and reflect.

“To me” consciousness can grow a mental condition of learned helplessness otherwise commonly known as depression. A difficult stage to grow out of and leave behind, both because of the safety (of sorts) it provides and because it requires a huge leap in frequency to move up and out of this stage. The vibrational frequency of the individual in “to me” consciousness operates out of emotional states like gratitude, love, seeking balance, seeking peace.

Also emotional states triggered by lower emotions like fear, anger, guilt, etc., will show up more often in this stage and the individual might be more stabilized in these lower emotional states.



## 2nd Stage of Consciousness: By me

This level maps well to this model:

Think → Perceive → Act

Here an individual takes more control in their lives knowing they can influence their experience. Their vibrational frequency begins to raise. Action oriented stage that seeks to influence situations. A person's thoughts and beliefs often determine what they perceive.

An individual attempts to create and shape experience/reality; an energy intensive life model. Also, eventually the individual notices the difficulty in actually accruing much success... too many variables. This stage of "by me" sets up a separation of how the individual views themselves in relation to the world/reality. It contains the elements of "me" and "the world I control".

"I am in charge of my world." Notice the dual feeling tone in this belief? Also this model conflicts with "feet on the ground and embodied" and embodying My Infiniteness in moment to moment life...

This stage experiences the higher vibrational frequency emotional tones of gratitude (needs the dual separation of me and not me), positivity, potentiality, possibility, compassion, love, etc. Emotional states of anger and fear can also play a role in this stage, though they are less the stabilizing emotions like in the "to me" level of consciousness.

## 3rd Stages of Consciousness: With me

This level maps well to the model:

Perceive → Think → Act

This stage begins to understand the "self as instrument" model and ground it into real time moment to moment life expression. It allows for approaching a life from an openness to Presence as arising in the moment. It eliminates the need to meet life and the moment with preconceptions of what "should be occurring" and the need for certain outcomes. AND eliminates the efforting associated with "trying to not have" preconceptions.

This mind-set connects the outer self to an inner Self and co-creates and co-navigates life as it is arising. The hard "dualistic" distinction in "by me" stage of consciousness softens in these more fluid, blended, consciously merged "with me" stage of consciousness.

This stage (Perceives), reflects and then chooses a course of action. Radical actually, and generates emotional and vibratory frequency states such as much joy, self love, tuned into their own Infinite Beingness and high overall vibrational frequency rate in the individual. Life becomes a dance with inner reality. Rarely do lower frequency emotional states dominate an individual. As a human, all emotions arise and fall, come and go. The difference from earlier stages lies in the dominance of experience by low frequency emotions. This rarely occurs in "with me" consciousness.

This stage dovetails nicely with a quote from Yogi Bhanan (Yogi Tea); a concept that has helped my clients by giving them a strength in individual self connectedness and knowing the inner Self this creating the necessary differentiation from what does not resonate with the flow of their own Infiniteness... notice the "Perceive → Think → Act" theme in the quote: **"If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all."**



## 4th Stage of Consciousness: Through me

This level maps well to the model:

Perceive —> Think —> Act

A sense of greater oneness emerges in the “through me” stage. A highly fluid stage where the individual recognizes that Divine “dances as me”. Individuality exists though personality and is centered in a greater context of Infinite Self.

Like the previous stage, this 4th stage (Perceives), reflects and then chooses a course of action. The difference being that perception now involves a bigger, universal, Infinite scale. Identity lies with the Infinite Beingness as opposed to the human expression of the Infinite Beingness.

This stage vibrates at the level of freedom of individuality in relation. Thus, in combination with the previous stage’s co-created space, it engenders Divine dancing as creation and expanding upon creation Infinitely...

The high vibrational frequency emotional states of bliss, connected to Divine, Divine love pulse through the individual. Lower emotional frequency states might momentarily arise, though they do not last or chosen as a state of expression. The individual might choose to use the energy of anger to propel action, but always remains in control and conscious of the use. A rare few human expressions of this stage are present on the planet.

Hope this helps! My love to you all

*Originally published on February 09, 2016*



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# Higher Consciousness and Happiness: How They Connect



We all aspire to realize it in our relationships, our our thoughts. That said, what we choose instead of chase?

happiness in our life. We pursue careers, our pastimes, and even if happiness was something What does that mean?

It means the difference between hope and control for our happiness.

How then do we make that choice?

Here lies the importance of high consciousness development.

Developing awareness of our inner wishes, thoughts, and feelings grows our consciousness. This awareness gives us a deep understanding of our true self. With high consciousness, we see life as a beautiful creative dance between our higher consciousness and our ego or "I-Sense". These two elements together represent our true self. We control the dance!

Raising consciousness moves us straight into the center of joy and happiness within by our own choice. We celebrate our very own selves and our lives. Even our tough times seen from higher consciousness become events worth celebrating!

Expressing gratitude for our true self causes an inner happiness, a joy grown from choice! We no longer need to hope for happiness, we create it for ourselves.

Would you rather hope for, or choose, happiness in your life?

*Originally published on February 28, 2016*

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# Technique to Discover Your Passion



Make your dreams come Go where the wind takes you. these things have something uncovering your passion, the pursuit of happiness.

true. Find your life's purpose. Be your truest self. All of in common: passion. By possibilities are endless in your

**Follow the steps below as a guide for discovering your passion:**

- Find a time where you have two or three straight hours free without disturbance.
- Start with 13 sheets of blank paper, lined or unlined — a journal works fine — and your favorite pen.
- Relax, take a few deep breaths and sink your mind into your heart, think with your heart, and write at the top of the first page, "What do I love? What makes me happy?"
- Begin writing everything that you remember that you loved and that made you happy from the earliest childhood memories until the present moment.
- Fill up all 13 sheets, front and back. Do not leave any white empty spaces. Let it be flow, keep writing. It is amazing how memories suddenly appear out of nowhere.
- When you finish, take a brief 5 or 10 min. break and come back to your 13 pages.
- Read what you wrote. As you read the 13 pages, you will start to notice trends. Circle where you notice themes arising.
- At the end, write all of your circled trends on another blank paper. You will see an overarching theme show up.
- Find one word or a phrase that describes the overarching theme. Voila, your passion! Then you can begin to formulate a plan based on your gift and your passion.

Everyone I have guided in this exercise told me how clearly they could see and determine their next steps! They tapped into their inner excitement and creativity even without expecting this type of result.

When I did this exercise, I discovered my overarching theme was change, transformation. This surprised me initially, and then as I reflected on this theme, I realized how passionate I truly am about transformation! From there I formulated a plan: help facilitate transformation of individuals first, then transition to organizations in transition, and finally support the planet in change. The next day I signed up for a licensed, certification coaching program.

