

*Change your perception,  
change your life.*

Jill's boyfriend Jack has a problem committing. Jill wants their relationship to become more serious, perhaps leading to marriage, but Jack is dragging his feet. His inaction is frustrating Jill, and her frustration is consuming her.



She spends too much time thinking about their relationship. She spends too much time being irritated at Jack. Her frustration has become toxic.



What is a toxic emotion?

Emotions become toxic when they adversely affect our physical or mental health. Frustration is not an unnatural emotion, it's one we should experience.

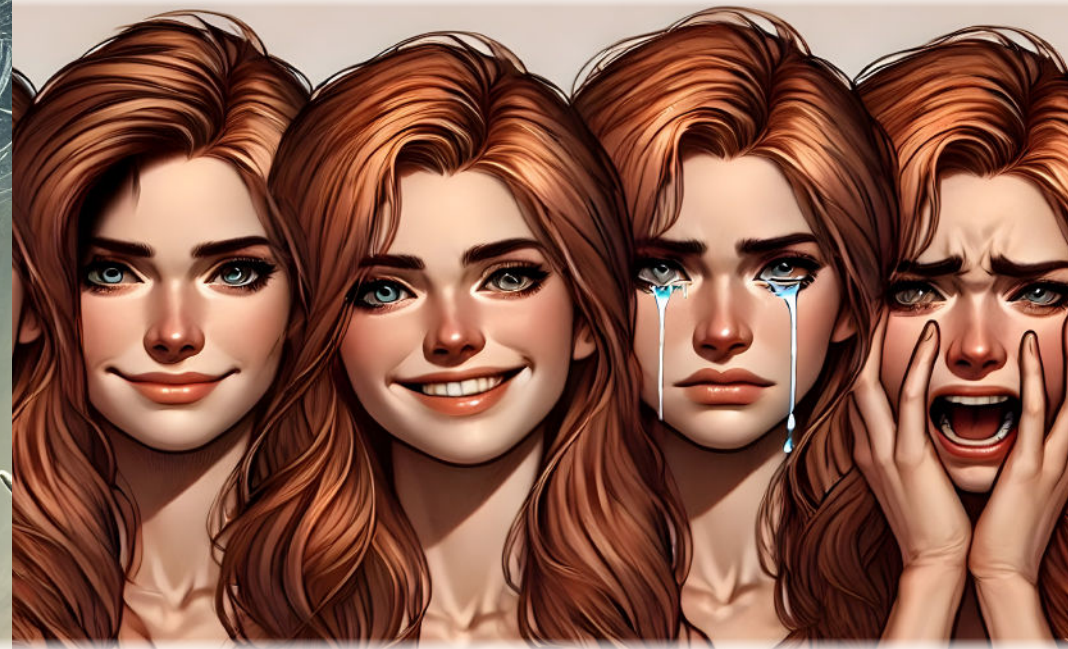


However, Jill is getting headaches, having digestive problems, doesn't want to eat, has trouble sleeping, and her thoughts about her relationship with Jack are obsessive. Her frustration is toxic.

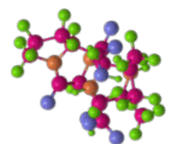
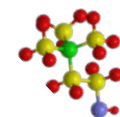
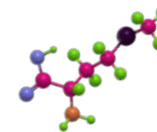
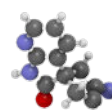


Emotions aren't just squishy, nebulous things, they are expressions of physical and energetic states; they are symptoms.

