



 Join the World's Largest Energy Transformation and Healing Circle

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Interview with Lisa Jaya Waters



*Lisa Jaya
Waters*

Integral Coach™, Founder
of Self Synthesize!

**The Missing Link to Transformation:
How to Self-Synthesize for Rapid Change, Now**

Darius: Hello and welcome, everyone. This is Darius Barazandeh. You're tuning in to the You Wealth Revolution. I am incredibly excited that you're here and I'm so excited to be sharing everything that's going to be happening today. We're going to be talking about the missing link to transformation and what synthesis is so you can self-synthesize for rapid change now. We're going to show you how to maximize your frequency fast, anytime you desire, and we actually have just an incredible guest, Lisa Waters, who's going to be actually doing work with us. We're going to get a lot of this energy during the call. We're also going to hopefully have some time and opportunity to take individual callers. So a lot of you are already raising your hands. I just created an explosion.

Lisa: Yay.

Darius: So just know that we've got a lot of great things going on. Lisa is really excited. I want to share a few housekeeping things. I shared yesterday, one of the coolest things that I think You Wealth has expanded into and that we are doing is at the top of every email, you guys may have notice that we talk about feeding children and then it is such an important mission for us to really serve and feed those that are in need.

As I had my two boys and I see them as young kids so happy and laughing and smiling and I think about children in the world that don't have food or that are starving, and these are kids in the US, these are kids all over the world. So we made a commitment at the You Wealth Revolution that each and every email we send you feeds 15 starving children. Literally every time we send an email we make a donation. So we send maybe three a day generally and so that's 45 children on average a day that we keep because we really want to do good in the world. We want to do energetically and we want to do good physically.

So know as you share this, as you share what's going on today, you help us grow, you help our transformation and energy circle and healing circle grow bigger and bigger. So do that now for us and for all the people that will be served as we grow and we bring more good out in the world, including the kids, at <http://youwealthrevolution.com/now>.

Isn't this going to be interesting today? And the reason I'm very excited is we have a completely incredible and new type of facilitation for energy that you're going to hear about, you're going to experience, and you're going to get to feel. And our guest is Lisa Jaya Waters and she's going to be talking about the missing link to transformations, and we're going to learn why many approaches to transformation don't seem to get full results.

You're going to understand how to maximize your frequency any time you desire. You're going to learn how to uplift your life to new levels by inviting your infinite divine beingness to come forward. Those of you that are in pain or that have emotional blocks or illness, we're going to show you how through these techniques, you can live your life in a deep knowing and a deep state of positivity and happiness.

You're also going to learn how to become strong and centered and grounded through this energy work no matter what's happening. We have so many people that say: 'You know, I feel pretty good, Darius. I love your show. So amazing. And then I get off the phone or I get off the internet with you and then - boom! - something happens and I'm knocked back down.'

We're going to show you how to stay in these space of goodness because it's about staying here and playing here and growing here.

We're also going to show you how to shift out of victimhood and how to be in a place of power and allow your internal GPS, your heart, your truth, your real mission here on the planet - everyone has one - to guide your life. And I'll say this: when you allow that to guide your life, magic opens up, magic, and I'm a testament to that. So we want to bring you that.

Lisa Jaya Waters and self-synthesize brings to the table a 30-year spiritual journey that integrates the healing of the mind, the healing of the body and the healing of the spirit deeply to integrate yourself with your true divine nature and totally remove unwanted patterns and densities that block you from the full flowering of your total beingness.

Now, Lisa achieves this, you're going to find out, about performing whether what is called frequency surgery - and no, it doesn't hurt. It's totally sweet and soft and amazing. But she does it with the help of her light team and to calls her light team those beings that surround her and everyone. These are light beings that come into your frequency field. You're going to find more about that and how to do that.

She is an incredible healer. You're going to hear of so many stories. And she actually owns the Guinness Book of World Records for the longest continuous yoga attempt. There's no doubt that she's very dedicated and focused. And I want to share what people have been saying. This came in to our office today. One person said: 'I am frequently presently surprised with your frequency work. Just a few minutes of frequency work that you did reduced the eye issue that I had more than 50%. Thank you so much for your help.'

Another one person wrote in and said: 'I was on medication for 10-plus years for depression and anxiety. I was able to get off of them completely. I feel more alive than ever. I'm able to connect with my body on a deep level and I'm more confident that my body can do the work naturally rather than relying on prescriptions.'

Another person who had an eating disorder who wasn't eating enough weight, had a lot judgments around food and eating, said: 'In a few short months I've gained weight. My skin is glowing. I've more energy, more clarity and I'm a much happier version of myself.'

Another person said: 'I used the self-synthesize process and it's changed my life. It's given me new perspective into myself, my relationships, and the balancing of my priorities. Lisa has guided me through the philosophy of self-synthesizing. She's brilliant. Trust her. Your path will forever be changed.'

So without further ado I'm going to definitely bring Lisa on. Lisa, welcome to the You Wealth Revolution.

Lisa: Hi, Darius. Thank you. I am so happy to be here with you and really all of your beautiful listeners. Thank you so much for having me here today and I really want to say, Darius, that I just love, love, love your telesummit, You Wealth Revolution, what you're doing. I'm just, you know, I guess would be floored at the beautiful loving space that you hold for your listeners really to receive term healing and to fly forth into their empowerment. I mean, it's gorgeous. Like go Darius. It's wonderful.

Darius: Oh, thank you. Well, we can't do without you and we can't do it without these incredible modalities that are coming forward. And it's a time when there's so many ways that everyone here can step into our greatness, can step into their magic, so let's talk a little bit about your story, because people may see you here and they've heard about you or they're hearing this amazing breakthroughs and everything - 'Well, okay, she was just born with this ability.' I mean, was that always the case or did you have struggle in your life?

Lisa: Oh, Darius, actually this all came out really what I would call being in a very disastrous place. So it started really about 30 years ago, my own journey, and like adding in a little pieces that then I reached a place, this latest part, the self-synthesize, kind of arose out of seriously being in a such a difficult year.

I had a rollerblade accident and really threatened to put permanently disable my finger. Like it was pretty bad. And I developed a nasty serious disease called complex regional pain syndrome. And the prognosis for this disease was losing my arm or another limb. And then I barely kind of go over that and then I discovered a very close friend of mine was not in a contract that I was involved in and basically I ended up in the contract that with him and was one day away from having to take Chapter 7 bankruptcy and like lose everything.

Darius: Wow.

Lisa: And then not only that, because he was like my dearest friend, it was like having a knife stabbed in your back by somebody that you loved and you thought loved you. Then I was like in also \$70,000 of debt.

So it was tough. I'm just letting you know. And I know a lot of your listeners here too have faced – and you have as well – like faced those kinds of times. I just kept saying: 'You know what? I can do this. I can get over it.' In fact, I just decided. I just took it into my own hands. In fact, the hand specialist and physical therapist at the South Western Medical Center here, they wanted to write up a scientific article about me and my recovery from this disease because they'd never seen it in medical history.

Darius: Wow.

Lisa: It should have taken like six months. I did it like three weeks and I did it completely without any allopathic. I just decided I'm going to do it naturally and sheer will power, just saying: 'I'm not take this story. I'm not going to buy it.' And then when I found out about my contract, instead taking all the anger that you'd have, right, which

that's normal, it all arises and I'm like: 'No, I'm not going to go to victimhood. I'm going to be a warrior and I'm going to protect myself.'

And then I just really decided I'm going to take it again in my own hands and that's what I really want to share with everyone today that you can do that too. And right after when I won that contract, I just threw my hands up and the air and I just said in my condo like divine source in the most deepest, Darius, loving expression for divine that I can't remember having in all of my life, like: 'Wow, you blessed me today, and I know I haven't stepped into my life's purpose, and I really don't want to waste another moment of my life. Bring it on. I'm ready. Whatever it takes.'

