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HOSTED BY MARY MORRISSEY

TRANSCRIPT: SONIA RICOTTI



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SONIA RICOTTI

Mary:

I have a treat for you now. One of my dearest friends, a woman I greatly, greatly admire, her work in the world and who she is. She is a leading expert in personal transformation known around the world as a bounce back or *the* bounce back expert. She's the number one bestselling author of *Unsinkable: How to Bounce Back Quickly when Life Knocks You Down*, as well as the *Law of Attraction, Plain and Simple*, which is also a number one best seller. She's the CEO of Lead Out Loud, Inc., a leading-edge transformational company helping people around the globe achieve boundless success in all areas of their lives.

She has inspired millions around the world, sharing her breakthrough strategies on how to overcome adversity, achieve financial abundance and extraordinary success. In fact, her inspirational video... This is cool. Her inspirational video messages on YouTube have been viewed by over 5 million people to date. That's a lot of people, a lot of impact, a lot of difference making. She's here for you today. She believes also in giving back and making a difference. Over the last few years, she has participated and led humanitarian trips to several developing countries including Nicaragua, Guatemala, El Salvador, and Thailand. Sonia, thank you for being here.

Sonia:

Hi Mary. Thank you for having me. I'm excited.

Mary:

Me too. I'm thrilled. You've helped hundreds of thousands of people around the world bounce back. That says that you've got a system. You've got some strategies that actually work. We all have setbacks, some of them bigger than the others, but can you talk about...

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I don't think this just dropped in on you that one day, you were just thinking, "Oh, I think my life's work is helping people bounce back." How did it happen?

Sonia:

Yes. You know what, I wish that it just one day just came to me, and I just have this information. That is not how it happened. I had to actually hit rock bottom and lose everything, and build myself up from there, and bounce back super high, super big, and really turn my life around in a massive way very quickly. They say, "Success leaves clues," and then I went back and I looked for those clues. What did I do to bounce back quickly? Then took those clues, that whole formula, and then have been sharing it ever since. In my case just so everyone knows, I literally lost everything. I was \$124,000 in debt. I had lost my home due to foreclosure. My relationship broke up, and he was an alcoholic as well, so that was super difficult.

I had health issues, where I had a very serious blood clot under my left arm, so very close to my heart and lungs, and I had to go into emergency treatment for that, because if it dislodged, it could have been fatal. I mean, all these things were happening to me, and they all happened to me at the same time. Just everything was falling apart in my life, and I had truly hit rock bottom. I had hit... It was such a low for me and my life that I literally, I don't know, I literally at one point actually thought of ending it all.

I didn't know how I was going to get out of it. It was just too much for me to deal with. I had no solutions. It felt like there was no light at the end of that tunnel, and things were just getting worse and worse.

For everyone watching right now, if you're going through a difficult time in your life right now, I can promise you that there is a light at the end of that tunnel. It's actually really bright, and there are no coincidences. There is a reason why you're here today. You've probably been asking God, the Universe, "Please help me get out of this situation." Well, God, Universe, whatever you believe in has just answered your request, and be prepared to receive it, because you will turn things around in a really, really big way and very, very quickly. You have me and Mary right now talking about how to do that, so we're going to help you with that, but I did find...

What it ended up happening is I managed to turn things around in a massive, massive way very quickly. One thing I want to mention is, and this is so important for everyone listening right now or watching right now, setting an intention is critical to achieving your greatest life. Even if you don't even know what that intention is, just set anything,

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even a general one. That's what I did. When I had hit rock bottom, I remember I was crying on my bed, and I was crying and crying, and just so desperate. I was in my bedroom, and my eyes were swollen and red, and tears coming down my face. I just released it. I just allowed myself to experience and feel what I was feeling, and I released it.

Mary:

How did you release it? Sonia, I imagine the viewers watching this going, "Okay, so if I'm crying and crying on my bed, my eyes are swollen." Did you have a practice that you used before, or is it just somehow you just let go?