*Originally published on March 14, 2016*



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# Physical Meditation Guide



Three thousand research the benefits of meditation! practiced on a consistent basis benefits, not to mention those

in general creates an inner balance between the various parts of our humanity: mind, body, and soul. Fortunately different methods of meditation that cater to these three aspects of us emphasize our varying needs and personalities. The good news, meditation is not a one size fits all solution.

projects to date have extolled The science is in: meditation brings over 75 researched not yet studied. Meditation

## **A variety of research projects have found that physical meditation:**

Improves energy levels; improves immune system functioning; improves lung capacity; improves breathing; reduces asthma and associated problems; lowers heart rate; reduces blood pressure; reduces heart problems in general; reduces brain problems; increases longevity; reduces inflammation and inflammatory disorders; reduces premenstrual and menopausal symptoms; helps immune diseases like arthritis; fibromyalgia and HIV.

## **A Guide to Physical Meditation:**

- Begin in a comfortable cross legged position and close your eyes, resting your palms on your knees if that feels better for your back.  
Take a deep breath, feeling your body on the seat, your legs on the floor, anchor and ground by noticing your physical position.  
Ground into the earth grid, the heart of the earth, by imagining your feet on a gemstone.
- Once again take a breath and bring your awareness to your eyeballs.  
Move your eyeballs, not your head, and begin to gently move your eyeballs to the right without strain or causing pain and move them back to center.  
Then move them to the left, and then back to center.  
Repeat this and then move them up towards the top of your head and then back to center. Then, move them down towards the sternum and then back to center.
- Repeat this process again and notice your breath, notice how the breath slowed down and deepened. Notice how your mind remained right here, present. Slowly open your eyes and feel the room around you.  
Notice the stillness, the calm, the peace, even as external activity continues around you. Notice how your space feels quieter.
- Uncross your legs and recross with the other leg. This meditation is infinitely adaptable!

You can choose your own rhythm. You can extend this meditation for as much time as you like. Make it yours!

*Originally published on March 17, 2016*

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# Emotional Meditation Guide



One of the joys of powerful emotional strength. and lives where few situations meditation reaches out and needs a few minutes of our time. Nice.

meditation manifests in In our busy modern world offer emotional solace, meets us where we are. It only

## Research has shown that emotional meditation:

Reduces stress response; reduces anxiety; improves mood; reduces impulse reactivity; reduces survival response: flight; freeze; fight; reduces stress emotions like: fear; anxiety; anger; loneliness; depression; increases optimism; increases self-esteem and self-acceptance; increases resilience against pain and adversity; increases relaxation; increases awareness; develops positive social connections; increases emotional intelligence.

## A Guide to Emotional Meditation

- Place your right hand on your heart and feel the beauty and power of your heart! As soon as you put your right hand on your heart the flow of vital force enters the heart.  
Research shows that simply placing your hand on your heart actually increases oxytocin levels, called the happy or prosperity hormone!
- Say to your heart: "I love you. I love you, heart. Thank you dearly for serving me so that I can be alive, so that I can experience life!"  
Notice the changes in your body when you speak as such to your heart. Notice how your body lets go, relaxes and releases.  
With your inhalation infuse into your heart: love, ease, and compassion.  
You can say this out loud if alone, or in your mind as you breathe in for a count of 4, and then take a normal exhalation.  
On the 4 count inhalation: love, ease and compassion. Normal exhalation.
- I suggest you place a smile on your face during the inhalation. Research shows that smiling causes a neural chemical change in your brain. So smile!!  
Inhale for a count of 4 with a smile on your face as you infuse love, ease and compassion into your heart.  
Repeat for one or two minutes. Relax your arm down.  
Open your eyes and notice the space in the room, notice the quiet and peace infusing your immediate environment.

*Originally published on March 20, 2016*



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# Mental Meditation Guide



Life in this informational demands on our time and on work and family demands demands. Taking a few minutes give back to ourselves and our mental health, gives back mountains in mental gains!

age places ever increasing our minds from increasing to increased online social out of our day to tune in, and

## Research shows that mental meditation can:

Increase mental strength; increase focus and concentration; improve memory both retention and recall; improve cognitive skills; increase creativity; improve problem solving; improve decision making; increase whole brain functioning; improve information processing; help ADHD; help decrease mental distractions.

## A Guide to Mental Meditation

- Change your leg position to any comfortable position. Feel your feet and buttocks ground into the heart of the Earth; if you have one, use a grounding mat. Bring your awareness back to your breath. Set a timer for 2 minutes.
- Remember a value that is meaningful to you, like love, peace, compassion, God, Om, joy, etc. Begin to repeat that word in your mind over and over at any rhythm that feels comfortable to you. If you find your mind slipping away into another thought, simply bring it back to your chosen word. Bring your mind back again and again if necessary.
- No judgment, remember you are retraining the awareness to focus as per your conscious choice rather than remaining at the whim of your ever voracious thoughts!

*Originally published on March 20, 2016*

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# Relationships: How Consciousness and Vibrational Frequency Serve Intimacy



My husband and I recently celebrated our First Anniversary. A few weeks ago, for my husband's Green Card interview process. I must admit that I felt extremely nervous and at the same time, it started a beautiful reflection about relationships and how they interface with consciousness, with choice, with vibrational frequency.

recently celebrated our First Anniversary. A few weeks ago, for my husband's Green Card interview process. I must admit that I felt extremely nervous and at the same time, it started a beautiful reflection about relationships and how they interface with consciousness, with choice, with vibrational frequency.

I lived in India for 12 years and practiced celibacy with an intent and goal of reaching "enlightenment" from my spiritual practices. In fact, I was mad after "finding enlightenment" believing it possible to reach. At one point in my sojourn in India, it dawned on me that I could not reach "enlightenment" alone. To have all of me up on the table; to see all of me, it required being in relationship, in particular an intimate relationship.

This began my journey back home to the US with the wish to meet a most wonderful man with whom I could grow in life together. And yes, I met him, seven years later! What a dance?!?! The one year passion play that has exposed more of "me" than 12 years of deep, deep meditation. The 12 years of meditation actually helped me stay, and stay calm, when at times I wanted to jump and run — lol.

## Relationships Expand Consciousness

Our partnership continues to astound me with the honesty, communication, clarity and awareness that we both bring to the relationship. Which in turn, pushes our intimacy deeper and deeper, wider and wider, into more and more spaciousness, and higher and higher frequency expressions. The relationship itself acts as a catalyst for increasing our consciousness, raising our awareness.