And now I've been on this speed train. I can't get off. And then like literally days later... This is how this arose. I woke up in the middle of the night, Darius, with my hand burning on fire. Like burning. Now, Darius, I lived in India for like 12 years, meditated, get up at 3.30 in the morning, take cold bucket baths and meditate all day. So I've had a lot of experiences. But this, I was like frightened. I'm like: 'Oh my gosh, what's happening?' And I just talked to my light team and they responded back: this is an initiation. I'm like: 'Okay. Great. I'll be a healer. I've done so much work with yoga. I can definitely do a lot of healing.' They're like: 'No, you're going to raise frequency and it's going to look like healing but it's actually not.'

So that's the distinction that I had and I was like: 'Okay. Well, what is that?' And I had to start learning about it, and then really the very next day I just within one week... I mean, the next day I helped a woman with my hands in frequency and then within one week I had like four new clients who wanted frequency. It was just that fast.

Darius: Wow. So there was a distinction here and I want to talk about that, and I know we're going to maybe open up with some frequency work. So there seems to be a distinction you noted, like from this journey that there was this distinction that had to come into your field and the distinction between healing and raising frequency. What is the distinction? I mean, is this a missing piece or missing link in the healing field today?

Lisa: Yes, I think a part of it it is actually. I think you've definitely nailed that. And that's because frequency... We're all frequencial beings. Like everything is frequency. You kind of know that. All the new science that's come out has said that. And so basically where we resonate and where we vibrate at has a certain life experience, right? And what's the difference if you think about beings of light around us or you think about your own infinite divine beingness, because that's what we are. We're an infinite being that's in the body in a planet having a human experience, right.

So if you're in a body and you're an infinite being, then there's really nothing wrong with you, right? And so how are you not experiencing your infiniteness? It's a frequency thing. The more that you keep raising your frequency up into higher frequency expressions, what happens is then you get closer and closer and you can bring more of your infiniteness into your moment-by-moment life.

See, most of it have like only 2 or 3 to 5% of our all totality of who we are in our body, because our bodies can't handle that frequency.

- Darius: Whoa.
- Lisa: But as you learn to change that, Darius, then you bring yourself more and more present. And like what you're talking about in your healing circle about being grounded and being able to spread that love out. Well, when you get more present and more of your infinitenesses into your body, then you have this powerful presence, and then when you decide to do something, right, and you put your mind and make a decision, the amount of frequency and presence that you're able to go forth with, it's stunning. It totally changes life so fast. It's amazing.
- Darius: Wow. I love this, and people are already responding in. And the thing that I got from this was you said that currently we are letting in maybe 3%, 5% of our frequency versus 100%. We don't do that, and when we do, things can change instantaneously. What percentage was it you said?
- Lisa: Yes. See, between 3 to 5%. See, you are, you know, infinite beings, right. But because of where your body frequency lies, 3 to 5% from most people can actually be in their body. But if you keep raising your frequency and exist at a higher frequency, you can ground your infiniteness more and more into your body. Then you start co-creating your life with your divine desire beingness, right. Then it gets awesome. And you're not trying to drive your life through your mind, which is what you were saying about like when things don't really happen; although we want to and we try they don't necessary always work, is we're driving it through our cognitive mind. But if we can get that connection with our infiniteness, bring that into our body, ground that in the planet, wow. Then we've got this amazing empowerment available to really create whatever we want in life.
- Darius: Amazing. One question that someone wrote in and then I know we're going to do a frequency facilitation really fast because we really get everybody like vibrating a little bit higher just right on the onset and feeling what we're talking about, and that is going to be just this truth in action. But a quick question came in from Nicole. She says: 'You know, I'm working on letting go these experiences,' – and this might as well be a question from everybody - 'that were traumatic, but they seem to stick around in my body and manifest. I don't seem to be able to let this story go. I've used a lot of tools but it still remains.'
- Lisa: Yes. Nicole, I hear that all the time. That happens a lot and it definitely has a lot to do with frequency. In fact, Darius, can we hold on to that question and let's come back and lead off with that when we do live callers? Can we do that?
- Darius: Sure.
- Lisa: And I'll work with Nicole directly on that. But let's start... I'd love to start off with frequency. Let's get everybody in that experience of how they can feel their own frequency, right. Are you ready?
- Darius: I'm ready. Oh, wow.
- Lisa: Okay. So I want to have everybody just to kind of find a place or position that is going to be ease. Wherever you feel at ease. That's the main thing, because when your body is at ease it will receive in the frequency. As you kind of move into that

place of ease I want you just put your mind down now and your feet and your hands, feel your body, feel your feet on the floor, your body, wherever they are.

I'm just going to call in all my light team now just pull in the beautiful beings and then all the light teams of everyone on this call or everyone that will listen into the replay. Let's just bring everybody's light team in to the call. Yeah. And we're going to ask any of the ascended masters, any of the archangelic realm, angelic realm, guides working in the highest divine light, multi initial beings working the highest divine light. So really these just beautiful beings of light that are not part of our light teams that are coming to serve this call today.

Let's let everybody come in. There we go. That's awesome. And now... There we go. And now we're going to just hold ourselves in this beautiful bubble of the highest divine love, highest divine source energy, highest divine light, and we're going to start to flow that frequency now. So we're just going to flow that higher frequency, higher frequency, just flow... There it comes, there it comes. High frequency to flowing that into each and every molecule of everybody on this call, just letting it come in.

And so for those that are listening live or that will listen in the replay, just inside of you, you can begin just open up to the frequency and just allow it come in, allow your light team to come in, support you, just to be open to receive. And just take a couple of breaths now, everybody. Some flow, deep breath, just watching your inhalation, watching their exhalation. If you're operating heavy machinery or driving, you might want to stop here and just feel that power, that frequency flowing in.

Just feel that flowing higher frequency. Just let it flow in every cell, through every molecule. Just letting it flow in. It's really strong. It's just beautiful. Just flowing with high frequency, high frequency, high frequency. Just letting it flow in. Just be open to receive it. Just let it flow. Feel it in each cell of your body. Let it flow and just feel that beautiful love. Just feel that feeling of support that you are supported, fully supported.

Allowing your light teams to come in very close by you so you can all feel. Awesome. Awesome. Yeah. And just raising up to the light team. We're just going to ask now just to raise everybody's frequency now and let them feel this one last boost, if you will, of frequency without causing any harm or overload to their tissues and fibers and their cell structures. We're just going to just blast in one blast, kind of opening up the faucet, if you will, of higher frequency through everybody.

There we go. Woo. Strong high frequency. Awesome. And now everybody, if you will just make sure you feel your feet again. I want you to feel your hands, watch your breath again, and then just very gently as you open your eyes I want you go slowly, open them slowly, and I want you to notice the room around you. Just notice how the room feels a bit different. It has almost a sense of floating and of expansion in spaciousness. Awesome. Great.

And I would love to hear if anybody experienced that or could feel that, if you write in, I would love to hear what you felt and how you feel right now actually. It'd be awesome. Thank you.

Darius: Yeah. This definitely was very interesting. I felt sort of just more tingling and energy come in to my being. I felt a lot more like things or cells were sort of dancing faster. You know, there was this feeling of a quickening. And then when I opened my eyes, what was really interesting to me, which I've never felt, was the room seemed of course brighter and then there was like this spaciousness where I actually was looking at distances and I could actually go into the distance and I could almost like see it from the level of the microcosm, which would be really small, and like see the vastness of even just a small amount of space.

When you said that it was like my consciousness could see different levels of spaciousness that I had missed out on before. So it really created just a whole different perspective. So I'm processing and I know a lot of people are processing this too. If you want to share what you felt and what came in, you can do that at <http://youwealthrevolution.com/now>, just in our sharing blog. And send in your questions as well. I know we'll have a bunch of questions coming in.

So one big thing that I think we're getting as a big question is what is self-synthesize? Is it different than what we did here? What is self-synthesize?

Lisa: Synthesize.

Darius: Synthesize.

Lisa: Yeah.

Darius: And how is it different in other means of healing like those blocks that Nicole was talking about?