Sonia:

I love that question. Thank you for asking that. There's a difference between crying out of desperation, and crying allowing yourself to feel, and to experience what's going on without judging it, because often what happens is we start crying. You're like, "Oh no, I'm crying. I don't feel good. This is not good. I'm not handling this well. How do I stop crying? How do I make this feeling go away? I'm generating negative energy. This is not good." You're making yourself wrong. When you give yourself permission, when you give yourself permission and say, "You know what, something bad is happening, and it's okay to feel bad when something bad happens. And I feel like crying right now, and so I will cry and allow it to release itself," and giving yourself permission to do it.

Now, of course, if it's like 20 years later, and you're still crying, you're doing it wrong. You can't. This is just in that moment to allow it to just release and say, "You know what, something bad is happening, and I'm allowing myself to experience and feel it, and just release it." That's what I allowed myself to do. I just cried and cried. Then when I was able... Once I stopped crying, which is maybe about an hour, I got up. I remember it was just such a release, and I walked over to my bedroom window. I remember looking out that window at this beautiful maple tree out that window. I remember saying this to myself, and it was like a pivotal movement where everything shifted in that moment.

That's why I'm saying this is really important. I said to myself, "I don't know why this is happening, but one thing I know for sure is something great, amazing, huge; something way bigger than me is going to come out of it, because I'm not going through this stuff for nothing."

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Mary:

Okay, there is an intention, a very, very powerful intention. To our viewers right now, no matter what you're going through, there is some place in your life where it seems difficult, and for some of you, it's way difficult. This is nearing that moment that Sonia is talking about. Her point, I'm not going to go through a difficulty without taking the learning from that difficulty, or something from this difficulty that's going to make a major impact in my life and for many people. Look at Sonia. I mean, for a world, it made a world of impact because she was willing to not let the situation have her, but have that situation and say, "I'm going to... There's a power that's going to come from this, and that's my intention." Very, very powerful, Sonia.

Would you say is having an intention the first step, or is that the opening door, the beginning?

Sonia:

It's the opening door. It's the opening door. The steps are coming. It's setting that intention, and the reason I'm saying setting that intention is so important is you notice how that intention was so general. I didn't even know how I was going to get out of it, but it was so general. That's all I could say in that moment. I didn't even know how, or what that looked like, what that even meant, but that's what I said. Then about a week later, I was walking up the steps in that exact same house that I was just about to lose, and on the fifth step, and this is the crazy part. I remember exactly where I was when this happened. I got a message, and it was one word. It was unsinkable.

In that moment, I knew exactly what it meant. That's the crazy part. It wasn't like, "Well, that's a weird word. Where did that come from?" I knew at that moment, that was the title of my book, and that my mission on this earth going forward is helping people get through difficult times. I remember saying by the time I continued walking up the stairs, and I remember saying to myself. I got to the top of the stairs, and I remember saying, "Well then, you better turn your life around really fast, and bounce back really big if you're going to be helping others do it. You better get on this." I did, and I turned it around.

Mary:

Look at what you did, Sonia. Part of that, the power was in, "Okay, this is not just about me. This is for other people as well."

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Sonia:

Yes.

Mary:

You've got bigger than just about you, because you cared about other people having something that could come from what you were going through that would help them.

Sonia:

Exactly. It's interesting, because for some reason, recently, as you know, Mary, I went through some stuff as well where my mom had cancer, and she recently passed away. Then my dad 34 hours after my mom passed had slipped, fell, broke his hip, had to have surgery, is still in the hospital now. It's been a really rough time. When you're going through these things, and it's really difficult, for me anyway, and I'm sure for many people out there, to be able to step outside of that, and say, "It's okay. Something so huge is going to come out of it." I'm going to make sure it is.

I'm looking for that silver lining rather than getting stuck and staying in that ditch kind of thing, and not coming out. Just know it's okay. This too shall pass. This is part of life, and things happen, but I am telling you right now. This is really big, and I know something really big is going to come out of it bigger than me. It always has. It brings hope, and it helps me move forward. That's for everybody.