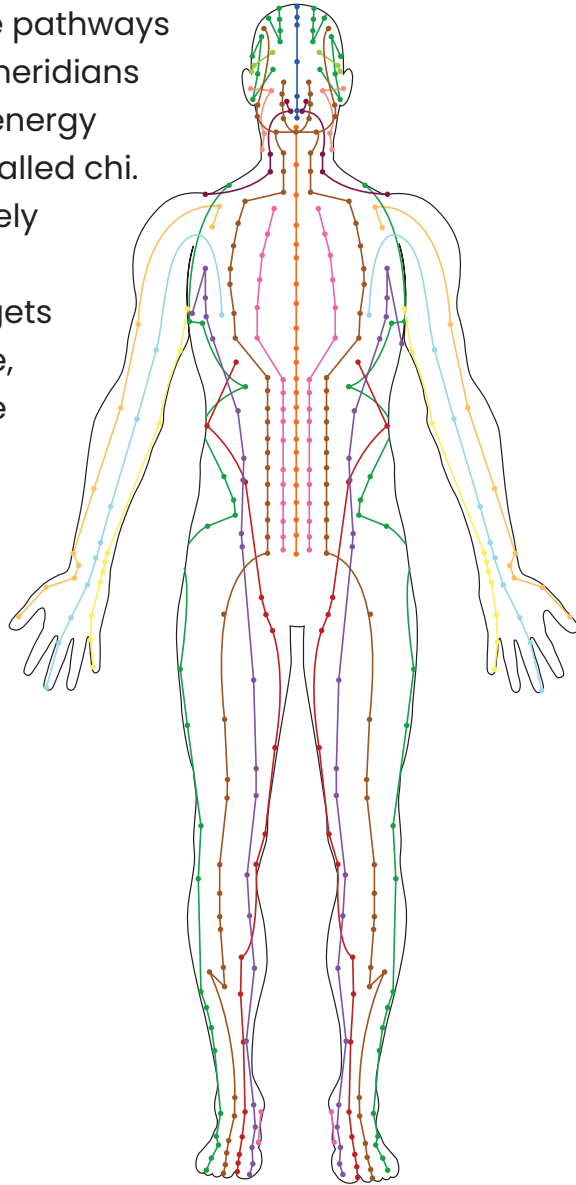
Each emotion has its own peptide structure. Peptides are groups of amino acids that affect bodily functions in many ways, you might say they direct the traffic in our bodies.



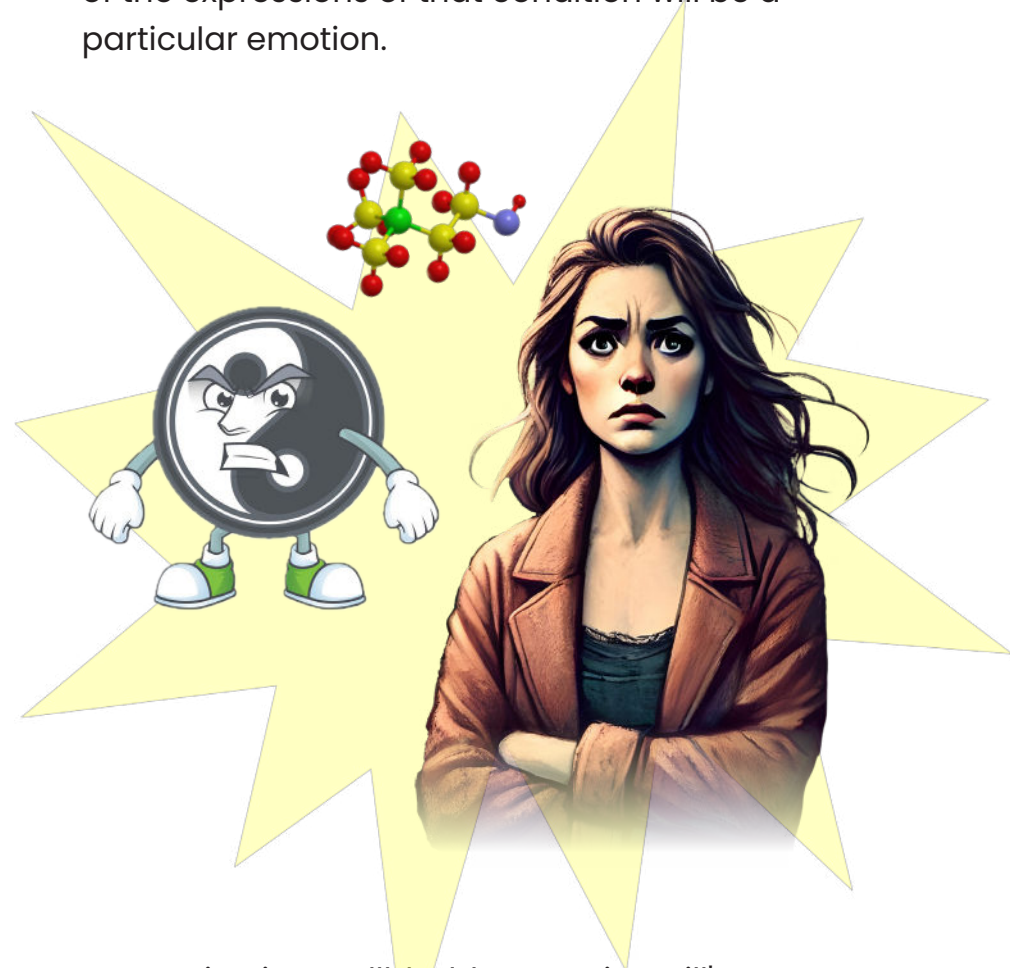
Why do toxic emotions make us sick?