Lisa: Right. So see, what happens, what I've discovered again through just like... Oh, Darius, I have this like vast background from neuroscience to psychology, from yoga. Over 30 years I've studied about the body. So I've just like this huge of toolkit. if you will, that I've carried around. What I've noticed is... If you take a lot of the different modalities out there... So take something like Reiki, right?

Darius: Right.

Lisa: Or nutritional counseling, right, or raw things. You're dealing with a single focus. And great - it's awesome – but it doesn't really hold for people because it doesn't take in their whole completeness, right.

So I can raise your frequency like we just did. See, I love the responses that you felt. Yay. That's exactly... Yes, that is so awesome when you feel that tingling. The cells speed up, right. And as your cells start speeding up and molecules speed up, you know, you can like really vibrate at that high frequency. That's when you go into the positivity, the joy, the compassion, the possibility, potentiality, kind of conscious and neutrality and you can see, like you said, the infiniteness of each moment, of each and every atom, if you will, right.

But the thing is if you're dealing with a lot of modalities or energy healing, they just do one thing. And what happens, like you said, when you go home or after this session? How do you maintain that?

Darius: Yeah.

Lisa: What support is there to maintain that? So yes, I start eating better and I start to feel better, but then I haven't really worked on raising the frequency, or I start yoga and feel really good doing yoga, or I start running and I feel awesome, or I could do like I did this morning, my intensity training. I feel awesome about it, but then if I don't attend to my frequency and I don't attend to my diet, then I'm just one piece of the puzzle. And see, we are very complex beings and have like a lot of the pieces, and that's been what I've found.

A lot of people have come to me from a lot of single focus modality that couldn't make the change. It couldn't hold it and they didn't have the toolkit, they didn't have something in their hands. So what I came up in self-synthesize is a way to create all of those pieces, bring them in to everyone. And pretty much everyone that works with me on a regular basis, every single person will tell you their life is totally changed. And they build this huge toolkit they carry around that they know: 'Oh, I can do this. When I feel this, oh, I can do that.' So we give them so many possibilities and variety to really help them stay in higher frequency, live it.

Darius: Wow. Well, I want to share a few things that are coming in. A lot of people with some interesting stories just from that. So no, we're not done. We just want to get everybody in the right frequency right now to really be this receptive vessel. Lisa said: 'I felt electricity surge into my heart and when I opened my eyes I was kind of woozy.' So Lisa, please make sure you're not driving or operating heavy equipment. Just be safe, because when these frequencies come in there's no doubt you're going to... your body sometimes has to process it, right?

Lisa: Yeah.

Darius: Lisa as well – we had two Lisa's here, Lisa that wrote in...

So another person, Cathy, wrote in. She said, 'I felt shaking of my left arm and legs and feel the darker energy that wanted to be discarded.' So she could feel like this energy and she started shaking and then the energy wanted to just, I guess either her body or her higher self or these guides wanted it to leave. She's been yawning a lot and now she sees an inner light in the room.

So what happened there? Was that something where that energy just can't stand to be in that high frequency and have to go?

Lisa: Yes, yes.

Darius: That's what I'm feeling is happening.

Lisa: Yes. Yes.

Darius: Oh, is that... Okay.

Lisa: Yes, yes, yes, yes, Darius. That's so exciting, because, see, this is what's powerful, guys.

Darius: Okay.

Lisa: This is what's so amazing, everyone. I'm like I just want you to know this. I just want to jump up and down to share, everybody. When you keep your frequency high, you just see what happened there. That is so gorgeous. Your density can't remain in that frequency. It either has... So think how frequency works. It can't stay in that high frequency. So if you relentlessly maintain your high frequency, all your density goes away. It dissolves. You don't have to jump back in the story and sit for like 15 years trying to like sit therapy. That's what I've had people come to me like: 'Oh my God, I have done much work. We have changed so much faster. I'm living in a completely different light in like one-and-a-half months compare to my 15 years of therapy.'

Darius: Wow.

Lisa: Right? See, that's the thing. It's that high frequency. And you think, Darius... Do you remember that old... I don't know, you might be younger than me. But if you remember 1973 Ella Fitzgerald in that commercial, Memorex, and she's singing a note so high in that sound booth that it shattered the glass. Remember that?

Darius: Right. Yes.

Lisa: That's exactly what's happening. You keep your frequency high, the glass shatters. All your density just goes away. And it's nothing... The effort is not trying to get rid of the density. That's the problem – not a problem, but it's one of the things that a lot of people focus on is the problem and the density. Don't focus on that. Raise your frequency. The density can't be there anymore.

Darius: Well, that's, you know, we talk about, well, let's clear... You know, this is something a lot of healers and transformationalists talk about – let's heal the block, let's go into the block, let's look at the block, let's play in the block. And I always believe that's like we're moving... We tend to move ourselves into this fixation on the low frequency, which then we become what we fixated on. So I want to get that piece from you. I want to read a few more though.

Matthew said: 'Whoa! We're came in new for me was that the higher frequencies I can perceive, the higher my frequency becomes.' So Matthew's now... It's like it opened up a whole other world for him.

Another person said: 'I felt a lot of energy,' - this is Leslie – 'flowing through the crown and felt a lot of energy in my sacral chakra.'

Another person, Roney: 'Waves of rainbow – rainbow - pulsing through my body. After I opened my eyes the wall were undulating.' Now, she's actually seeing what she's starting to see through the lower density that we're calling this third dimensional solid reality. She's started seeing like undulations in the wall. That's cool.

Lisa: Yes. Yes. I've actually had that happen before, Darius, where I was practicing yoga and I was just really working on my frequency, and suddenly the floor became wavy and you're thinking: 'Mm.' And I live in high-rise, so I live in this awesome high-rise and I went: 'Mm, this kind of seems interesting. I know I'm not in an earthquake.'

Darius: Interesting.

Lisa: It's that frequency, because, see, everything is frequency, Darius. Everything. And so when you raise your frequency just like you saw infiniteness...

Darius: Right.

Lisa: In a small space.

Darius: I did.

Lisa: Everything is frequency, so they will.

Darius: Yeah. Okay. Here's a big question someone else is asking: what makes this idea of self-synthesizing and frequency a rapid transformational approach? I think a lot of people here – well, you know, this thing is quick transformation or that's transformation. In your own words, I mean, what makes this so effective? You worked with people, you've seen their results, you've seen people get this shifts. Why do you think it can happen so quickly?

Lisa: Because I'm working with... Well, first of all I'm treating the whole. I'm giving them thing for all of them, right? So we're working for every level. The other thing you mentioned, Darius, that was so brilliant on your part with that idea of focusing on the high frequency. And then the last piece that I think is just a brilliant, brilliant piece is the light team, because what I do when I work with them... So like I'll go back to the question, I'll go back to the question who write in earlier and I said I'll take that as a first caller, right? That all connects into their light team, and I'm working in co-creation with their light, the beings of light that are supporting them.

So it's a... If you want to call it, Darius, it's like this beautiful blending and merging. Instead of being in these two worlds, because they're not two worlds, they're just different frequency levels. But it's like merging a frequency level for that being that I'm working with. Then I teach them how to do that, right, how to connect to their light team, and they start working and co-creating their life with their own infiniteness, with their light team.

So the two things that I think are key is the frequency, this working with their light team, and giving them the tools so they never have to feel a drop of that frequency. They just keep going higher and higher from their effort.

Darius: Wow. This is incredible and I think one key thing that we're going to talk about is you're there. You are there in that as well many times if people want to help lift that frequency and bring in that light team. So I think that's something as well that is so powerful is your presence. So we want to talk about that in a little while because that's a great gift that you bring.

I want to do this. We're going to do something that we kind of talked about. We weren't really sure, but now I'm saying let's just go for it. And we're going to actually take some live callers and I know this is the first time Lisa's been here but the reaction has been huge. People are raising their hands. If you are interested, hit *2 and you're going to get a chance to hopefully chat with Lisa and we can see what's going on.

Really big question. Why does frequency matter? Again I want to get to this point. Why is it so important to focus on this frequency instead of the block or the issue or the thing that seems to be holding us back?