Mary:

I just want to say as you're viewing this video cast, if you have a relationship ending, or it's ended, or you have a business failure, a loss of job, something going on in the diagnosed; something that is dark, difficult. What Sonia is going to give today is going to help you no matter what the condition is. Whether it's you going through this or somebody you know, these steps are going to help you a lot. It reminds me, Sonia, of what you're saying. I mean, when you said if you're still crying 20 years later, there's a scripture that says, "Yay, though I walk through the valley of the shadow of death." I mean, the shadow isn't real, a shadow of... you know. The key word there I've always felt like is walk. Don't pitch a tent here. Have the experience, but don't let the experience have you.

You've got some very powerful steps so that no matter what it is, you find a way to be unsinkable.

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Sonia:

Yes. And so I always talk about a three-step formula that I used. The first step I talk about is reprogramming your conscious mind. I'm actually going to tell you what the three steps are. How is that? Everyone can write it down. The first step is reprogram your conscious mind. Second step is reprogram your subconscious mind, and the third step is elevate your vibrational frequency to a super high level, to a level of love, peace, joy, and gratitude. Okay? So, those are the three steps. I'm going to explain why they are important and how to do it.

Reprogramming your conscious mind has everything to do with what's going on in here. When you're going through a difficult time in your life, let's say your husband left you, and he cheated on you and left you for another woman. You're really upset about that. You're stressed. You're desperate, whatever the situation is, and all you're thinking in your head is, "I can't believe this is happening to me. I dedicated 20 years of my life to him. He said he loved me. That wasn't true." And all this whole story you're telling yourself about what's going on in your life. The same thing goes for anything. If you lost your job, you're having financial difficulty. That story you're telling yourself. Well, whenever you're not feeling good, sad, resentful, angry, all those negative feelings, often, we believe that the reason we feel this way is because what has happened in our lives, but in reality, that isn't true.

The reason we feel that way is you see, you have this situation happening in your life, and then you feel a certain way, but there is something going on in between that, between how you feel and what's going on. What's happening is you have a thought about what's going on.

Mary:

Exactly.

Sonia:

That thought is causing you to feel the way you do. That's why if you have 10 people going through the exact same situation, you'll have 10 different reactions. How is that possible? If you believe that what's going on is what's making you feel this way, then everyone should have the same reaction, but that's not the case. There is one person who will be very happy and relieved, and it's okay. "I'll finally find my soulmate. Things weren't going well anyway." Or if you lost your job, they think about how...

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"Okay, you know what, I've always wanted to change jobs anyway, and find a job that I really, really love." Other people would be crying and depressed.

There's all different reactions on how they feel when going through a difficult time, and it has everything to do with the story you're telling yourself. Your thoughts are causing you to feel the way you do. If you're feeling sad, angry, resentful, scared, stressed, all that, the number one question you need to ask yourself right now is, "What are the thoughts that are going on in my mind right now? What is the story I'm telling myself that's causing me to feel the way I do, and how can I change that story so it will allow me to feel better?" It's interesting because since we're making up stories anyway, because a lot of this...

I mean, there are facts, and there are stories, and when we're feeling that way, usually, a lot of it is making up a story, "Oh, he never loved me. Oh, he never cared about me." Well, chances are that's not true, and that's just you reacting to what's going on, but if you're able to change that story, and we're making up stories anyway, right, in our head, so we might as well make it a positive story, right? The first step of reprogramming your conscious mind is becoming aware of your thoughts and what you're thinking in any given moment, because those thoughts will determine how you feel, and you want to shift how you feel.

Mary:

Exactly. One of the key principles that I teach is the principle called notice what you're noticing. That's a way of living from that intersection of the infinite and the finite, so I love that you're taking people right to that place, where if you notice what your thought is, you can notice the thoughts that are empowering and the ones that are disempowering. Those disempowering thoughts generate a contractive... They pull us down, and then we at first experience the emotional states that you're describing. How do they actually... Step one, is it re-pattern or reprogram your conscious mind?

Sonia:

Reprogram your conscious mind.