Energetically we have pathways called acupuncture meridians through which body energy flows. This energy is called chi. Each meridian is closely related to an internal organ, from which it gets its name. For example, the Lung Meridian, the Stomach Meridian, the Liver Meridian, and so on.



If peptides go whacky, or if a meridian becomes imbalanced or obstructed for any reason, one of the expressions of that condition will be a particular emotion.



Frustration is a gallbladder emotion. Jill's relationship with Jack is impacting the frustration peptide and her Gallbladder Meridian. Jill is experiencing gallbladder symptoms.



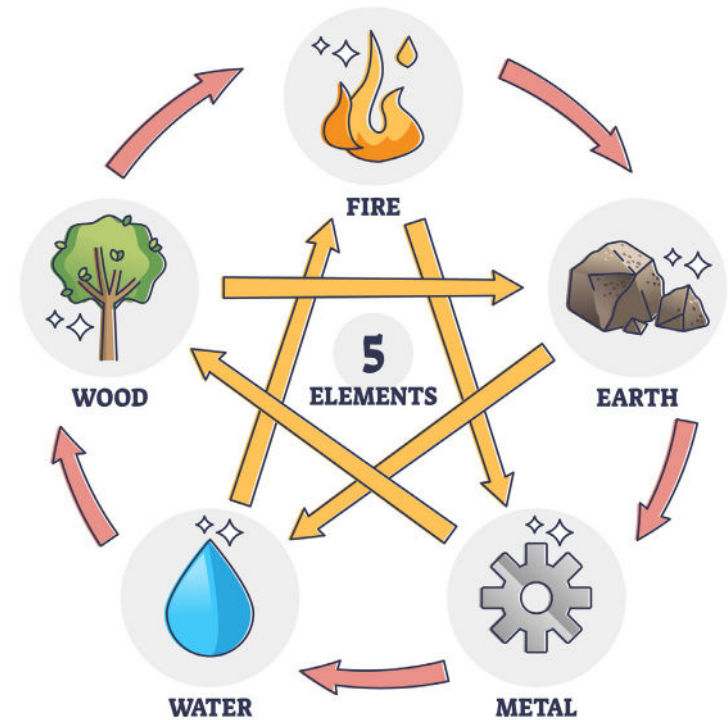
Is it normal to experience toxic emotions?

Yes, it's normal but it's not healthy. Jill's toxic frustration is not serving her well.