Lisa: Well, Darius, it's like this. What do you want to empower, right? So if you focus on the density in the blocks, what are you empowering? What energy are you getting, right? But if you focus on the frequency and saying: 'Okay, I'm going to raise my frequency, keep raising my frequency, and I'm going to bring more of my own infiniteness into my experience and my day-to-day moment in life experience and co-create my life from there. And that's going to be my focus,' what are you going to create and empower?

And then when you do that, the most amazing thing, the thing I just get so excited about... And I just want to tell you one tiny testimonial because this will help your listeners. I think you also understand this, is that when you focus there, Darius, the darkness can't stay, the density, the whatever will not remain. It can't.

So, for example, I have this sweet, sweet, sweet client and she has this cute little daughter. I guess she's about five maybe or four. And so we finished the session and then her daughter came running out to jump on her mom and give her a hug, and she kind of sucker punched her right on the nose, right. And so immediately it started throbbing and starting to get red. I could see it getting red. My client just grabbed her index finger and her thumb and put it over her nose and she was like: 'Oh, oh,' and she was like in pain. I said: 'Here, wait a minute, let me.' Because I understand frequency, Darius, and if you relentlessly maintain high frequency, density, like pain, can't be there. So I said: 'Here, let me.'

I put my thumb and my index finger on the same spot and literally within three seconds, Darius, I felt the pain go – zhoop! – like that. It was just like – zhoop! – and it vibed up. It just went – zhoop! – and it went to a higher vibration. And she goes: 'Ha!' I said: 'Oh, there's it goes. It's gone.' She goes: 'How do you do that? How do you do that?' Like it was a miracle. It's not a miracle.

None of this is a miracle, Darius. It's just frequency. Like if I can do it, everyone can do it. I'm not special, you see. That's what I want everyone to know and all your listeners to know that they are the power as well. They have this capacity. They have this ability. It's the understanding of it and where you're going to put your focus, like you said.

Darius: Okay, we've got a bunch of people with their hands raised. Any instructions before I unmute people or anything we need to do or anything they need to share with you?

Lisa: Well, I would like to start with the one person that you read earlier. Can we start with her and then go from there?

Darius: Possibly, if I can find her and if she calls in.

Lisa: Oh, okay.

Darius: That's the challenge. She's on a different... Yeah, I'll ask her though. Nicole, this is you. If you can dial in and send me your phone number so I know we're going to do

our best to find you. Any other instructions for the other people?

Lisa: I think, Darius, that just remembering a time, you know, that we have a little bit of time because I want to see as many people as I can. So if you come with pretty much one thing that you're interested in rather than a whole variety of things. Is that fair?

Darius: Yeah. Completely. Okay, we got Charlene in Twin Cities. Charlene, are you there? Charlene? Are you there? Twin Cities, 651 area code? Charlene? Going once, going twice. Oh, come on, Charlene. Are you there?

Lisa: Charlene.

Darius: Okay. Well, we're going to go to the next one. We've got... it looks like... Hold on one second. We've got Margaret and she is in Gainesville, Georgia. Margaret, are you there?

Maggie: I'm here.

Lisa: Hi, Margaret.

Darius: Hi, Margaret.

Maggie: It's actually Maggie. My phone shows up as Margaret but it's Maggie. Thank you so much for taking my call, Darius. I never thought I'd get on this show.

Darius: We make dreams happen every day here.

Maggie: I've been listening for months and months and months. I just took the leap of faith and said: 'Oh, what the heck.'

Lisa: Hello, Maggie. How can I help you?

Maggie: Okay. I'm working on building sustainable communities. That is my goal. I've got everybody ready to go. I even have a piece of property that I found that is really pretty with a pond on it and it could be great for doing the gardens, community gardens. I just want to know, it's something that resonates with me so well I just want to make sure I'm in the right place at the right time and will it happen. Can you help me with that?

Lisa: Okay, sure I can. I can pretty much help you with anything. But let me check in for a second. Okay, Maggie, it is a good thing for you, and the only thing that would stop it is you. And what I feel in you is a little bit of fear. First of all, I think the fear comes from a couple of things like: Can I do this? Will I be able to do this? Am I good enough to do this? So it's really spinning more around that and more than I... I don't see a fear of like you... it's like not happening. That's kind of a sweetness in you. But you really got a little fear there. Can we work with that? May I help you move that fear out? Is that okay?

Maggie: Please do, absolutely.

Lisa: Okay. Good. So the light team, I'm just going to connect in there. That's right. And

we're just going to pull all this fear out. We're just going to pull all this up and all this up and all this up and all this up and all this up and all this up and all this up and all this up. There it goes. Pull all it up and all this up and all this up and all this up and all this up. Now, God turns the bellows so it can be burned up into high consciousness frequency that serves all beings that cannot be remagnetized back to Maggie.

And everyone else on the call, I'm going to do this for all of you too, guys, so don't feel that you're being left out, that I'm just working with Maggie. We're going to work with everyone, guys. So go ahead and just let little fear inside, anywhere that you have a fear that: Will I be able to do it? Can I do it? Am I okay? Will I have the capacity? All of that, let's pull all that up and out for everybody.

So we're just going to put in higher frequency, higher frequency, higher frequency of possibility, of potentiality, of confidence, of groundedness, and we're just going to pull it all it up and all it up and all it up and all it up and all it up and all it up and all it up and all it up and all it up and all it up from everybody now. Pull it up and up and all and up and all and up and all and up and all and up and all and move it up into where God turns the bellows where it can be burned up into high consciousness frequency that turns all beings that cannot be remagnetized back to Maggie or anyone listening either live or on a replay.

Whew. Yeah, just pull all it up and out. There. A little bit lighter. Maggie, it looks good. I think that the thing that will ever stop it will be you. So I would just suggest that you go home and you actually... We are home, but at a later time you sit down and just you just kind of put out on paper everything that you think that might ever prevent it, okay? Just whatever it is, just free flow it all out on paper and then I want you to free flow everything out that would make it happen, right? And then you're going to look at those two and you're going to see the things that will make it happen or the things that will make are a thousand times more powerful than the tiny fears that might not make it happen. Alright? See, and then you're going to get that sense of really strong like yes, I can do this, and you can take that forward in empowered action for everything you do to lead towards its manifestation.

Maggie: Wonderful. I had this incredible feeling before you took the call, before you took my call. I was standing here and I went: 'I'm going to be next. And there I was. I just wanted you to know that.

Lisa: Oh, that's awesome.

Maggie: I felt the energy. That was cool.

Lisa: Good. Well, I hope you feel lighter, that fear's a lot lighter.

Maggie: I do, I do. And I'm already selling... I'm a real estate agent in Georgia anyway and I'm doing modular homes with the American Indians in different parts of the country. So it's all good. You know, I'm starting my own thing with the building of the houses because it's just where I feel I need to be. So thank you. I appreciate that. I feel lighter, much, much lighter.

Lisa: Awesome, Maggie. Good luck.

Darius: Wow. Thank you, Maggie. Oh, incredible. Do we have time for one more or so? We've got a few more people. If you want to get on with Lisa, hit *2.

Lisa, I could feel definitely there was some energy being moved there. I don't know what you were doing. I couldn't even understand it. But what I felt was there was a lot of lightness in the audience. I can really feel from the audience as well kind of what's happening. So that impacted a lot of people in a very good way. So let me know what's happening on the audience end.

One person said: 'Wow. The phone line literally dropped off. There must be a lot of energy.'

So this is very cool. Wow, wow, wow. This is very interesting. A lot of good things coming up. Okay, so we've got another caller. Looks like I'm going to take Maria. I've got a bunch. And she is in Las Vegas. Maria, are you there and how can Lisa help you? Maria in Las Vegas at a 702 area code. Maria, are you there?

Maria: I'm here. I'm here.

Darius: Yea, that's you.

Maria: Yay. Thank you so much for taking my call.

Darius: Absolutely. What can we do for you?