Openly sharing and working with our underlying wounds, emotional scars, and traumas that every person brings from early childhood into the relationship, has been transformational. We put the "elephant in the room" straight up onto the table and began working with it.

Though not easy, and at times extremely challenging, this has proved ultimately delightful and one of the most profound pathways into our ever deepening intimacy.

Without seeing ourselves with razor-sharp clarity, true consciousness expansion remains ever elusive. Fundamentally, we can delude ourselves that we are growing in full consciousness and awareness through our own inner exploration with internal inquiry, meditation, contemplation and other such practices.

AND without watching ourselves in relation to another while exploring our reactions and responses, emotional and mental states, true consciousness expansion remains apart from us, distant.



## Vibrational Frequency and Relationships

Another blessing from my rich, beautiful relationship with my husband, circles around my life's work with raising frequency. At times, each of us comes to the table in different frequency states, sometimes in higher states than the other, and at times in lower frequency and emotional states.

When one of us slips or dips in our vibrational frequency, a quick self-reminder for the other to hold their own frequency state prevents the easy slide into empathic lower frequency resonance.

The challenge of maintaining my own frequency state has built what I call my "strong frequency muscle". I can flex much easier any frequency state I wish thanks to this precious practice with my husband. We both know now how uncomfortable it feels when one of us stabilizes in lower frequency.

We consciously made a commitment to help the other maintain high frequency states. It is easy to be in a joyful, high frequency state when all alone. It is an entirely different matter to maintain that state with others; in particular an intimate other that might at that very moment be challenging an inner image of ourselves.

Each night before sleep and every morning upon awakening, we consciously hold hands and choose light and goodness for ourselves and for others. We move ourselves into higher frequency expressions not only in our mind and awareness, but also in our cells.

If you have been someone purposely avoiding relationships, or not sure if you want to be involved with someone, from the depths of my heart, I highly recommend this rich, juicy, full, messy life path; the most rewarding journey of my life so far! May you each find your version of a partner like my husband!

*Originally published on March 25, 2016*

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## 6 Tips to Increase Your Home's Harmony and Frequency

A harmonious environment overall vibrational frequency. generate peace and harmony? ask about your home:




vastly helps with raising  
Does your home environment  
Here are a few questions to

- *"How is the harmony in my home?"*
- *"How do I feel when I walk into my home?"*

If coming home feels like walking into a heavy environment unsupportive of our higher interests, then, start changing the environment.

### Here are a few tips to create a more harmonious home:

- 1. Spring Clean.** Give away or throw out items no longer in use or needed. My rule, if I have not used it in the last year, it's time to pass it on to someone who will use and enjoy! These unnecessary objects take up the space of new, exciting items more resonant with the current you. The old, dusty items actually prevent you from moving forward! Sale or donate them to someone in need. Then notice how your home feels.
- 2. Physically Clean.** Keep the interior and exterior house clean. If it feels burdensome to clean, or it is impossible to clean alone, ask someone to help. If friends or family are not available, trade with someone, or help them with their own cleaning. If affordable, make the investment and pay someone to help you, even periodically. Exterior cleanliness and freshness reflects and can create an inner harmony and peace.
- 3. Reorganize.** Move furniture around to a better, more useful layout. Create more space. What's the best place for a piece of furniture? Reorganize each room to make day-to-day life flow smoothly and to emotionally support a joyful day. Watch how your mood will change!
- 4. Beautify.** Bring in fresh and beautiful art, flowers, plants, photographs. Beauty brings joy. Notice what makes you smile and what lifts your spirits. Recreate the home environment to enhance joy and beauty. The possibilities are infinite! Have fun. Remember, this does not require a large sum of money; mostly it requires creativity. You can also add beautiful smells to your home like natural essential oil air fresheners or even change the color of your walls; a few ideas to stimulate your own creativity!
- 5. Feng Shui.** Hire a Feng Shui specialist to help create a different flow and positive energy in your environment. Shifting the flow and energy in the home can totally shift the harmony and peace in your home. If hiring an expert is not possible, buy a book and start making the changes! I did and created an amazingly peaceful home for myself and my husband.



**6. High Frequency.** Play high frequency music on a loop in your home. At night, I play my own frequency recordings on loop — our site gives you access to frequency recordings, [learn more here](#). Solfeggio Frequency tones are also available for free at our site. Playing them continually on loop raises the frequency higher and higher. People immediately feel and experience peace and harmony.

Remember, changing the environment in your home does not need to be expensive or a monumental effort. Start slow, one step at a time. Even the smallest shift can make an enormous difference. It only needs willingness!

*Originally published on April 01, 2016*



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# Working on All Layers to Make Lasting Transformation



I love how my work, all layers of a person: mind, body. Approaching a problem our effectiveness for

***Self Synthesize!*** touches into energy, emotions, physical from only one avenue limits profound shifts and healing.

Rather, come with a big tool kit; a plethora of ways to interact with the element we want to change.

This multi-level approach gives us a greater chance for success. And in truth, I find it virtually impossible to separate layers and elements within us. They intertwine within us much like a beautiful symbiotic forest!

I have worked with women suffering from underdeveloped bodies: imbalanced hormones, no regular menstrual cycles, underdeveloped breasts, and a body shape of a small girl; needless to say, an unhealthy state of existence.

I created a long term plan for transformation and slowly worked with their beliefs, with their self image, with their emotions, with changing their diet, including a brief dietary detox.

By moving slowly, these changes became their way of life. As a result, we changed the shape of their bodies in less than a year!

- From a very straight board like figure, to a feminine figure with beautiful curves;
- An underdeveloped child like body became a beautiful womanly body;
- Even skin problems, chronic acne, completely cleared out.

These examples show the profound results from working on all layers!

*Originally published on April 15, 2016*

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# Human Compassion: A True Hallmark of Enlightened Consciousness



At a certain point in my life, the final and all encompassing potential. So much so that writings of Saints. This practice

I valued Spiritual Leadership as example of the highest human I chose to ONLY read the continued for almost ten years.

I learned invaluable points about tenacity and practice not to mention the importance of keeping focused on Divine.

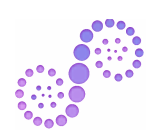
Then, one day, I saw an example of devotion in India from a poor Hindu woman that shifted my opinion. I was visiting a Hindu Temple and saw this woman run to the steps and fling herself down crying almost wailing. I asked someone standing next to me what happened and to translate. He told me that she had saved for one year to pay for the bus tickets to bring herself and her children to "see her God", the temple Deity representing her preferred image of Divine. Those bus tickets amounted to maybe \$1.

