

## Mabel Katz Presents Zero Frequency® - Return to Innocence

*A workshop for reclaiming intuition, inspiration, and the magic that's in you*

**Once upon a time** we lived in a world of limitless possibilities. We knew that we could accomplish wonderful things – and we did. When we were children our thoughts were more pure and we were closer to our *Zero Frequency®*. As life continued, we began to be affected by others' opinions and negative experiences, which we stored in our memories.



Remember when you were, a child, and you had no worries and believed that all things were possible? Who you were had not yet been tainted by life and your memories. The bases for your decisions, opinions and judgments, were free and in the flow. Not many memories to muddy them. Your connection to the universe was pure and direct. You were FREE to be YOU!

After a while, we silenced the voices of our intuition and inspiration so we could hear the “voice of reason.” We let go of our dreams. In short, we shifted our focus from our heart to our head. Our minds became filled with concerns, fears, and doubts – and we barely noticed as some of the color went out of our lives.

We tell you this story because, while it's true, this doesn't have to be this way. We think stories should have happy endings, and this one certainly can.

Mabel Katz, internationally acclaimed speaker and seminar leader, has developed a workshop that gives you the power to move back into the awareness of infinite possibilities. It is a workshop designed to take you to what Mabel calls Zero Frequency®.

### **When you change yourself, you will change your world!**

With Mabel's techniques you will find reaching your Zero Frequency® is easy. Her secret will unlock the door to finding your identity. Discovering who you really are is the key. Then you can allow your passion and inspiration to be your compass. The tools Mabel discovered help you to live more in the present, be more conscious and aware, so that you will be able to ask the right questions and will get the right answers.



Zero Frequency® is a state of awareness in which peace is present and intuition and inspiration are readily available. It is a state free of the negative programming that runs unconsciously and continuously. It's a place where the subtle voice that keeps telling us "You can't do that, it's dangerous, don't try" is silenced. Without negative self-talk, your natural abilities and talents can come to the fore, and solutions to problems in work and in life appear as if by magic. It's not magic, of course; by entering into Zero Frequency® you remove filters and blinders you accepted and start seeing more clearly.



No matter how many degrees you may have, or how smart you are, you will never reach that place of pure awareness with your intellect. Zero Frequency® is an experience that can be neither described nor explained in terms of logic. Zero Frequency® does speak to the intellect, but it is really for the heart, teaching you how to free your soul and return to the world of magic and the pure source of all joy.

### **Creating the life you used to see for yourself...**

When we stay tuned to the natural frequency of our hearts we appreciate who we really are. We re-connect with what some call the "inner child" and find our talents, natural gifts, and perfect rhythm. We become willing to act from our courage and follow our passions – spontaneously, free of limiting thoughts or fear of the future, with innocence and fresh perspective. We let go of what is not us, trust our hearts, walk in faith and live everyday in gratitude ... **and we accomplish wonderful things.**



From this reawakened clarity you will experience the real power of your mind. You will see how when you say you can, you can, when you say you cannot, you cannot. And you will discover the way you create with your thoughts, and choose your destiny.

### **It is really fun! Are you ready to play?**

This is an experiential workshop filled with fascinating activities that will remind you of your innate childlike qualities, take you back to connecting with the wise child you are, energize you and refresh your love of living. Take the first step on this path to rediscovering and being YOU again.

## What Is Zero Frequency®?

The work Mabel Katz does is based on the unique concept of Zero Frequency®. It involves accessing a state of awareness where confusion and limiting beliefs and behaviors simply are not present. It is a natural state, and is; in fact the state we are in as young children, before we acquire “knowledge” that tells us what we can’t do.

Reaching Zero Frequency®, we are able to see situations much more clearly and make effective choices that become immediately apparent once the static of the mind stops. We experience intuition and inspiration and become much more creative at solving previously insurmountable challenges, at work and in personal life.

As Mabel puts it, *“When we are at Zero, we are our authentic selves, able to access our true talents and natural gifts, happy and at peace. We are in the flow, whatever is right and perfect for us coming to us easily and effortlessly.”*

With practice, Zero Frequency® can be reached quickly and easily, and regardless of situations around us. It is accessible in the face of apparent crises at work, upset co-workers or superiors, or difficulties with family or friends. With heightened clarity, excellent solutions are more easily perceived and achieved, worker relationships improve, and tasks are accomplished more quickly with greater efficiency. Confidence increases based on this enhanced clarity and improvement in work performance.

Like children, great artists and athletes frequently experience the state of Zero Frequency®. They call it “being in the zone;” that place of peak performance where the mind is still and time seems to stop. They train themselves to access this state, striving to reach and stay in that awareness. When we can learn to let go and get back to the state of pure awareness, like those athletes, we find we become more aware, conscious, and in balance, in tune with the limitless possibilities that come from the newly accessible source of all inspiration, instead of our old memories and programs.

Science tells us that we are only conscious and aware of a mere sixteen bits of information per second, while our minds are producing *eleven million*. These thoughts and data are playing in our minds constantly, however we are unaware of them because they exist in our subconscious.

Zero Frequency® works on the eleven million thoughts buzzing around in the deepest part of our minds that cause the static and uncertainty.

Zero Frequency® is about listening to our inner voice as it solves problems through inspiration instead of our programming; those memories that created our problems in the first place. The heart of the process is problem solving through gratitude and forgiveness. When we respond with gratitude to those things that have caused difficulty in our lives, asking with pure intent to clean and erase those programs, we reach the state of Zero Frequency®. At that point, for reasons that science is still trying to understand, the challenging problems seem to self solve and go away.