Maria: Okay, what I have is that I went five years ago where I made a lot of money but I did it more for the money. It wasn't a job. It wasn't anything that I wanted to do and then we did it. My husband and I did it together. And I got to the point where I gave up and I was just not willing to go there anymore and so we lost pretty much everything. So that's where I'm at right now, just not really knowing what direction to go.

Lisa: Okay. So first of all, let me... I feel a lot of... there's a lot of fight/flight freeze. There's a little bit of kind of like a feeling or like survival. A little bit of anxiety and panic there. Let's take that out first, okay?

Maria: Okay.

Lisa: And again this is for everybody, everybody also on the call. When I do it for one I'm doing for everybody.

I want to go down into your amygdala. Now, let's get right into your amygdala and I want to dial down this fight/flight freeze. So light team, what we're asking... This is for everybody on the call. We want to dial down what is not high frequency, high consciousness, expression of normal healthy survival mechanism. Just dial anything else that is not of that normal high frequency survival mechanism. Dial it down, dial it down. So we're just going to dial that – woo – dial that down, dial that down. Let's pull out all that density, pull all that density out of the amygdala. Pull all of those unnecessary anxieties from your memory that gets stored. You have like all of the

anxiety memories and fear stored in the middle of your amygdala. Let's pull all it up and all it up and all it up and all it up. Pull all this up and out of everybody. Pull it up and out. And Maria, I'll pull that up and out, all it up and out to where God turns the bellows where it can be burned up into high consciousness frequency that turns all beings that cannot be remagnetized back to Maria. And I'd like to also, or anyone on the call that's live or anyone listening to the replay.

And I also want to go to the brainstem. We want to dial down into the brainstem. So we're just going to really soothe... We're just going to put really soothing healing high frequency in through all in your neurological system. We're going to pull out all those unnecessary stress hormones that are going on and a lot there and dial down that brainstem, that amygdala. Coo... Just pull all that up and all that density that's no longer serving. We're just going to move all that up and out and all that up and out and all that up and out and move into God turns the bellows so it can be burned up into the high consciousness frequency that serves all beings so it cannot be remagnetized back to Maria or anyone else that's listening to the call live or on the replay.

And so we're going to really going to dial it down for you because that's the biggest thing that I see right now why you're not getting clarity, is that you're just in panic mode over... like it's really a physiological measure that's happening in you that's really preventing you to really understand and create illusion. You see, Maria, and everybody in the call, when you live in fight/flight freeze, what happens, all of your blood is drawn out of your neocortex or frontal cortex for all of your problem-solving and your reasoning and logic ability is and it sort of leans it and pulls it into your fight/flight freeze mode and so you can't really sit down and think properly.

So dialing that down and really coming back into safety and I'm really living in safety light teams. So we want to just bring that feeling of safety for Maria and for everyone else on the call. Just bring in that. Can you feel how that feels smoother there, Maria?

Maria: Yes, I feel so much lighter.

Lisa: Yeah. Okay. So now what you want to do once you have that, Maria and everyone out that has this question, because I think it's a beautiful question. Thank you so much for asking and, Darius, you were the perfect pick here, because, you see, a lot of us sometimes struggle to find what is our purpose or what to do next. And the best way I can say, the most important thing is passion, is live your passion. And I think actually, Maria, I mean, the package that actually I'm doing today in my circle of self-care actually addresses that and helps that. So that might be something you might want to check in with. But yeah, we give that tool and the way to find that passion and to find what is the next step for you, and that happens when you start to live in safe mode, which we kind of taught that process for you. And then now is to look for your passion, sweetie, and start to follow that passion. I hope that helps.

Darius: Wow. What happened, Maria?

Maria: I've got the chills. I feel I can breathe.

Lisa: Oh, that's awesome.

Maria: I had a lot of pressure in my chest.

Darius: Oh my gosh.

Maria: So I'm breathing a lot lighter and, like I said, I have chills up and down my arms.

Lisa: Yay.

Maria: So thank you so much.

Darius: That you, Maria. Wow.

Lisa: You're welcome. You're very welcome.

Darius: You know, anything that Maria should do right now as we kind of like, you know, we've let her... She's still on the line but we've muted her now. Anything like going forward for her just in terms of now? I'm thinking of this spaciousness she's opened up, this new space, no pressure on her chest, no elephant standing on her chest. It's like now what can she do? She can begin to create from new ideas, from new energies, from new intuitions, from new sources of wisdom to solve the challenges she's facing, right?

Lisa: Yeah, that's brilliant, Darius, and the key for me of that is to go down into her heart and even put it out on paper, because I think this is so important. There's a neurological change that happens when you actually write it out with your hand rather than keep it up in your brain. So if she will go into her heart, think with your heart even now, and at the end of the call just sit down, sit in her heart and start to write out what do I love, what makes me happy? In fact, this is a great technique everyone. May I share this to everyone, Darius? May I share something?

Darius: Sure.

Lisa: Okay. Awesome. It's 13 pages. Sit down and write out 13 pages. I know it seems like a lot. But 13 pages, front and back, of everything that you remember from the earliest that you can remember and have a memory from your childhood that you love that has made you happy. Just write it out, 13 pages, and then you go back and you reread it and you'll start to notice a trend and just circle where wow, there's like a certain theme. It starts showing up. And then if you circle that, then you're going to actually get an idea of what your passion is, what you love, what is your gift and what is your next step. It's like so profound.

I'm also a coach, a licensed professional coach, Darius, and I work with a lot of executives as well. And I have given this... To every single person I've given this, they've written me back and said: 'Oh, wow. I can't believe it. I didn't trust it. I really see a theme. I found a theme. I'm excited.' Then, Darius, all the creativity comes. They're like: 'Oh, I can do this and this and this,' once they kind of have that theme, if you will, of their passion.

Darius: Wow. Wow. Amazing. And amazing sessions that people experience. I want to hear what people are experiencing on the other side, those people just listening in. Paula said: 'My legs got lighter. They were so light, like more light could actually get through them.' So she was actually feeling more light come into her body.

Another person said: 'My vibration got so high I feel like I'm shaking and it feels so good.'

Another person said: 'I couldn't open my eyes until now.' So they've been sort of just in this deep state for a while. This one might be a few minutes old but that's what's been going on.

Another person said: 'I felt the energy on top of my head.'

People are feeling all sorts of things. Really quick. I want to think about maybe something we can do with the group but also just in your experience what has happened with people that have gone through some of this work with you? What are some of the favorite stories and things that you've seen regarding transformation?

Lisa: Well, I would say there's so many. I don't really know which one to tell you. The one I think, one of the biggest things is we actually had some scientific testing on what I do and one of it was an MRI. A woman came to me with brain tumor and she had a pre-MRI of her brain tumor and we worked really, Darius, only one month and once a week. That was like 3, 4 sessions. At the end, that MRI, the concluding or closing MRI after our work, she had reduced her tumor size by an immense amount and they downgraded the tumor to another level. And then she just totally suddenly realized: 'I have my life back.' And it just gave her this whole leash on life of like, wow, she can fly forth now. And she's like started... really reorganized what she did before. She kind of saw and understood and I helped her see that it's real. All of these things that happen for us, Darius and for everyone on your listeners that have gone through these kind of things. They're reset opportunity. And then what to do with them.

And so that's what I find is that everyone feels like they suddenly gain the ability to change their life, and they do it themselves. And of course we're supporting that, but they get that power of like: 'Wow, I can change my life. Wow, I can face this now.'

One other one that I think is just so profound is that one lady – she was an executive – she came to see me. And I usually when I'm dealing with corporate I don't usually talk about light team right away. But when she was with me, I immediately... I don't know why, Darius, I just trusted my intuitiveness, my psychicness and I just said: 'Look, let me tell you about your light team. You've got these beautiful beings of light around you. They are there supporting you.' And, you know, two days later she was in a car accident and somebody broadsided her, hit her on the driver's side, and she has this big SUV and she's started flipping the SUV, flip like 3 or 5 times.

Darius: Oh wow.