Mary:

Okay, so we start playing a new program. I guess if you switch from CNN, and ain't it

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awful? Look at all the problems, to Discovery, "All right, so there are things I can change and things I can't change." Is that sort of how you do it? You change the channel?"

Sonia:

Exactly. It's about focusing on solutions rather than the problem, and recognizing that there is a silver lining in every single situation. Even if you can't figure out what that silver lining is, like in my case, I couldn't figure it out, then set that declaration. That's a general declaration like I did. Sometimes you have to dig really deep to find a silver lining in your situation. Most situations, it's quite easy, but there are...

Mary:

I guess, it probably even helps just to say, "I may not be seeing the silver lining, but there has to be a silver lining, because you can't have dark without light." The law already dictates that you can't have one without the other.

Sonia:

It's interesting. Even when my mom was in the hospital, and I knew that she was passing. I know it was really... That was actually a lot more difficult to deal with than all the other stuff that happened to me in the past, just so you know. To me, relationships are the most important thing, and so all that stuff that happened in the past was difficult, but nothing was harder than losing my mom, who was the closest person to me on this planet. That was really hard. For me in the situation like that, how would you look for the silver lining there? I was able to. I was able to because I realized, "Wow, how lucky have I been in my life to have had a mom that loved me so much, and that I love too, and to have experienced that deep wonderful love?"

How incredible is it that the way I built my business, that I can be with her for two months in the hospital? It was actually six weeks in the hospital by her bedside, morning, noon, and night, right? How incredible is that I'm experiencing something that I had never experienced before that I know so many people have, and so now I can understand what other people have experienced? Maybe now after all this happens, and as we move forward, perhaps there's another book there, too. How can I help others deal with these situations? For me, that silver lining was not even that hard to find in something as dark as that. Everyone can find... Even in relationships if they're breaking up, and you're going through a difficult time with that.

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It's just recognizing that this too shall pass, and it seems really hard right now, but in reality, two years from now, five years from now, your life will be completely different. That life could possibly be and most likely will be with someone else who puts you on a pedestal, who treats you the way you want to be treated, who brings you... Being in that loving, super-evolved relationship, and so there are great things coming to you. They're actually just around the corner. In fact, they have just arrived, because you're here today.

Mary:

Here you are, because you're right here today.

Sonia:

Yes, exactly.

Mary:

That means you're already on your way. It may not look like it yet in the world of form, but you are. Energetically, you are on your way.

Sonia:

Yes.

Mary:

How do we do number two?

Sonia:

Reprogramming your conscious mind, that first one is actually quite simple. All you have to do is ask yourself, "What am I thinking right now that's causing me to feel the way I do?" Then change what you're thinking. That's the simple form of doing that. Reprogramming your subconscious mind is actually a lot harder to do, because that is at a subconscious level, and so you don't even know it's there, and so you need to do the work to figure out how to get it out from your subconscious to your conscious mind. What's at the subconscious mind are all your limiting beliefs, all those beliefs that you have around that area of your life that's not working right now, because you don't manifest what you want.

You manifest what you believe, right, so if a certain area in your life is not working, you have beliefs in that area that are sabotaging or blocking the success in that area from

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happening. For instance, anyone who is going through difficult financial times, you will have a lot of limiting beliefs around money, maybe limiting beliefs around rich people, and so things like, "Making money is hard. Rich people are jerks. Money doesn't grow on trees." We all learned that one when we were kids, all these limiting beliefs, your beliefs...

Mary:

I'm not good with money. I'm not good with money.

Sonia:

Right, and I'm not smart enough to make a lot of money. I'm too old to make a change in my life.

Mary:

Or too young.

Sonia:

Exactly. There's so many different... everyone is different, and everyone has different limiting beliefs. Once you uncover what those limiting beliefs are on that area that is not working for you, that's when you're able to completely shift that area, because now all you have to do is to recognize those limiting beliefs, realize they're just beliefs.

It's not true. They're just beliefs that you believed even though they're not true, and be able to replace them with empowering, positive beliefs. That is reprogramming your subconscious mind, so constantly with repetition focusing on positive beliefs around that area is very important. I'm going to give you a quick example just for me when I had already bounced back. I was making really good money.