Seeing that profound devotion ripped my heart out. I then thought, "It is wonderful to see examples of compassion and devotion in Saints that often spent their lives in practice, and concentrated on Divine, a certainly noble pursuit. What about the person that can find these qualities in the midst of the suffering found in their normal daily lives? Are they any less than a Saint?" Important question for me as I was operating under the belief that Divine appeared mostly in Saints. Innocent and naïve.

Thus began my journey back to the US and into "ordinary" life to see if I could find examples of Divine Love and Divine Compassion in people living their daily lives. Expressing the fullness of human potential became my new "enlightenment", the ever-elusive state I drove myself to become during those nearly twelve years in India.

Remember, consciousness represents a fundamental level of awareness; a higher awareness equates to a higher consciousness. I am oversimplifying an actually complex interdependence, but for the sake of a short post, the simplicity suffices. As I looked around me, I noticed this high consciousness in the form of human compassion peaking out from every corner, and every nook.

- One woman chose to adopt her children rather than have her own because she wanted to alleviate the suffering of at least two people.
- Multiple organizations in Dallas alone, religious and secular, work tirelessly to feed those people without money, without homes, to survive.
- One restaurant owner feeds her weekly leftovers on Sunday evening to the hungry who gather at her restaurant back door precisely at 6:00 pm.
- One doctor and his wife chose to adopt a newborn with Downs Syndrome from the delivery room when the birth Mother refused the special needs newborn.



These are only a few examples I noticed around me. The goodness, the open heart of each human involved in these separate examples began to inspire me into the truth that we are already enlightened. We are, each of us, Infinite Divine Beings living a human expression and NOT a human being striving to reach Divine perfection. Divine exists as all Beings not only the Saints.

Then recently I witnessed the most AMAZING example of spontaneous Human Love and Human Compassion. It left me in tears, speechless. My niece and nephew performed in their Church spring musical drama production of the story of Noah's Ark. The first "act" of the production was two songs from the newest choir: a special needs choir for all ages from young children to adults with Downs Syndrome, Autism, etc. They were soooooo sweet singing their hearts out.

The choir's second song had a jazzier, upbeat rhythm and at one point the choir raised their arms over their heads and began swaying their arms back and forth. One person in the large auditorium audience followed and suddenly within 10 seconds later, the entire audience had joined in with swaying our arms, clapping and singing along. The choir seeing this beautiful response smiled larger and sang even louder with immense joy! The energy of compassion, joy, love exchanged between the choir and the large audience during those three minutes of the song filled my heart for weeks to come.

Truly I had witnessed Divine in human form, high consciousness in action during an "ordinary" life moment. I stood facing Highest Human Potential expressed as Human Compassion and Human Love by "ordinary" people in "ordinary" life.

*Originally published on April 24, 2016*



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# Discovering Your Personal Passion



We all dream about making needs from pursuing our crucial key to realizing this Passion. Do you know your question initiates a cascade of events intended to help realize this dream. The power of asking a question puts us back in the driver's seat. And the fun part? We do not even need to know the answer. Simply asking the question opens the door to our inner power.

a living and supporting our Personal Passion. The one dream? Knowing our Personal passion? Simply asking this

## Ask the Important Question

Ask your Inner Beingness: **"Infinite, Divine Beingness, what is my passion?"** By simply asking, we open the door for the answer to come. Life, Divine, nature, supports us; life has our backs! At the moment of asking we may or may not get an answer. Often the answer suddenly drops as a download in our brain later when the conscious mind quiets down.

Remember those "aha!" moments that come in the shower, during sleep, upon waking or even falling asleep, during contemplation or mindfulness or meditation?

Sometimes the answer comes as a feeling while engaged in an activity. We suddenly notice, "I really love this!", "Wow, this makes me feel so good, I love this, this is juicy, this is fun!".

I often ask my clients, "What juices you? What excites you?, What gives you pure joy, pure love? What would you enjoy thinking about when you wake up in the morning, all day, and then when you go to bed before sleep, never tiring of the subject?" Pay attention to your answers, they reveal your truth.

This passion happened for me. My work, my ability to interact with you intuitively in your favor, my ability to work with frequency, and my ability to work with Light Teams — the Beings of Light around me — juices me! My passion is sooo passionate for me, I literally engage with frequency all day, almost everyday. I think about frequency all day and I think about it at night when I go to bed.

I engage my Light Team as I choose light and goodness, before sleeping and upon waking. My life fully dances, intertwines with frequency, and yet, I never tire of the subject.

Imagine a passion like cooking. There are infinite ways to explore and embody cooking. No need to limit a passion to one expression! Find the passion that lights your fire and remember, infinite ways to express means a lifetime of joy for you! I once heard a quote that I love: ***"If people are not laughing at your dreams, they aren't big enough."***

Yes, so true. It's YOUR passion, it doesn't matter what anyone else thinks about your passion. With your passion, leap forward into infinite, big, expansive dreams, because they come true, my friends, they come true.

*Originally published on April 27, 2016*





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# Change is Your Birthright



I love this brilliant quote  
**"There are only two ways to  
nothing is a miracle. The other**

Write it down and put it  
bathroom wall, or your car, hanging from your rearview mirror, somewhere you will see  
it daily.

The wisdom in this quote, as absorbed by you, acts like a life-shifting point that starts  
a cascade of change in your lived experience initiated by your choice.

If you change your starting point into "I'm an infinite divine being, in a body on a  
planet having a human experience", OR into "everything is a miracle", what might you  
experience in life?

Think about it, just the very fact that you have hands, that you have a body is truly  
miraculous. Everything around you echoes that miracle. You have the choice, if you want  
(or not), to hold this perspective that life is a miracle; your choice.

I personally choose to see everything in life, everything — even the "unpleasant  
challenges", as a miracle!

attributed to Albert Einstein,  
**live your life. One is as though  
is as though everything is."**

on your refrigerator, or your

*Originally published on May 16, 2016*

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## 3 Tips For Sustaining Lifelong Happiness



I have to be honest, full of happiness. It has been an research for over 30 years. feel happiness? Can happiness I have read blogs, theories, a few, even conducted webinars on how to maintain and create happiness.

transparency: I love this subject area of constant interest and What is happiness? How to last? How to create happiness? ideas, research efforts to name

One thing that I consistently noticed over time in resources and suggestions about the nitty-gritty details of cultivating happiness: these resources tend towards the emergency end of the spectrum. When in crisis and panic, how to surface, how to end the survival, reptilian brain overload, and feel happy? An interesting point of reference here, the same strategy for emergency care works as a long term sustainable happiness tool: gratitude! Wait, I leaped a bit ahead of myself. Back to thinking about more permanent tools for happiness.