- Lisa: And as she was turning, right at that moment she remembered her light team and she called on her light team and asked for help, and then as soon as she did, she heard a voice like how to position her body, how to get still, how not to move.
- Darius: Oh my gosh.
- Lisa: And flipped the car - flipped the car – big SUV five times. People thought she was dead. It was like a busy intersection. They ran from the restaurant and they had to cut her out of the top because the car was so banged. And she had nothing, Darius, nothing. Like a bruise and I think a broken fingernail. And she said: 'My light team... Remembering my light team that you taught me about saved my life.'
- Darius: You know, there's so much that we're talking about here. You know, healing transformation, removing density by focusing on raising the frequency and then understanding our light team, calling in our light team. It's just a tremendous amount of things that can be ultimately just so life-changing.
- I think that same light team as we're going through difficulties in our life, we're trying to make decisions, we're trying to ask to be in the right place at the right time, to be in good favor, to be just in a place where things begin to flow. These are all things that are part of that high frequency. It's almost like once we get into those higher frequencies we open up, you know, almost like the whole buffet of what's possible at higher frequencies. Whereas at lower frequencies we're detached from all of that. We're just sort of in this dense reality where we can't see anything beyond it.
- Lisa: That is so right. It's so correct. I guess it just opens up the potentiality, possibility. We are an infinite expression of divine, Darius. If you can think that it's possible, right... You're right. When you're in low density can you think? We can't think even. All of our blood is literally drained away from our brain and it's in this fight/flight freeze and we live and in safe all the time. So we're just trying to keep safe, that we can't even think. As you raise that frequency and come into that way of expressing life in high frequency, I mean, there is no limit to what's possible. I mean, if you can think it's possible, you can create it. It's that powerful, really that powerful. It's so amazing.
- Darius: Wow. Well, I'd like to do this. I mean, one of the things that I loved about what you did here with some of that frequency work for people, can we leave people with a...? Can we do a frequency fix at the end of the call? Maybe let's do it now. Can we do something? We can move some energy just for a little while and move people up to a little higher frequency, because I think there's a lot of people here that now are saying: 'Oh my gosh, I want more, I want more, I want more.'
- Lisa: I'd love to. Oh my gosh, I love frequency. Let's do it again. And actually if you've noticed, Darius... I don't know if you - which I know you are - since that if I don't know you personally though I'm so enjoying being on the call with you. It's been awesome. I think you do have a sensitivity to frequency. Have you noticed how as we've gone on that's it's just lighter and lighter and lighter? Even all your listeners. I can feel your listeners have really lifted up.

causing harm to any of the cell structure or that causing any overload to the tissues and the fibers. But we want to open up the floodgate, if you will, and flow in the highest quantity of frequency and highest level of frequency that all of these beings at this moment can handle.

So higher frequency, higher frequency, higher frequency, higher frequency and just slotting that in. And know that each time that you listen to this replay that frequency that you receive will even be a higher level. So come back to the replay and listen again. You'll receive again and again that frequency and it will be at a higher level and even it is now. So just flooding in that higher frequency, higher frequency, higher frequency. Just letting it flood in. Just feel it flooding in. Now, light teams, just really feel that sense of... let them feel the light teams around them. So come in close, light teams. Come in close, come in close, come in close, come in close. They can feel you hugging them. Once you give, every light team gives that you're beautiful. Every being on this call a big hug, a big vibrational hug, if you will, big frequency hug. That's it. Whoo. So you can feel maybe more pressure on your skin, maybe you feel some tingling. You might even feel freezy with all the high frequency. That's okay. That's normal. And you might even... Like one of your other people that wrote in felt yawning. Yay. That's awesome. That's the region of frequency.

Darius: Wow. Well, we're getting a lot people writing and a lot of people feeling... One person said: 'The top of my head felt lighter. I felt energy coming in.'

Another people said: 'I'm starting to see things differently. I looked at my hand and it seems transparent.' It's an astounding thing as people begin to feel different. Keep sharing at <http://youwealthrevolution.com/now>. The more we share, the more people begin realizing that it is possible to transform instantly. It's possible for 100% of people to transform, and, I mean, that's something, Lisa, I know that you say very quickly that your students have 100% transformational life experience and you ask people: will you be next? Do you want to be one of those people?

Tell me a little bit more some of the deeper works that you have for people here today that want to go deeper with this. And one thing I want to note that's really exciting about Lisa that I'm just tickled absolutely about is that she has opened up that space for our whole team, everyone here, everyone at You Wealth Revolution – this whole event – to get one-on-one time with her. Not in a group but one-on-one where she can you're your energy, she can see what's going on, what is your light team, do you have a light team, where are they, all of that. Just like that lady that was in that car accident and now she knew she had that light team, she knew it was there. Whatever you want to use that time for it is there plus much, much more.

Lisa, let's talk a little bit what's going to happen, because this is a big deal here. 100% of your students have a transformational life experience. Tell me about that and the deeper work.

Lisa: Yes. I'm curious. We change on every level of them. They change. We changed physical things, that people that have like literally been in bed for 7 months, they're up out of bed and they have a life again. They couldn't walk for 7 months. I have

executives that were like nervous about taking new jobs, and so we came in and we worked with them, raised their frequency. I taught them techniques of finding their own like yes and no, how to really discover their own decision, and they took jobs and you've gone away and they totally succeeded now. They're really flying. We have worked, Darius, with people that have faced death, death from granddaughters, grandchildren that were facing leukemia that didn't see a way how could they overcome the grief of that that are just like dynamite now. They're like taking the projects, created foundations now you know, in just a very brief period of time.

So whatever level that you're needing in your life we can address, and that's why it's so profound. And we can handle anything. I work with people that are in wheelchairs with MS that can't even sit up straight, Darius. They can sit up again. You know, that's they're level of ability to make a change. So something is there for everybody and that's one of the things... I don't know, you know, that I will try to give when was putting together this opportunity to work with me with the hands-on one-on-one but also give you the tool through that course that I've created, which is what I called of circle of self-care, because through all of my work and my studies and my other learning, I've understood that there's a bunch of elements that are a part of us that need, if you will, attention, Darius. Like if we only give attention in one area, then there's like... I've identified ten elements and that was keeping it simple. I could have... I just said more about, okay, let's get simple. So ten elements, what I called your circle of self-care, things that need to be a part of your circle for you to just move into to your full flowering. And that's really what I'm really wanting to do is have everyone flower.

So I've created that telecourse where literally I take you step-by-step, show you what are all these steps and all these parts of you, and then show you how to make changes in it, how to yourself create a program that will help you, that's doable for you, and you can come back and revisit it. You can completely change your life from this one telecourse that I've created. And you can come back to it again six months later and start again and reuse it. It's something you can use for your entire life and it's a tool. It's yours.

And then we also work with the light team. I begin to teach you about that.

Darius: Wow.

Lisa: And then I've been given that opportunity to have a session with me. So it works specifically on whatever you're needing and if it's something that you can carry through with the telecourse that you want to or perhaps... I've also given in the bonuses, Darius, because I know that the frequency is so important that I've really made this whole package out of frequency and ways... So if you're someone who likes to listen to a meditation, you can get the frequency there. If you're somebody that wants to... I've given a bonus of some different frequency teleclasses that I've given about how to raise your frequency fast, and I just give you tons of simple, fast, inexpensive ways to raise you frequency. And I do frequency consultations on each of my calls on the telecourse, so everybody every time they interact with me either through the bonus or through the live telecourse or through the live sessions, they're going to get frequency facilitation.

Darius: And the other thing is if someone needs your help and they want you to see what's going on with me... That's the thing I love too, because there's a lot of people that they want you to specifically look at their frequencies and spend 30 minutes raising that frequency, helping them understanding what's going on, and knowing them. And that's here as well.

I'm going to share where this is because this is such a great offering from Lisa and such a powerful gift to the planet. It's at <http://youwealthrevolution/lisa2013>.