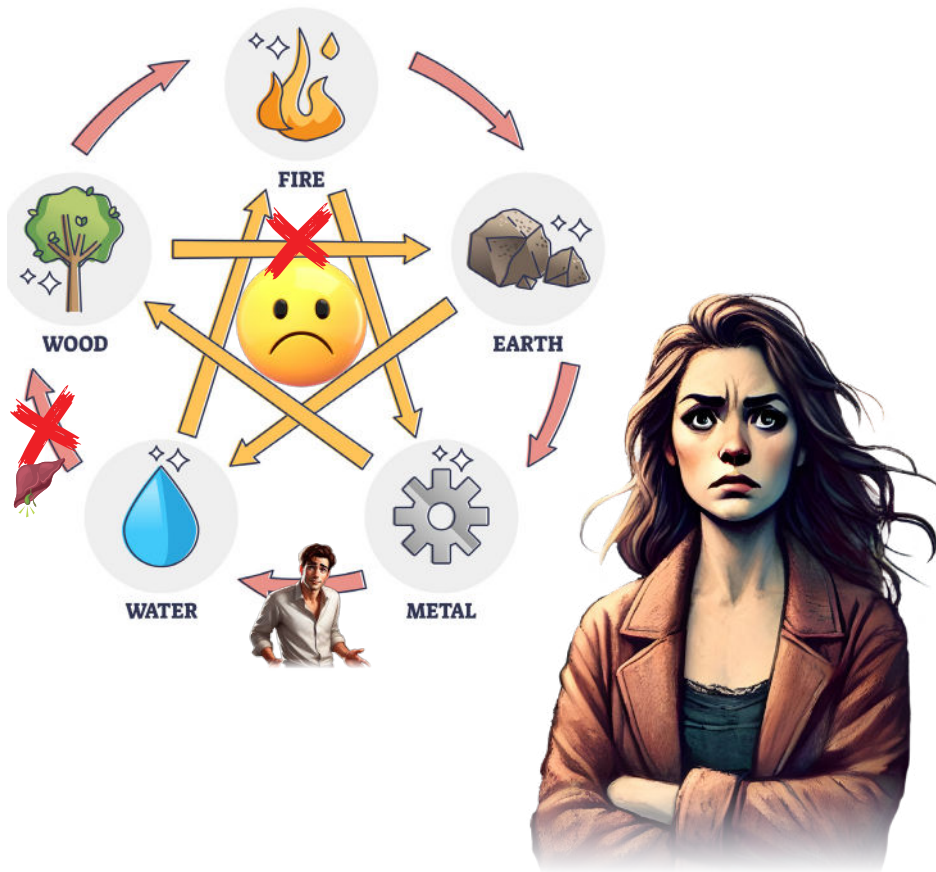


What can she do to get rid of it?