Mabel Katz has assisted tens of thousands worldwide in reaching Zero Frequency® and applying it at work and in their personal lives. She is available for keynotes, talks and Zero Frequency® workshops geared to the needs of your organization. The enclosed materials describe these in detail.

## Testimonials

*Thank you so much for sharing your experiences and knowledge regarding the Zero Frequency® Program. Our personnel was pleasantly surprised with how something so simple - or at least that's how you conveyed it - can be so powerful and have the ability to transform us and, therefore, offer our university a greater probability of development.*

*Going back to zero, and letting go of negative emotions and habits can open up a new world. It's like starting over, from a new platform, where we are able to keep all of our knowledge and abilities, but eliminate all of our self imposed limits.*

*Continue teaching. Many of us will thank you for it. With no further ado, I wish to reiterate my deep respect and gratitude. ~ **Higinio González Calderón, Dean of UANE University***

*The Conference imparted an excellent philosophy which will allow us to implement important changes in ourselves and in our environment. ~ **Jorge Alanís Villareal, General Director of Colegio Americano***

*The series was extremely insightful and helpful. Mabel was very gracious in sharing her wisdom and I learned a lot. I encourage anyone thinking of taking a seminar with Mabel to go for it. You won't be disappointed! ~ **Thomas, USA***

*I'm more playful & happy as I practice letting go! The more I give thanks, the quicker inspiration comes, which always leads me to exciting & rewarding experiences. ~ **Gloria, USA***

*Mabel, I salute the divinity in you!*

*Thank you for another beautiful class. I felt very much in tune with you and was able to perceive how you put your heart and soul into your teachings.*

*You are here with us, yet many light years ahead of us, so willing to impart your knowledge so lovingly. Again GRACIAS! ~ **Hilda, USA***

*Mabel,*

*Keep doing what you are doing it's helping me become a better person. ~ **Denise, USA***

## Mabel Katz

Is an internationally acclaimed speaker, author, and seminar leader who is recognized as a leading authority on Ho'oponopono, an ancient Hawaiian art and practice of problem solving for achieving greater clarity of purpose and living and working more effectively. She has crafted a series of keynotes, talks, and seminars for corporations, businesses, and individuals; applying the practices of Ho'oponopono to bring companies closer to their full potential and give people an edge at work and in all areas of life. Mabel's series also include unique seminars for children and parents.

Based on using Ho'oponopono's forgiveness and gratitude, Mabel's presentations also focus on practical ways for reaching what she calls Zero Frequency®, a state where we are free of restrictive memories and limiting self-talk. From the clarity of Zero, outstanding solutions become apparent and excellent choices can be made.



Mabel is rapidly gaining acclaim for her work in support of world peace. She has spoken in front of national senates and other influential government bodies and presented at the United Nations. She has addressed multi-cultural audiences, including those of diverse ethnicities in the Middle East.

Born in Argentina, Mabel moved to Los Angeles in 1983 where she became a successful accountant, business consultant, and tax advisor. In 1997 she started her own company, Your Business, Inc., a step that not only enhanced her own success but also increased her ability to work more directly with others. Her company prospered by helping new and established businesses to expand and grow.

Amplifying her contribution to the Los Angeles Latino community, Mabel created and produced a radio program, *Despertar* (Awakening), then a television talk show, *The Mabel Katz Show*. Motivated by her desire to bring awareness about better living choices for the Latino Community, her shows employed the best features of Oprah, Suze Orman, and Rachael Ray. As a result of her media work, speaking, and seminars, she has become known in the Spanish-speaking community as "the Latino Oprah Winfrey." Mabel has received numerous prestigious local and national awards recognizing her achievements in business and with local communities.

Despite the success of her business and her media celebrity, Mabel chose to move from those endeavors to follow her heart's desire -- devoting her prodigious talents and powerful drive to assisting people worldwide with what she has learned and continues to learn from Ho'oponopono.

Studying and traveling with Ho'oponopono Master Teacher, Dr. Ihaleakalá Hew Len, Mabel deepened her learning. Mabel has been exposed 24 hours a day for more than a decade to the Secret beyond the Secrets of this ancient Hawaiian art of problem solving. From this foundation, Mabel has designed her

unique workshops to bring wisdom and gifts to audiences across the planet.

Mabel authored her first book, *The Easiest Way*, which has received widespread praise from readers and thought leaders alike. She has authored several other books, including a wonderful children's book, and her works have been published in English, Spanish, Korean, Portuguese, Swedish, German, French, Russian, Chinese, Italian, Czech, Hebrew, Japanese, Croatian, Hungarian, Polish and Romanian.

Today, Mabel maintains a busy global speaking and seminar schedule. She has presented throughout Europe and Eastern Europe, China, and Central and South America as well as across the United States and Canada. In her talks, she often shares how she has used what she has learned to move into a fulfilling and successful life of travel, speaking, and working with others to create the lives they had only dared to imagine.

Mabel Katz is truly an exceptional woman of international stature with universal appeal. The work she does is transforming businesses and improving lives. Her unique presentations reach people's cores -- their souls -- giving them tools to create lasting results. Many have said Mabel has changed their lives forever.

Mabel is available for keynotes, talks, and seminars for executives, managers, employees, individuals, and children.



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