100% of our students, Lisa, say they've had a transformational life experience. Will you be next? And what I love about this is you really actually on this page educate people as to what's the missing link in most approaches to transformation; that it's about mind, body and spirit but also all these different layers that we have that need to be synthesize – the growth physical layer, the vital layer, the emotional layer, the mental layer, the universal layer – and raising the frequencies in all of these areas. And even if people can't get what they need from the material, if they have your option where you actually serve them and help them, they're going to get amazing results. I mean, that's what's so exciting about this.

Lisa: Yeah. You know, Darius, what I love is especially like in those 30-minute session I've had people write in and say: 'I cannot believe what happened in 30 minutes, what you can do in 30 minutes.' And I've created, Darius, through all my work so many process that whatever you come to the table with I can help you with.

Darius: Wow.

Lisa: That is such an amazing... I know that seems confident, but if you look at my track record at the amount of issues that I have dealt with, Darius, over the time that I've worked with people, they're so across the board. I mean, even look at your callers today, right. Can you see how they're different with each of their issues. Like Nicole, what she had. And I'm hoping that this call with the frequency helped Nicole. And then I'll have something different, because, Darius, we're working with that opportunity to dial in and see what is causing that problem, what is that. That's my skillset. That's part of what has... That is something that has been a part of my life, that I would call it, you know, that ability to connect in, tune in, see what's wrong. So that's what's so beautiful for me is that when I have that opportunity, I can really pinpoint exactly where you're at and we'll just move it so that you can come into exactly what you're looking for.

And it's nice too. Then you can come to telecourse and then we have questions and answers, so you can bring any questions you have as well that maybe were carried over from our session. We'll handle it in the telecourse as well.

Darius: Okay, I want to share again what's here and what's happening, because a lot of people have questions. One of the things that happens at the You Wealth Revolution - and I want to say this - is whenever we have a personal time opportunity like this, granted it does to fill up very fast and that's why you're not seeing this as much, because people come on our show and it does fill up so fast that they can't process it. So if you want to be heard by Lisa and get that personal session like within the next week or few weeks

or soon, you'll want to go to this as soon as you hear this. It's <http://youwealthrevolution/lisa2013>.

And as you scroll down you're going to see a lot of truths about what she does and what she teaches, what she discovered, and all of it you can read to. What you'll want to pay attention to... You'll get to about the middle of the page. There's two different packages. There's a Package A, which is available for only \$97. That package has a lot of things there. We're going to talk about what that is.

However Package B just under it is literally - and this is what's amazing to me - \$30 more. It's 127. It's \$30 more and that gives you Lisa for 30 minutes.

Now, that session should be worth about 150 extra dollars, so it should be well over to \$250. It's literally a dollar a minute, okay, if you add it up. It's just astounding. That's Package B. And I'm going to say, just because I know - we've been doing this so many years - that it will fill up eventually. So don't even take a chance. If this is something you feel in your heart that you want, do it. It is 100% life transformation guarantee. And you get instant access to everything right after you submit your payment, and you also get in the queue to get a session with Lisa, correct, if they choose Package B?

Lisa: Yeah. That's awesome. I'd love to work with you, so if you are interested definitely definitely we're going to have a blast for sure. We'll have a blast either way. We have a blast on our telecourse series. We have great question and answers, so you'll be able to interact with me for a few minutes like we've done on this call today or... And then I really love these sessions. It's so fun for me to be able to support you and help you where you are and what you need. It's just like my love, Darius. I love it. I love helping people. It's just so... You can feel my heart. I don't know if you feel my heart when I say that. It's just so love, you know, helping people and working with them and help and seeing them get empowered and really fly forth and just have juicy lives, fun lives.

Darius: I want to do this. I'd love to go through some of different other pieces we haven't had time to talk about. It's at <http://youwealthrevolution.com/lisa2013>. And in those packages you've got different things. The circle of self-care. This is four-part series and this all about raising the frequency. We talked about frequency being really the ultimate key, that missing link to transformation. And then you also get the 30-minute personal session with Lisa herself. She will know who you are. She will know your name. She will know everything that you need her to know and you want to share and even things you don't know about yourself energetically. She's going to be able to pick up and give you those answers that you may have been wondering about for decades.

Now, you also have some bonuses, Lisa. The first one... Can we get through them?

Lisa: Sure. I'd love to.

Darius: Okay. The first one I see is like *Quick And Easy Ways To Raise Your Frequency Fast*.

Lisa: Yes, and that was the teleclass that I did. And what we did is I literally went through all of the different bodies. Remember we talked the bodies? You mentioned earlier the vital body...

Darius: Yeah.

Lisa: Right. The physical body... These are the bodies that I call the cell structure, and that's the physical body, the vital body, the mental body, the emotional body. I've given three teleclasses in frequency and how to raise your frequency in all of your bodies and then I distilled all of that down into the teleclass that you're talking about about fast, and just identified if you need something right now and you have like one minute and you need to raise your frequency and you're suffering and you want out of it how to do it.

Darius: Right. What did you do?

Lisa: I really teach you all these things. Yeah. And then created... And also you get a workbook with that, Darius. So instead of you... Really I've like just collected all of those techniques for you into a workbook. And if you don't have time to listen to all the telecourses, although they all have frequency facilitation as well, you can sit and get it in the workbook and you can just start applying them right now.

Darius: Wow. Wow. Very powerful. And those are things that people can do instantly. And then the other... the eye-roll meditation, the heart meditation, tell me about these.

Lisa: Yeah, these are just quick three-minute meditations, and what I did is I worked with, if you will, the different kind of... some of the different bodies. So if you think the eye roll meditation is fun, and it works with how actually feel your body. So if you feel disconnected from your body or not grounded, this quick meditation brings you really into your body. It's fun.

I do also life seminars sometimes and we have done this in the whole group and you can feel everything shift when we do this simple eye roll meditation. The heart meditation was actually based on the scientific research study about the heart and how to bring yourself back into safe mode. So I just teach you that technique through that meditation and it works with your emotional layer, begins to help you.

So we're working with the physical body right now, we're working with the emotional layer, then the energizing meditation starts to work with that mental layer and that infinite layer. More than I call it the spirit layer I call it your infinite layer. So it begins to... All of these three meditations together work on all your different layers and they're only three minutes. So you can choose one in the morning, maybe you chose one in the evening. It's nice and doesn't take a lot of your time. That's what I wanted to do, because I know how fast... And I know what modern life is like and we are all needing something quick. So that was the thought behind those meditations.

Darius: Well, I want to say this: it's an incredible opportunity and I know the times in my life when the low vibration... You know, Lisa, I tell you, in 2005 I know I was in this marriage that wasn't working. I was doing things in my business that didn't work. I had so much

frustration. It was like this message and this part of me that wanted to come out and it couldn't, just like it was stuck, it was trapped. And the densities and the energies just kept me there. And I know there's so many people going through that today right now. I mean, they're where I was years ago, and that's why we're all leading you out of that space. There is another space where you can have things you want. You can be fullest expression of you and have an amazing life and be abundant. There is absolutely every possible reality and outcome that you can dream up. It can be real. But way to get there again and again is changing this frequency, and, Lisa, I've got to be honest. If I had something like this years ago where I could get the phone with you and you could help me and you could see what's going on and you could give me things to do and then you could give me all of these amazing frequency tools, I mean, that just to me is a lifesaver, you know, for somebody that is just spinning around and around in a sea of density and low frequency. So I just want to thank you. This is just astounding.

Lisa: You're so sweet. You know, Darius, I want to say that you have identified and spoke it really well what happens when you are in that place.

Darius: Yeah.

Lisa: You have just so understood. Because you can't think and you just kind of get stuck and you feel like you're like a hamster on a wheel, right? It's just running and running and running and you can't get off. And you're right. It would be so if you could have somebody just to kind of jumpstart you and pull you up out of that and then start to show you, well, how do you stay there, and then then here are the techniques that you can do to be there forever; you don't have to go back to being a hamster running in a wheel and all that suffering basically.

