

Zero Frequency® - The Easiest Way to Grow

*A workshop for adolescents designed by Mabel Katz,
based on her work with Ho'oponopono*

In the state of Zero Frequency we learn that our experiences and memories cloud our awareness of who we truly are and how we can create the life we want. With every passing day we acquire worries, fears, and insecurities that create limiting beliefs based on the judgments and opinions of others. Ultimately we become detached from who we really are as we begin to lose our connection with nature and the universe.

Imagine how powerful the experience of Zero Frequency can be for adolescents who are just beginning to learn who they are, who have not yet been "tainted" by the distractions of life.



In this unique workshop, created by Mabel Katz, children discover the truths that show them how to hold on to their true essence and remain "pure at heart." *They are asked an important question: Are you who you are because of what others have told you?* **This is an opportunity to teach them how to live happy, productive and fulfilling lives.**

Then they are introduced to activities and games that demonstrate:



- You don't have to be who you are according to what others think
- It is ok to be different. In fact, it's great!
- It's easy to be happy: Be yourself and love yourself
- If you say you can, you can; if you say you can not, you can not
- You never have to lose the joy and peace that are your birthright

Each child is unique and has natural talents, gifts and perfect rhythm.

The workshop is crafted to restore and preserve these innate qualities.

Children seamlessly integrate practical skills for:

- Appreciating who they really are
- Finding their courage and following their passions
- Releasing what is not them
- Creating with their thoughts
- Believing in themselves
- Trusting in their heart, their intuition, their inspiration
- Letting go of the programming that allowed others to determine who they are



What would life be like for a child who naturally transforms challenges into opportunities?

A key part of the workshop is showing children how to:

- Take 100% responsibility
- Know that problems are one step away from freedom
- Make problems and “bad energy” disappear simply by saying “Thank You”

Imagine knowing how to stay in touch with the true Source; the goodness of the universe.

Ho’oponopono is not a religion and has no religious teachings or agenda. In this workshop children learn to discover their own Source and have their own experience.

They learn to:

- Know that the Source is a light always shining upon them
- See others as a special part of that Source
- Live every day with gratitude
- Let go and let their Source bring them what is right and perfect for them
- Walk in faith

Contact us NOW to register or find out more about the next workshop.

**Don't let another day go by without giving the gift of
Zero Frequency - The Easiest Way to Grow workshop to all of your students.**



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Zero Frequency® is a registered trademark of Mabel Katz

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 16 bits of information per second, while our minds are producing *11 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 11 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



Dame Mabel Katz



Mabel is an internationally acclaimed author, speaker, world peace ambassador and creator of Zero Frequency®. She is recognized as a leading authority on Ho'oponopono, or as she calls it in her books, "The Easiest Way" to happiness, love and wealth. Her teachings reflect Ho'oponopono's ancient Hawaiian roots of problem solving and have evolved into her own philosophy of Zero Frequency®, a state where we are free of restrictive memories and limiting self-talk.

Mabel has authored five books in "The Easiest Way" series, including a children's book. Her books have been published and translated in more than 20 languages. She shares how she used Ho'oponopono to change from anger and worried person to one living a dream life as an author and speaker who travels around the world. Beyond written form, Mabel also shares her teachings in seminars and key note speeches from Latin America to Russia, Middle East and Europe.

Based on using forgiveness and gratitude, her seminars focus on practical ways for reaching what she calls Zero Frequency®, a state where we are free of restrictive memories and limiting beliefs. From the clarity of "zero," easy solutions and "in the flow" choices can be made. Many have said Mabel's teachings have changed their lives forever.

Mabel has also been honored as a Peace Ambassador and received awards for her world-peace initiative, Peace Within Is World Peace, which was launched at the United Nations. She has spoken to national senates and other influential government bodies with her peace message. In 2013 she was knighted and given the title of Dame Mabel Katz for her humanitarian works by the venerable Order of the Orthodox Knights Hospitaller of St. John – Russian Grand Priory.

Recently, Mabel has expanded her peace work to teaching children, including special needs children (Down Syndrome etc) and their parents, as well as men and women currently in prison. The message is truly universal, and it has been well received across the board.

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

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