My business was going very well. I was making multiple six figures in my business, but for some reason, I could not get it to the seven-figure level. It didn't matter, Mary, how many times I tried. I couldn't work more hours than I was working, and I was doing everything that everyone else seemed to be doing in our industry that are making seven figures, but it just wasn't happening. I just couldn't figure out why. Here is a perfect example of a limiting belief that I had that was at the subconscious level that I brought to the forefront, and you'll start noticing them coming to the forefront as you start becoming aware of what's going on in your mind. I was stopped at a red light one day with my little dog, and we were on our way to go to the dog park.

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For some reason, the story was going on in my head. This story, I don't understand why I can't reach seven figures. I certainly can't work harder than I am now. I'm working already seven days a week, and I'm doing everything I can. Nothing is working. I don't even know what to change. Immediately right after that, I caught a thought that came true. That thought was this, "But Sonia, seriously, in order to make seven figures in your business, you're going to have to have a really big team. That means you're going to have to hire a lot of people, and you're going to need to deal with lots of different personalities with the big team. Do you remember when you used to work in the fitness industry, and you oversaw 300 people over five clubs? Do you remember how miserable you were having to manage all that stuff? Don't you remember that? You don't want that. You'll be miserable."

Mary:

You had competing values. A part of you wanted to be successful. The other part of you is preserving the life that you built that it gives you when you have some autonomy and freedom. Those are competing values.

Sonia:

Right, and the thing is that it wasn't even true. It was just a belief that I had back here that I didn't even know was there.

Mary:

A belief that you can't have both.

Sonia:

I had this belief that seven figures equals the big team, which equaled misery. God and the Universe is saying, "Your wish is my command. You obviously don't want that, so no seven figures for you." Then in that moment, I was able to shift it, because I realized, "Wow, do I really believe that? I know that's not even true, because there are lots of people who do what I do who have small teams," and so I changed it immediately.

That change was this, Mary. Not only am I going to build a multiple seven-figure business, and I am going to have a bigger team, but it's still going to be very small, and that team will be my dream team. We are all going to love each other, and we're all going to work together. It's going to be everyone focused on one mission: helping transform people's lives.

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Mary:

Awesome. The way then for someone to hear their own limiting beliefs is they start their... again, they are noticing their own thoughts. When they have a goal, it's not happening, and they set a dream that's not occurring, and they just keep running up against the block around that. You pay attention to what you're thinking about that block. Is that how you get there?

Sonia:

Exactly, and becoming conscious of that area that's not working, and re-wire your thoughts around that. You can even sit down and start writing, right, and start writing it out. What are your beliefs? When you journal, I journal every single morning. Even if it's just 10, 15 minutes, I journal every single morning. Sometimes, I don't even know what to write, and I actually say, "I don't know what to write today," but I still write. You'll be surprised. Just free flow what comes up around that area of your life that's not working, and just free flow and write. All of a sudden, you re-read it, and you're like, "Do I really believe this?" You'll start noticing limiting beliefs that are blocking, right, and so it's...

Mary:

Then you tell the truth. Then you use the truth. You cut off the head of that limiting belief by saying, "I don't even believe this. Here is what I do believe." You say it with, I suspect, because of the way you spoke it, there's some emotion, authenticity, so you're planting this new belief inside your subconscious as the truth. Here is the truth. I don't believe that. I do believe this, and you merge what you do want with a new belief that matches it.

Sonia:

Exactly, because what happens is when you have a limiting belief around that area that's not... or beliefs, many, chances are you have several, around that area of your life that's not working, it affects everything in your life, and your results in that area. When you have limiting belief, let's say about money, it affects what you're thinking about. What you're thinking about affects how you behave. It affects how you take action, and it affects your ultimate results. By shifting that, it will change what you're thinking about. It will change your behavior. It will change what actions you take, and it will eventually change your results in the end.

That's why it's so critical to find out what they are, so you can completely shift them and

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change the story you're telling yourself around that area of your life that isn't working, and everything will shift.