Darius: You know, there's even pictures on this page of people that have worked with you. One lady, Carolyn, said: 'I called Lisa in a panic after an irregular heartbeat sent me to the ER. She not only clear the extraneous energy I picked up from others,' – we didn't even really talk about that but this person had picked up other's energy – 'and she showed me how to identify and clear it myself and taught me how to raise my frequency. These are critical life tools to have if you're an empathy.'

It's just incredible. Now she knows what to do. But you could spot that those energies on her, huh?

Lisa: Oh yeah. Oh, Darius, that's a whole other topic.

Darius: Yeah.

Lisa: We could have a whole call about that, because that's...

Darius: But the thing is if people need that, that's... I mean, if they feel like, hey, Lisa, I want to know do I have some energy attached to me that's keeping me down low. And you can spot that sort of thing. That I'm so excited about.

Lisa: Yeah, it can. It's really amazing. And the cool thing is is that what she said there – 'Wow, she's helped me do it myself.' That's the cool thing is that together... We work together as a team just like I co-create with your light team and work with my light team that we become a team as well, Darius, right. So I support you in your next move, whatever needs to happen for you, and then I support you to learn to do it for yourself and then we just work together as a team. That's what I like, that shared, if you will and it's like to let you know like you said earlier I love that Darius that you are not alone... I don't know, it's like to let you know... Like you said earlier. I loved that, Darius, that you are not alone, that you are supported and that life loves you and life has your back.

Darius: I love it. I love it. The thing everyone can do is just feel into your heart and decide and you can go to <http://youwealthrevolution.com/lisa2013>. There's just a huge amount of information and data and information about energy and self-synthesis and synthesizing and exactly what's happening. Tell me about this one thing you say: 100% of your students have had a transformational life experience. Tell me about that.

Lisa: Yes, Darius. Well, I don't know what to say other than that. It's that clear. Literally everyone that's worked with me, especially that work with me over a period of time, every single person has changed something. They've either changed their job. They were headed towards divorce.

Darius: Wow.

Lisa: We've seen divorces by their changing and raising their frequency, understanding their gift, and bringing that into their marriage. We have changed people's physical conditions. Like I said, the brain tumor. So we gave someone's life back. We have also saved someone's life. We've also worked with, like I said, MS patients, Darius, that are so bent over in their wheelchair that they're hanging to the side like towards their right knee and they can't even hold their torso up straight. By the end of our session they're holding their torso up straight.

Darius: And it's all frequency.

Lisa: It's all frequency. And I teach them also about some movement, like give them specific like maybe whatever that person needs. Maybe it needs a journaling tool. Maybe it needs a yoga pose or a simple yoga pose. Although I'm not a dietician or I'm not a practitioner, I have a lot of background and have been studying it for now over 30 years. So I can give suggestions of things that work for me and then they can check it out and that might serve them.

So from every aspect of them we work with them, Darius. And then the biggest thing, Darius, is they start understanding that they are not wrong, that nothing is wrong with them. They're beautiful beings. That they don't have to clean and clear and try to like make themselves right and get like me up at 3 o'clock in the morning and meditate in a cave for 12 years, like, you know, putting cold water over you head. You don't have to do that because you're already a beautiful infinite divine being and it's just learning and raising your frequency to connect to that, Darius. And it's really... That's what I love about self-synthesize, Darius, is that we move people from those different stages of

consciousness that we were talking about earlier that we didn't have time to get to. But from victimhood... Like 'to me'. It happens always 'to me'. We move them up into 'by me' and then we keep going. We go up to 'with me'. That means co-creating with divine, with their own divine beingness, with their light team. They co-create their life. So it's 'with me'. And then we move them up to the fourth stage of consciousness, which is 'through me', that you begin to know that really divine dance is 'as you', that this is really a divine dance and a divine creation. And so you can see that as they continue to do the work and work with self-synthesize and we keep working with frequency over and over again, Darius, they keep raising up their stages of consciousness.

And as they raise their stages of consciousness what they begin to understand then is they're going to find their own - like we were talking earlier - their GPS. So they know, oh, this isn't right for me. Oh, wait. I need to turn here. Oh, I need to turn there.

So they start to develop that from within them, which I think you... Just from what I know of you and what I've experienced listening to you and how you've gone through your journey, you've developed that. So it's like a beautiful thing that we can keep doing as we work with someone again and again and we keep working together. We raise their frequency to these places.

Darius: Fantastic. Absolutely true, and I agree on the GPS part completely so much. That's a huge determinant and also understanding how to manage that frequency, how to know whether you're attached to lower frequencies, what to do about it, and when they get the help that you need and even just some direct work if you need it. All of that is at <http://youwealthrevolution.com/lisa2013>.

If anyone has questions... I know we're overtime. Any questions coming in, send them in. One person was asking how soon before I can get scheduled? This is someone writing in. Any answers on that?

Lisa: Oh yeah. Well, what we've done is we've prepared a lot of spaces available for you. So we've got times tomorrow even, we've got times on Saturday, we have times on Sunday. We've got times. Like you can get in right away.

Darius: Wow.

Lisa: There are some limited times within that but we've made a lot of space available for all of your listeners, Darius, that would be interested. I'd love to work with you all. It would be so fun. It would be awesome. It would be amazing for me.

Darius: Okay. So just know this is probably going to fill up very quickly, as I've seen in the past. It's at <http://youwealthrevolution.com/lisa2013>, and if you want to go deeper choose Option A or B. Option A includes all of the items that we mentioned, which is the circle of self-care. That's the one. And then the different frequency fixes, raising frequency in all of the bodies Parts 1 and 2, the eye-roll meditation, the heart meditation, the energizing meditation, and the bonus frequency of love which we haven't even gotten to talk about yet. It's \$97 for that package.

And then for Package B is a circle of self-care plus the 30-minute session with Lisa and all the other frequency fixes, including the quick and easy ways towards your frequency, raising frequency in all the bodies, the eye-roll meditation, the heart meditation, the energizing meditation, and the bonus frequency of love. All of that for only \$30 more – 127. Incredible. All of that's available in Package B and personally I think Package B is the best deal. That's just amazing.

Lisa, thank you so much for being here. I'm going to check to see what questions we have. Let's see... Something's gone on with my line. Okay, we're good. Any final words for the group or anything else you want to share?

Lisa: Yes, Darius. I think the biggest piece for me is to let you all know that really this is the biggest idea for me that if you take away today - it just would fill my heart - is that you are not wrong. Everything about you is right. You're a beautiful divine being and you don't need to fix yourself. You don't want to try to make yourself right and all of that practice and then someday maybe you'll have a spiritual experience. You are beautiful. You are infinite being right now. That's who you are and you're having a human experience. And if you remember that, that you are so loved, as you were saying, Darius, you are so supported, and that life has your back, divine source has your back, and you are all that you need.

Darius: Absolutely. Wow. Thank you, Lisa, so much for being here and sharing just this incredible session. Please write in and let us know what your thoughts were and what happened to you. One person is asking do we need to prepare for the 30-minute session.

Lisa: No. You can if you want, but I will definitely go through and scan you and see what maybe something that you need that your light team is showing me that you need, and we can do half of the call of that and then I'll do frequency work with you, all these frequency processes. And then if you want to come to the table with something, we'll co-create that together. So either way. We can do anything you need.

Darius: Wow. Incredible. This is just amazing. So it's at <http://youwealthrevolution.com/lisa2013>.

Thank you so much, Lisa, for being here and sharing this and doing all this incredible work. It's just been phenomenal.

Lisa: Oh, you're welcome, Darius, and I thank you so much, and to everyone I thank you all also for being on the call. I just love you all and I thank you and Darius again. Big hug. Special hug. This has just been a dream of mine to be able to give you a big hug, because...

Darius: Oh, thank you.

Lisa: I am floored with you. I want to say a deep bow to you...

Darius: Oh, thank you.

Lisa: For all that you're doing and what you've created here. And now even this new piece that you're adding of like serving people through feeding people every day. This is just amazing. You are a rock star, Darius. It's amazing.

Darius: Well, thank you so much, Lisa.