Only employing the emergency approach keeps the body in stress mode, relying on cortisol and adrenaline. What would a long term, repeatable strategy to cultivate sustained happiness look like? Firstly, a retraining of the body's tendency to exist in stress and flight, fight, or freeze and shifting to relying on metabolic healthy energy from a balance thyroid. Secondly, a solid approach to experiencing lifelong joy is repeatable and trainable! Empowering isn't it?

Three techniques I personally have found helpful:

### **Accept that life contains a myriad of experiences, sometimes pleasant sometimes unpleasant.**

Attempting to force a certain outcome for every situation uses a large amount of vital force and emotionally could lead to disenchantment. An effective way through the unpleasant moments is to acknowledge how we feel without any need to change the situation. Research has shown that an emotion lasts only 90 seconds. Judging it and making it wrong, causes the emotion to stick around a lot longer. Creating a life template and habit of honoring what is arising, creates the space for openness and receiving while staying grounded and connected in; as opposed to constantly fighting, pushing against, shutting down, and contracting away from something we deem as "bad". Remembering that we live in choice pulls us out of the rabbit hole of victimhood. Then we can begin to cultivate gratitude.

### **Cultivate gratitude.**

Recently many studies have surfaced about the benefits of gratitude, everything from creating healthy biomarkers, to emotional stability, to helping post traumatic stress problems, to being one of the main factors in longevity. What I have noticed about gratitude is its ability to include ALL of the emotions, frustrating to anger to compassion to love, etc. As a strategic alliance partner in our life long happiness, gratitude offers the





benefit of including everything, the good, the bad, the ugly. Nothing is marginalized. It acts as the midpoint to shift into higher frequency emotions while honoring everything arising in our world. Using gratitude to include the fear, anger, pain AND simultaneously the appreciation for the opportunity pulls us out of the mire towards awareness and "lightness". Hard to stay mad with a heart full of gratitude.

### **Find evidence everyday that life has our back.**

According to neuroscience, what we focus on and choose to see reinforces what we will actually see due to the brain's necessity to filter information. It filters according to what we expect to see. When we create the habit of looking for goodness in and around our life, even in and around our physical body and surroundings, and searching for examples of how life supports our wellbeing, or for the beautiful ways people support us everyday, our brains will cultivate the habit, the expectation of seeing goodness everywhere. Friends it works! This is not pseudoscience, rather hard core neuroscience explaining how the brain functions. Because of neural plasticity, we possess the ability to change old habits and cultivate new habits of goodness. Whew. Empowering isn't it?!?!?

Hope this helps! My heartfelt love to you all.

*Originally published on May 28, 2016*

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# How To Navigate Our Love/Hate Relationship With Change



We do this over and over: many times in even one single of: new, exciting, different, to break up the monotony. resonant with our desires, begins shifting our lives and routines; how do we often respond? We panic, stress over the change, immediately desiring it to halt. Funny Beings aren't we? I am not sure I have ever met anyone not intimately familiar with the above dichotomy.

crave change. Think about how month we desire the feeling out of the ordinary — hoping AND then in response and change actually shows up and

What are we to do? Remain doomed to emotional flip-flopping? After deeply contemplating this conundrum, I created a few pointers to help maintain high frequency in times of change, in order to more smoothly navigate the potentially dangerous forest of change and uncertainty.

- **Acknowledge change** and its importance as one of the foundational assumptions of life: a) Life Changes moment by moment. It is a constant. The previous second will never be repeated. No two seconds are ever alike. b) Love is the substratum underlying life. c) Life has no beginning and no ending.


The moment we accept the constant that Life changes, we can relax into the unknown aspect of change.

Isn't it this "unknown" that we ultimately react to? Change actually feels fun and exciting when free of the element of "not knowing".

Add in the element of unknown and watch our emotional selves start spinning out of control. Using acceptance and then gratitude, we keep our emotional states in high frequency where we can eventually stabilize in higher expressions like excitement, possibility, fun, joy, etc.

- **Nourish our physical body** to reduce production of stress hormones during rapidly changing moments. Temporarily supplementing with an adaptogen combination, increasing physical movement like taking a walk or extra yoga, eating healthy fresh "real" food (not junk or processed) all represent simple measures to control the HPA axis (hypothalamus, pituitary, adrenal axis) from over producing cortisol, adrenaline or serotonin — stress driven hormones — that keep us trapped in the survival stress response.

When our body is in safe mode and not driven by an activated HPA axis, we experience higher frequency emotions like peace, calm, contentment.

- 
- **Remain grounded** in clarity through practicing mindfulness/awareness of our present moment. Stay grounded/connected inside with our own self, with our breath, with our body, with our emotions, etc. When we feel connected and grounded within ourselves, a storm might be raging around us, and yet we remain calm in the center, eye of the storm. Again, this allows us to stabilize in high frequency states which allows us to connect positively with change and even more importantly with the “unknown” associated with change.

These suggestions to help navigate seamlessly through the waves of change have helped me weather some unsettling times and circumstances. May they serve you as well!

My deepest wish for lovely months ahead!

*Originally published on June 26, 2016*



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# The Sweetness of Perspective



Interesting isn't it, how our lives and provoke deep clarity arises out of our old of perspective showed up

As I wrote in my July that missed it:

external events show up in inner rumblings while new resistances? The contemplation recently in my world.

newsletter opening, for those

*"Sweltering under a fine hot Dallas summer and totally enjoying it. How do I dare write such a blasphemy? Especially after a day of moving boxes back and forth from storage straight in the middle of the day in direct sun? Perspective. As I will be living for a while in a country without much sun, lots of rain, and mild temperatures, the hot sun suddenly feels good, a sensation to remember on my skin. Also, this year's hot summer days relentlessly keep asking me to be okay with "what is". AND oh, "to be okay with what is can truly be difficult, urrrgh. Why this musing about the sweltering sun? Perspective."*

AND even more interesting, as I was writing this post, I discovered that my life will involve a drastic amount of travel until the end of 2019. My initial wave of emotion and uncertainty could have easily slid down the "grumbling" pathway. Poised from my perspective contemplation, I paused, took a few breaths and asked myself: "What goodness might this mean?" Suddenly the rush of emotion switched pathways towards joy and I laughed out of excitement of the fun my husband and I will have and the sites we will see.

The secret to my in-the-moment perspective choice? A few breaths and a question. These allowed enough of a mental pause to stop the flight-fight-freeze hijack of my brain setting off its cascade of hormonal and neural reactions.

Instead I shifted into gratitude which then allowed me to move up the emotional frequency scale into joy.

Having choice in perspective puts power directly into our hands. It can mean the difference in "being a victim" in a situation and "taking charge" in a situation without ANY change in the external situation. The change exists internally within us.