Mary:

Everything will shift, so reprogram your conscious mind. Reprogram your subconscious mind, and then the last step...

Sonia:

Is elevate your vibrational frequency to a super high level.

Mary:

Wait, slow down. I just want to repeat that. Elevate your frequency to a super high level...

Sonia:

To a level of love...

Mary:

...to a level of love.

Sonia:

Peace.

Mary:

Peace.

Sonia:

Joy.

Mary:

Joy.

Sonia:

And gratitude.

Mary:

And gratitude. Let's take a breath. I want to invite our viewers to take a breath on this one. I know you can hear the words elevate your vibration to a super high level, to a

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frequency of, and then the names of these frequencies that we've identified as well, love, and peace, and joy, and gratitude. Sonia, I know that you are the bounce back person of the planet. So how does someone who's looking at a bankruptcy or looking at their spouse left them for somebody else, and these are the conditions that I know you really clearly spoke to if in fact the condition were the cause of our feeling, everybody in the same condition would feel the same, and they don't.

That's an important piece of information. Every one of us has authority over our internal world. When we take that authority, it then moves to shifting and change in our external world, but your power is not in trying to get the circumstances to change. Your power is what Sonia is saying here, going within. How do we do that? How do we change the frequency?

Sonia:

Just so you know, once you've mastered step one and step two, step three starts falling into place, because remember, once you've start reprogramming your mind, and you're having thoughts and your beliefs are positive, all of a sudden, you're starting to feel better, and you're elevating your vibrational frequency automatically. That's one. The other thing that is important is recognizing that... First of all, is people don't know what that means, reprogramming your vibrational frequency... sorry, elevating your vibrational frequency. I'm talking about energy, right. Everything is made out of energy, and it's the law of attraction. What you put out there is what you get back, and so it's important to be able to get into a state where you are open to receive great things, people, and situations into your life.

When you are instead in a state of negativity and resentment and focusing on the problems, and complaining, and stress, and all those negative feelings, it's equivalent to staring at a close door, and that door is locked. You're not going anywhere, and you feel like you're just banging your head against that door, because it's just not opening. Meanwhile, right behind you are all these wonderful open doors with these bright lights calling you in, "I've got all... Your dream life is right here. Hello! Step away from that closed door," but you're so focused on that negativity, which is all the law of vibrational frequency. All those negative feelings that you're experiencing are low vibration.

You want to elevate it. Once you step away from that closed door, you turn around. You see all those open doors. All you have to do is choose which door you want to go in, and all of a sudden, you start living your dream life. That is the analogy and the way that

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proverbial closed door is what I talked about. You need to step away from that closed door, and you will immediately elevate your vibrational frequency. You can start by first stop focusing on the problems, and start focusing on the solutions. It's important to recognize that although things seem really bad in your life right now, there are also really great things going on in your life right now.

What are those things? When I was in the hospital with my mom, for me, I will not forget it. It was the sixth floor in this hospital. It was the cancer ward, and it was people who were at the end basically, and it was not positive energy on that floor and all. It was really hard for me to make sure that I don't allow that negativity to penetrate my positivity bubble. It wasn't easy. I wasn't always successful at it, but I was always aware of it, so I had to constantly bring myself back. When you're around negativity like that, that's about as bad as you can get around something like that, is I had to consciously work at it, where because I've done all the work, and normally, I don't have to work hard at all. It's just a natural state.

Immediately, if I start going to a negative state or get angry about something, I recognize it immediately. It's shifted immediately. When I was there, it was harder. What I would do to help me would be start focusing on all the positive things that are going on in your life right now. Immediately, the first thought was nothing positive is going on. Your mom is dying. Like, what are you talking about? You're being ridiculous. No, there is something, and I'm going to look for them. It was even little things like finding a parking spot as close to the door of the hospital. It was like the best parking spot. There was no other parking spot closer to that door, and I got it.