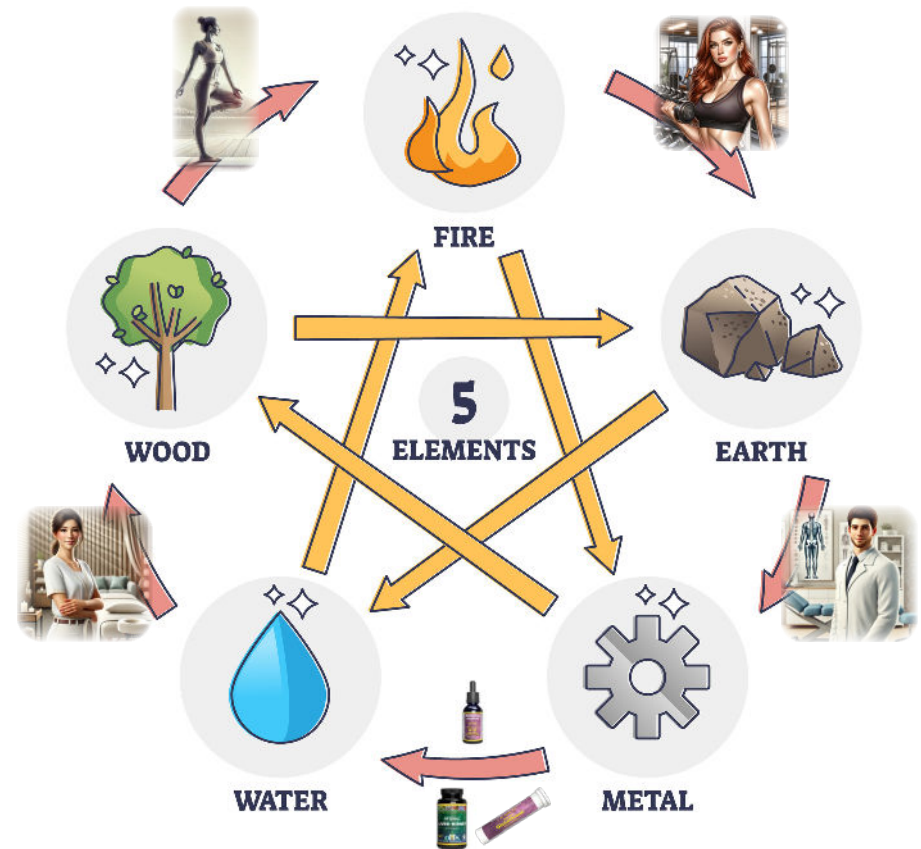
Health and disease occur on a continuum. One thing leads to another which leads to another and so on, everything is interrelated. Health occurs when everything is cooperating and moving smoothly. Disease occurs when it is not.



Jill's frustration may be caused purely by Jack's action, or inaction. However, it may be caused by a weakened gallbladder which makes her more likely to hang on to and amplify frustration. It may be caused by a blockage somewhere along her Gallbladder Meridian.



The cause is more likely multifaceted, meaning there is more than one reason why Jill's frustration has become toxic. Jill can be helped by receiving constructive input anywhere on the continuum.



One of the most significant causes of toxic emotion is limited perception.

Perception is how we view the world. Jill's experience with Jack is contained within the frame of her perception of him and their relationship. One of the easiest and most effective ways to positively impact her relationship with Jack is to reframe that perception.



How does she do that?

There is a technology called Reframe that is designed specifically to reframe perception.



How does it do that?

It decodes the energy in your voice and gives back to you missing information. You internalize that information at a subconscious level and very quickly perception reframes.





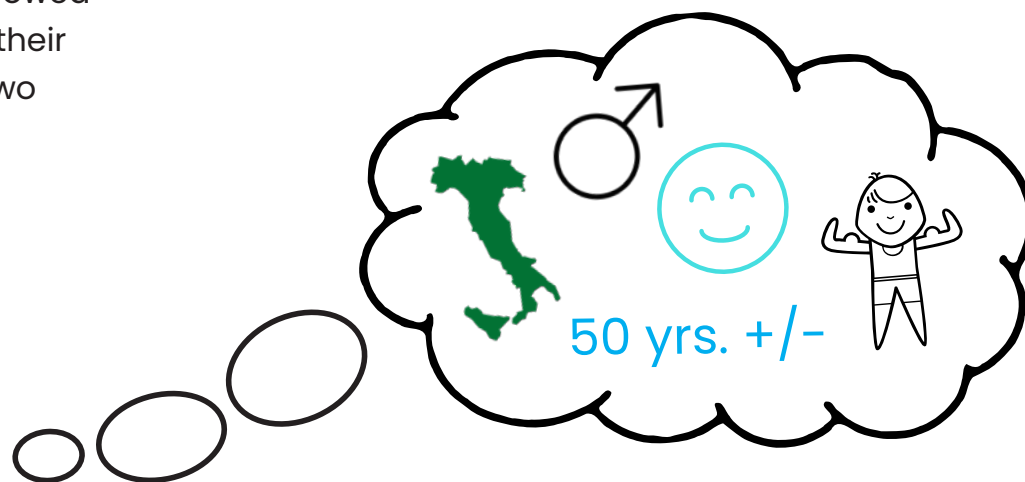
Why is voice used?