Try it. Think of an unpleasant situation, one you would prefer not having — perhaps one with less of an emotional involvement for testing. Ask yourself a question about the situation that seems opposite to what you feel. Notice that simply by asking, a small space opens up around the "unpleasantness" and allows in new insight, in essence, a new perspective. Watch the quick shift in your emotional response, quite stunning to witness. And yes, yes you did it! No one helped you.

On my *Self Synthesize! Radio Show* last month, someone asked a question about failure and how to move out of the emotions of guilt and shame. My heart burst open when I read the question. I wanted to rub her beautiful heart. It dawned on me that if she asked the question, others also felt the same. I decided right then that I had to write a blog post on perspective one day. Even failure is simply a judgmental choice, a polarity: some of my biggest failures have been my greatest wins. Hmmm.



Sometimes the desire to reframe, to find a new perspective arises out of a wish to escape. In the long run, that “fleeing” will cause the situation to chase you mentally and emotionally until you reach resolution. Rather, try acknowledging the situation and any disappointment. Then ask the question: “What goodness might this mean?” This keeps you in the present moment and puts the choice of how the moment is experienced directly in your hands. Powerful. Feeling your power yet? I hope so!

My deep love to you all. I hope this helps. Huge hugs for staying with me until the end and for choosing your power!

*Originally published on July 31, 2016*



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# How Mind Body Symphony Nourishes High Frequency



Recent off the chart high life spurred me to watch my curious about what it actually calm, clear headed, focused, to maintain a genuine happy self talk of “all is good” while my inner being is boiling with anger, fear, frustration that shot out sideways to my near and dear loved ones.

stress and strain in my personal mind body response. I was required for me to remain, action oriented, positive, and mood — not a fake forced

mood — not a fake forced

Keeping my physical body in an energy generating, healthy, vital state, as an organism, created the proper “house” in which my mind remained grounded and felt safe. Seems obvious, right? Well, the learning came in the brief and rare moments when stress overwhelmed my body and threw my gut off balance (easily remedied with high doses of digestive enzymes).


In those moments when I did not feel well, I noticed the struggle to maintain my mental well being and high frequency. Thank goodness for my huge tool kit and years of practice maintaining high frequency! I could turn the situation around fast. The learning? When my wellness tanked, I noticed my inner sensations, and how they were exactly what I experienced before, as the norm in life!! Pausing for a breath.

At that time in my life, I did not realize my wellness meter and life experience was subpar because I had nothing to measure it against. I truly see now why shifting to a diet and physical strategy that promotes metabolic strength and generative energy creates and sustains a creative, curious, open, strong high frequency body to house a curious, open, creative, high frequency mind, and that, together, they generate a high vibrational human Presence — Soul.

Attempting to reach such a strong balanced soul state by driving only one of the two legs of body or mind in a balanced system throws the system off balance and until both are addressed, the capacity to reach peace and joy in our inner being or soul remain practically nil. We might touch in from time to time, but to sustain that state as the norm needs the overall balance.

I started my journey by pulling with my mind and high frequency. Eventually my body demanded my attention. I ignored it for as long as possible and to the edge just before any real illness set in. Thank goodness I had enough background to start a true physical healing journey towards true health. I now experience my body truly healing and feeling strong and balanced as never before! The signs?

- Sustained full-on vital energy all day (before I had good energy but noticed that in the evenings and weekends needed to rest often to keep my vitality strong)
- Healthy balanced sleep free from insomnia that plagued me for a few years

- 
- After beginning high dose natural progesterone therapy, ALL my peri-menopausal symptoms shifted in two weeks. I now have the healthiest female cycle that I have ever had!
  - My will for goodness and light never waivers EVEN in moments of frustration and stress. The difference from before? Effortlessness, before I “efforted” much more to achieve the same.
  - Life flows in a different experience of ease and effortlessness. Rather than feeling like I need to push life towards my benefit, I focus on generative energy well being and life itself flows with great ease. I know this is a subtle distinction, and yet it is soooo noticeable.

Hope this helps and thank you for coming with me on this incredible adventure called life!! As creator forces of Divine, we navigate our lives and create our adventure.

Feeling blessed that we have joined forces.

*Originally published on August 28, 2016*



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# Choose the High Road to Remember Your Power



Recently I received overwhelmed with a fear of own lives. They believed that harmed them. I also noticed throughout the world, in

several emails from people being out of control in their other people and events had this theme permeating general this year.

First, I want to honor the real sense of fear such a belief and feeling can generate inside a person. Can be terrifying. I also think this highlights an overall theme: we, as humans, are being asked to remember that we live in choice, —> “by me” consciousness rather than what has prevailed previously on this earth, victim hood, —> “to me” consciousness.

I also saw this theme dovetailing in my own life. Due to funding intricacies, my husband and I currently live like birds on a twig: For the last 2 months, we have lived daily on the edge of not knowing when we will leave and move to Ireland. We sold our car over two months ago and gave away our furniture over one month ago and now sleep on the floor. We have cleared out our condo except for bare, bare necessities, and are 97% packed, ready to fly and have our condo shut down in less than one day.

Early on, after our first departure delay, I quickly understood that in order to move through this time with sanity and maintain good physical, emotional, and mental health, I needed to make a choice in how I would respond to the situation: the high road or the low road — truthfully, I saw no in between in this situation. Intuitively, I sense the same applies to current global situations. As a species we are being asked on multiple fronts to make this choice: high road or low road. Life situations can be pleasant or unpleasant. This is normal. Our response determines this choice of high road or low road.

## High Road

- Maintain my personal power and remember I am an Infinite Being having an human experience.
- Choose positivity everyday. Please note that this doesn't mean suppressing fear, anxiety, worry, frustration, etc or denying that life has presented an unpleasant situation. It might have. Acknowledging that something is frustrating or unpleasant is extremely important. HOW we respond determines whether we chose the high road or low road.
- Remember EVERYTHING is happening in my favor even when it appears not to be. Life has our back. EVEN when it doesn't seem like it.
- Experience gratitude throughout the experience for what amazing learning and strength it is bringing me. Remember that all experiences without exception can offer all involved a glimpse into something they seek. Notice the “no intermediary choice” theme again — either we believe it or we do not. Either we live the belief or we do not. Discover what wisdom the unpleasant experience offers and shift into gratitude for what I can see and learn.