Because voice carries an incredible amount of information beyond the words spoken. Words are almost insignificant.

Here's an example: Someone calls you on the phone and you answer, "Hello," and they say, "Hello (followed by your first name)." Even if you don't recognize their voice, what do you know about them from just two spoken words?

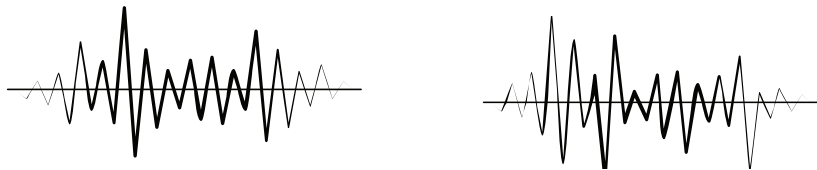


Their gender, their age (give or take a few years), their general state of health, the part of the world they were raised in as a child, and their general mood. All that information comes through with only two words.

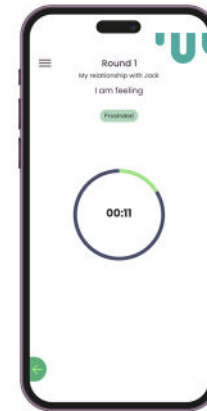




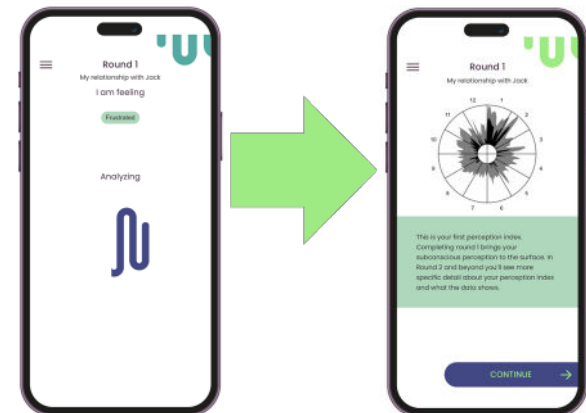
The other reason voice is used is because it is topic specific. This means your voice energy changes with each topic you speak of. For example, if you describe your father, your voice energy will present one pattern, and then if you describe your mother your voice energy will be different. This happens because your perception of your father is unique and different from your perception of your mother.



To reframe her perception of Jack and their relationship, Jill would speak into the Reframe app for 12 seconds, talking about Jack and their relationship.



Reframe will then decode the information in her voice and identify gaps, energy patterns with missing information.



Does reframe **record her words**?

**No**, it's the energy in her voice that carries the information of perception, not the words.

~~WORDS~~

Can she speak in **any language**?

**YES**

こんにちは  
Hello  
Hallo  
Hola

Can she **sing** instead of speak?

**No**, she has to speak.



Can she **read** what she says?

**No**, she has to be thinking and speaking spontaneously.



Then what happens?

Using proprietary technology, Reframe delivers to Jill at a subconscious level the information she needs to fill in the gaps. The delivery of this information takes 30 seconds and occurs through what is called a quantum field effect.



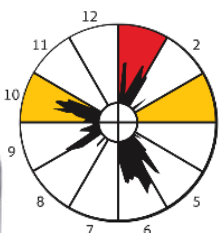
It is sent to Jill subconsciously because at a subconscious level we process information at least 200,000 times faster than we do consciously.



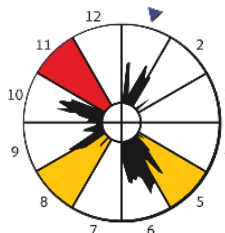
This new information is very quickly incorporated into Jill's state of being, and after a few rounds of speaking, analyzing, and delivering the missing information, Jill will experience a perception reframe.