## Low Road

- Be grumpy and gripe and complain about this horrible situation we are in.
- Choose negative feelings and behavior like anger and resentment blaming our situation on others.
- Carry a cloud of negativity around me and in my field believing that life is treating me unfavorably.
- The state of “being wronged” or feeling this “being wrongedness” set up a straight road to suffering and become a spiral downward, hard to pull out of. Some people spend their whole lives struggling with being wronged. This feeling, and taking the low road, corresponds to —> “to me” consciousness or victim hood.

One of the fastest ways to shift from: —> **to me consciousness** into —> **by me consciousness**, and out of that rut and trap, is gratitude or, in certain situations, forgiveness. Find even the smallest or simplest thing to be grateful for and DO/FEEL it over and over in the mind like a mantra. Or, find the tiny speck of forgiveness inside the heart and let it grow.

In my personal case, rest assured I chose the high road and can confidently say: POSITIVITY WORKS. I do not mean a surface push to say something positive all the while suppressing anger, frustration, fear, resentment. I mean living, breathing, exuding, choosing to take the high road with whatever comes our way in the normal flow of life. Trust me and give it a try.

*Originally published on October 02, 2016*

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# You Are Enough!



If every person on this “You are enough”, we would most definitely live in peace. “master/slave” mentality on

planet embraced the wisdom thrive as a human race and We would eliminate the planet Earth.

As humans, we have all experienced at one time or another the feeling of not being good enough. This feeling left unchecked, uncorrected, allows our inner critic to hurt our self-esteem. I personally think this “not good enough” lies underneath most of our problems. It voices the standard way of thinking that has existed on this planet for thousands, or even tens of thousands of years.

## **You Are Enough!**

Our cultural and philosophical support systems, or even our religious support systems, have not fully stood for empowering the individual into their own Infiniteness. To remind us that we’re Infinite Divine Beings having a human experience and that we are fantastic.

Unfortunately, the human expression receives most of the blame and we are encouraged to transcend, leave behind our humanity. We were not modeled to see our awesomeness, rather to see and accept our “wrongness”. My journey has been a rejection of “I am not enough”. I said “No! Not true.” AND I hope to encourage you to say no as well!

I believe that together, we are moving into this new experience of humanity, one that empowers the individual. This is why I created Self Synthesize! As a species, we are currently making this big shift. I want you to realize that you are enough; “You are enough!” Please know that every one of us is passing through this inner transition now.

I use my newsletters to support you to highlight that we are transitioning together; “Hey, I’m going through it with you, we’re doing it together!”. The old hierarchical system of “from teacher to student”. The belief of “the teacher up here, student down here”, sets up a unidirectional energy flow (one direction): from up to down. I’ve rejected this limiting social structure.

We are moving into a supportive system, a bidirectional energy flow, as we co-create together, and understand that we are ALL Infinite Beings having a human experience. My dear friends, the flow of life brings pleasant AND unpleasant experiences. This is normal and we have all have some kind of trauma from our past.

Sometimes these traumas may have not even originated from this life-time, but from previous life-times, and sometimes from other people in your lineage! Your ancestral lineage holds the trauma originating from many previous generations which accumulate as layers inside you.

Perhaps your great-great-grandfather’s emotions at a specific moment were passed down, not only genetically through the gene heritage at the moment of conception) but also epigenetically — that means above the genes, in an emotional sense, passed all the way through the lineage to you. My work with frequency in individual sessions helps clear lineage trauma. Frequency helps the layers of ancestral trauma disappear.



Remember, pain and high frequency can never coexist. Make the choice in your own life for high frequency, then those layers will dissolve; they can not remain. The beauty of this simple method stops you from having to “dive in and swim in a story” any more, contrary to current understanding in psycho-therapeutic circles. This was my fantastic and freeing discovery working with frequency.

Raise your frequency up! How? See my blog and our [raise your frequency website page](#) for more instructions.

When considering frequency, I want to highlight two key pieces:

- 1) Our awakening
- 2) Our intuition

Both represent parts of our natural state of being. Frequency supports awakening into our true nature and encourages our intuition to flourish as an inner compass.

As we raise our frequency, our inner intuitive capacity awakens. True awakening occurs as we discover our inner knowing. We are Divine. This Divinity is our birthright not a skill to develop, rather a knowing to remember. We are THAT.

My friends, know this Truth. Ask your Light Team if uncertain. They stand always ready to support and to help you. Always remember you deserve their love, guidance, and support.

Again, you ARE enough!

*Originally published on November 10, 2016*

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# Meltdowns, Are They Only for Children?

How High Frequency and Biochemistry Blend  
to overcome the feeling of overwhelm.



My friend called me the serious meltdown. I raised her vital energy with Frequency. Shortly after, I went over to child was in the middle of a experiences cross my path in a short time frame caused me to pause and reflect deeper about the meltdown phenomenon.

other day in the middle of a Frequency and boosted her to help her handle the stress. my client's house and her meltdown. Having these two

## What are Meltdowns?

The short answer to the question "What are Meltdowns?": Overwhelm. Thinking about the myriad of events and situations that I had supported my clients through over the last 30 years of working with people either in individual settings or in groups settings, I noticed a pattern: overwhelm, either mentally, physically, or emotionally.

Meltdowns occur in ALL people of ALL ages. A stress of any sort enters the organism (you and I) or system which does not have the energy available to address the stress. Recently, I have been studying more about the biochemical processes of the body. The importance of a strong biochemical foundation and a healthy energy generative system is OFTEN overlooked by both practitioners and clients. In short, the organism cries out for help with no response because the energy is not available, and yes, meltdown, overwhelm occurs.

**I also want to emphasize this overwhelm can occur from different mechanisms:**

- 1) a physical stressor** — like too much exercise, or not enough food / starvation
- 2) a mental stressor** — like studying for final exams, or receiving bad news
- 3) an emotional stressor** — like the death of a friend, or a divorce

## How do Frequency and Biochemistry Rescue an Organism from Meltdowns? What Can I do to Stop and Prevent Meltdowns?

In the past, my first response to a meltdown used psychological and neuroscience theory: embarking on the "reframe, tell a new story" path. OR I used yoga to support the person through the stress. Actually, now after learning more about Biochemistry, my FIRST response: give the organism or system quick, usable energy like sucrose or fructose such as fruit, honey, or natural soda with cane sugar. The feeling of overwhelm arises from the underlying fundamental energy system that cries out for nutrients to handle the incoming stress.

However, if the system does not have enough energy to handle the incoming stress AND/OR the system's stress mechanisms are exhausted from overdriving the stress system for daily energy needs.



This calming sensation begins to shift our frequency upwards and paves the way for sharp mental clarity. This allows for higher frequency thoughts and emotions.