Round 4

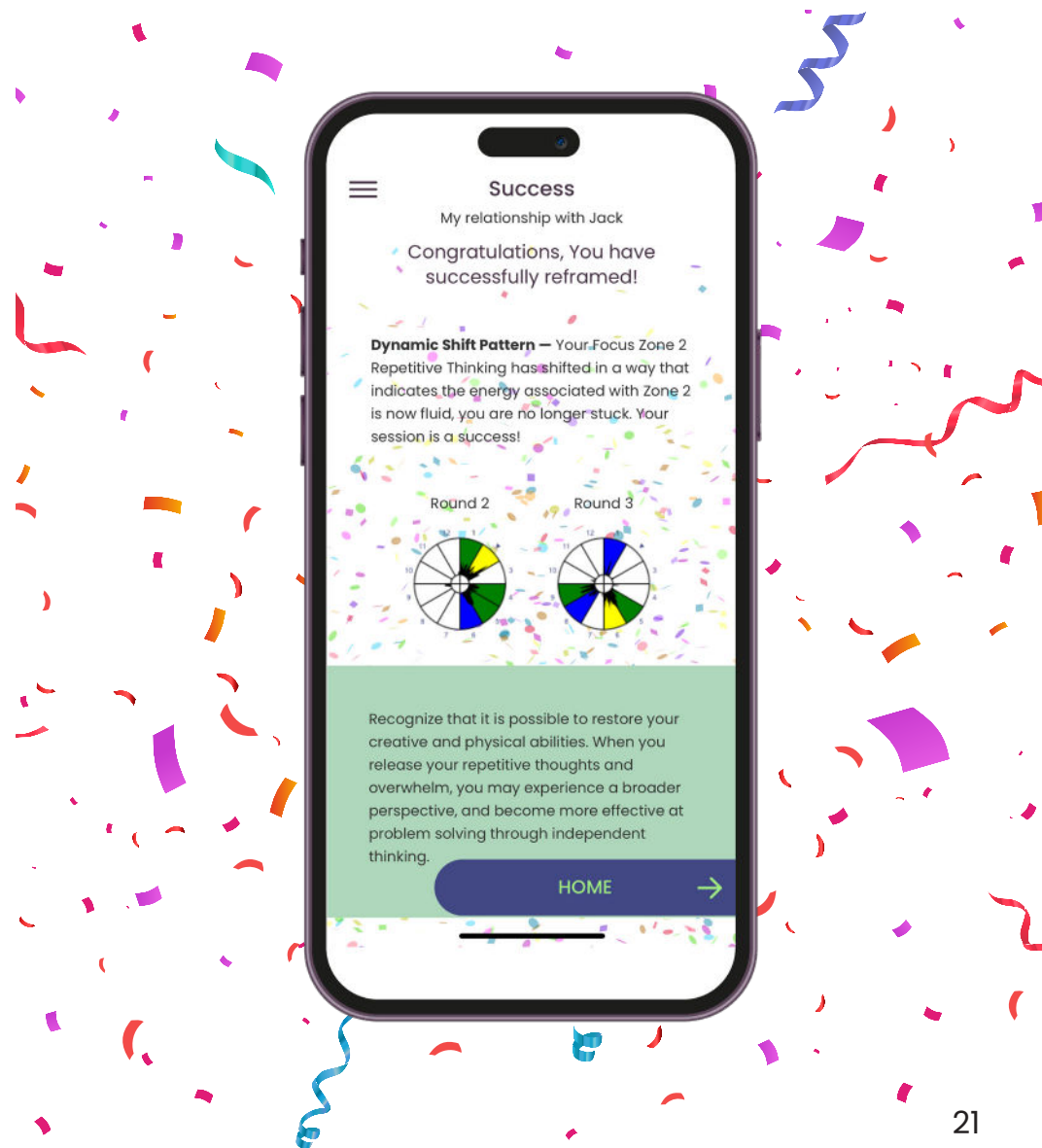


Round 5



How do you know when that happens?