After calming the HPA axis (hypothalamus, pituitary, adrenal axis) using biochemical means to get glucose to the system as explained above, then I move to the mental mechanisms as my SECOND response and begin using neuroscience techniques to retrain neural pathways. As mentioned above, reframing situations to move forward out of “stuck” mode that comes from negative thinking and “to me” consciousness that I have described before.

Recognizing the story we are telling ourselves and others, sets the stage to begin telling a new story. Telling a new story creates new neural pathways. The action and words we speak actually shift the size and shape of our brain. Creating these new habits allow positivity to become our first neural firing mechanism.

AND, most importantly from my perspective, we shift up our overall vibratory frequency rate. The emotional response mechanism shifts towards gratitude, possibility, compassion, etc.

My THIRD response addresses the emotional structure, the emotional trigger point. Identifying what “feels” so overwhelming, points towards the triggers we might not have seen or been consciously aware of. Working with these triggers, acknowledging them, their service to us and again, in the moment, making a conscious new choice of behavioral response shrinks this trigger and allows the emotional body to stabilize in higher frequency emotions like gratitude, compassion, positivity, possibility, clarity, love, joy, etc.

Deploying this systematic response approach, I can witness shifts in seconds and minutes. Truly, friends, this is “the quick” path to wellness and to overcome Meltdowns and overwhelm. Using the same approach as a conscious path towards higher frequency and emotional stability guarantees prevention of overwhelm and Meltdowns; they reduce in number and in time spent in this panicked emergency mode.

Hope this helps!

*Originally published on November 29, 2016*

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## 3 Quick Frequency Recovery Tips!

The holidays are again here they often cause occasional

The other day, as I was how helpful knowing two or to maintain and recover high could be for us all.

Thus this post was born.

As a reminder, these can not just for the holiday



and, while exciting and fun, overwhelm and stress.

helping my client, I realized three simple, easy techniques frequency, during the holidays,

be used year round and are season.

### Tip One

#### Gratitude.

Find only one thing that you can think of, that you feel grateful for. It can be as simple as "the sun is shining today.", or "I slept well last night." And if you consciously hold this simple one gratitude thought for 17 seconds and repeat 2 more times, thus about a minute, you completely shift your system towards higher frequency emotional states, like gratitude, joy, compassion, love, hope, possibility. It works, and works fast. It simply requires your full focus for a minute, then you will notice other new feelings and ideas of gratitude spontaneously emerging in your thoughts, further spurring high frequency expression.

### Tip Two

#### Smile.

Smiling quickly shifts our brain towards higher frequency and positivity, even if we fake the smile. First (even faking), smiling uses more of our facial muscles and stimulates our metabolism and metabolic energy, which itself is healthier than running on stress energy. Secondly, smiling quickly shifts our neurochemical cocktail towards feel good, satisfied neurotransmitters, like dopamine, which causes us to experience satisfaction and satiation. This neurochemical shift towards "feel good" pushes us naturally towards positivity and we can access the tip one above, feeling gratitude, much easier.

S.M.I.L.E. I created the acronym from smile to emphasize how helpful this simple physical act can be: **S** smiling

**M** minutes

**I** intensifies

**L** life

**E** experiences

Smiling **m**inutes **i**ntensifies **l**ife **e**xperiences. Isn't this true? I have experienced this; haven't we all?



## Tip Three

### Lay with legs up wall.

Lay with legs up the wall (see image above), for between 10 and 30 minutes. It creates a restful system similar to sleeping for hours. This pose works wonders after work or school. Rebuilds your vital energy levels amazingly fast; not to mention the huge boost in mood and positivity in the mind. It also shifts the balance inside towards the parasympathetic nervous system — the rest and digest part of our autonomic nervous system — and away from an overstimulated sympathetic nervous system, our action oriented and our fight, freeze, flight mechanism.

Along with this simple posture you can practice Belly Breaths.

**Belly breaths** — put your hands on your belly and breathe in and out “through” your hands. Focus your breath in the belly and not the chest. Do this for a few minutes.

*For extra benefit, on the*

*~~ in breath, say: “I breathe in health (or love, or peace)”*,

*~~ out breath, say: “I breathe out stress.”*

Also, along with the Belly Breaths, you can practice Tip One and Tip Two, while in this posture.

I hope these simple techniques help you raise and maintain your High Frequency throughout this busy holiday season! Remember they work. It only needs you to practice them.

Wishing you a lovely year ahead with all my love and blessings!

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## About the Author



**Lisa Ferraro**, Founder of Self Synthesize!®, has devoted over 30 years to a spiritual journey seeking her inner joy. From this journey she discovered her ability to raise her frequency for herself and others. Her ongoing journey grew her ability to affect large groups while maintaining individual experiences. Lisa uses high frequency source energy to work with clients on their own frequency. Her understanding of higher consciousness provides important insight and knowledge of the soul.

Synthesize!® has devoted over 30 years to a spiritual journey seeking her inner joy. From this journey she discovered her ability to raise her frequency for herself and others. Her ongoing journey grew her ability to affect large groups while maintaining individual experiences. Lisa uses high frequency source energy to work with clients on their own frequency. Her understanding of higher consciousness provides important insight and knowledge of the soul.

Lisa's diverse experience, educational background, and deep understanding of the human condition have earned her a trusted reputation in the Human Potential Industry. Lovingly dedicated to facilitating lasting transformation and harmony, Lisa's vision of empowerment permeates all aspects of Self Synthesize!® and the work that she does.

Deeply immersed in her practice of Iyengar Yoga, Lisa has conducted yoga workshops throughout the world and won a Guinness Book of World Records for the longest continuous yoga attempt. She feels blessed from her journey with Mata Amritanandamayi Devi, India's famous Hugging Saint.

Through her extensive yoga experience, meditation experience, healthy eating and life choices, and her continued studies of human behavior, Lisa continues to grow and expand her wisdom of life's journey.

Lisa's extensive knowledge and educational background along with her strong intuitive gift bless her with an uncanny capacity to observe many perspectives and synthesize vast fields of information and wisdom. In each of her Self Synthesize! sessions, Lisa devises a healthy and sustainable approach to transformation to meet the needs of our busy, modern lives.

*"Lisa has spent years exploring and studying the mysteries of life and she brings together a unique body of knowledge, combining cutting-edge neuroscience and biology research with energy work and self-healing practices. No one puts it together like Lisa does with her Self Synthesize!® program—always with the goal of empowering you so you can raise your vibrational level, connect with your divine source and guides, and be who you are truly meant to be."*

— Nancy

Lisa Ferraro works with the interface between body, mind, and soul. She exudes graciousness, sincerity, love, light, and acceptance without judgement as she works with clients to achieve a healthier, happier, and more empowered life.



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