Her voice energy will change in a way that indicates her perception reframe has occurred.



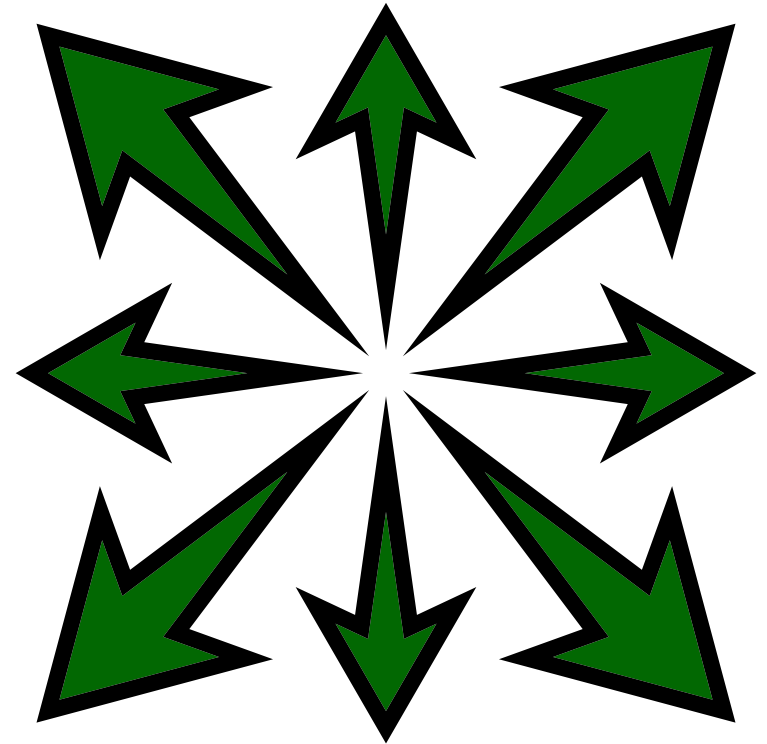


What happens then?

Perception reframing is an additive process. This means that Jill's perception of Jack and their relationship will expand. She will see options, causes, reasons, and alternatives that she was blind to before.



Expanded perception gives us more truth, more options, and that results in greater agency. Not that our ability to choose improves, but we have more to choose from.



Humans are built to always make their best choice; that's our default position, and with more choices, Jill will naturally select better options.

If we're built to always make our best choice,  
why do we make bad choices?

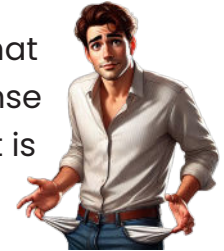


Mostly because we don't see any better option, our perception is limited. That doesn't mean we can't make a bad choice, but our default nature is to choose the best option we perceive.

Will perception reframing change their relationship?  
Yes, Because Jill will see and understand things she didn't before.



She may become aware that Jack's behavior is a response to something in his life that is unrelated to their relationship.



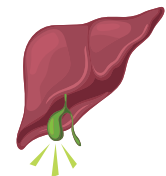
With that perception, Jill may choose to be more patient.

She may become aware that she is being too possessive.



Or she may realize that Jack is not the man she wants to spend the rest of her life with, and she'll move on.

She may even become aware of a physical condition she has that is making her frustration toxic.



The results of perception reframing can be profound.



However, more often it is experienced as a small change, a small epiphany, a slight course correction that makes our life better and more functional.



Does perception reframing affect anything besides relationships?



**Yes**, perception has everything to do with anything in life. You can reframe perception for any aspect of your life and receive a positive benefit.

If you want to enjoy greater financial success, perception reframing will help.



If you want to achieve a particular career goal, perception reframing will help.

If you want to lose weight, perception reframing will help.



Anything in life can be made more functional with perception reframing.

You can learn more, and access Reframe at  
**[www.Reframe.com](http://www.Reframe.com)**