It was just little things like those. Like, "Well, look at that. I got the best parking spot. See, there are good things," or I'd meet the family of someone else who was passing who had cancer, and was at the end, and we became really good friends. Look at these great people I've met that we're still friends today. We text each other, "How are you doing?" Another time I was at a restaurant. I helped this woman. She was in a wheel chair. This is in the hospital, and I helped wheel her to the coffee shop to get... She wanted a coffee, and I saw her. She was struggling, and I just helped her with her wheel chair, and she said, "Let me buy you..." I went to buy a cookie, and she was, "Let me pay it for you. Let me get it for you." Then, so I got a free cookie. I remember thinking, "Wow, I got a free cookie, too." You start looking at all the... You step outside of all that negativity, it's getting you to step away from that closed door.

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Mary:

I want to say to the viewer, this might sound deceptively simple that you're just, "Okay, a cookie, a parking lot," but let me just say you change your frequency. This is when you change the frequency from CNN, where it's all problems, now you can begin to see some options. Now you can begin to have different ideas, because those ideas you have, and the answers you can see, and the opportunities you can recognize are on a different frequency than ain't it awful. It sounds simple, but it actually works in a massive and really amazing way.

Sonia:

What I was doing as well was taking the time every day to write down what I was grateful for. What I called it was 50 shades of gratitude. I would actually be write out. It's hard to find 50 things that you're grateful for. The first 15 are like, "Yeah, I'm happy I have this. I have that. I have my brother, and my dad's awesome, blah, blah, blah, right?" And then it's like 15. I'm like, "I don't know what else is there," but as you start going to higher and higher, you start going deeper and deeper and deeper, and recognizing how amazing your life really is. It immediately shifts your vibrational frequency.

If you are on AM frequency on that radio, you shift it to FM frequency, because it's all frequency. You get yourself into that state of gratitude. Getting yourself to a state of inner peace, and a simple way of getting yourself to a place of inner peace is just by meditating or taking time, and walking in nature, and just sitting there, just being at peace and quiet. Taking even just five minutes out of your day breathing, taking the time to breathe in very deeply, and just really just taking time for just complete quiet.

Mary:

That's terrific. Reprogram your conscious mind. Reprogram your subconscious mind. Raise the frequency. Elevate the frequency in a major way to love and joy, gratitude, that you could do that, so it's some of the really powerful tools that Sonia has told us here today. Sonia, we're here today right now to offer the program called the DreamBuilder® Program, my flagship program. You've known me quite a while now. We're friends. You've heard me speak. We're colleagues. What would you say about that?

Sonia:

First of all, I want everyone to know, and I know many of you know this already, but Mary Morrissey is someone who will completely transform your life. I consider Mary Morrissey

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a mentor to me. She was one of the first people I spoke to when my mom was diagnosed with cancer a year ago. She was the first person I spoke to who helped me through the feelings that I was feeling at that time. I was talking about staring at a closed door, and the doors of opportunity are right behind you, and they have bright lights, and that's your dream life.

Mary, what you're offering here is your dream life. It's stepping into those doors. Like I mentioned earlier, there are no coincidences. This is synchronicity at play right now. Watching this right now, you ask the universe, God, Buddha, whoever, whatever you believe in to help you transform your life, and live your dream life. Everyone wants to live their dream life. Mary put together this DreamBuilder® Program that takes you step by step on how to make that happen, and it's so important to have someone hold your hand as you're going through this whole process of living your greatest life.

Mary, first of all, I want to thank you for creating it. I've seen you speak so many times, and I have been through your program as well, and it's the answer to living your greatest life. It really is. I really believe everybody should be going through this DreamBuilder® Program. It's in step by step format, so it's so easy to do. You need to learn from the best. You could try to do it on your own, but chances are you've been doing it on your own all along up until now, and you may have had some success, and there may be areas of your life you didn't get the success that you wanted.

Well, now is the time to turn it around completely. Now is the time. Life is short. That's one thing I learned when my mom was in the hospital. I mean, we all know that, that life is short, but when you experience it and watch someone pass away right in front of your eyes, you'll realize, "No, no, we are all going to die one day." That's the biggest lesson I got being with my mom was that, "Okay, I need to..." Enough of someday. You know how we put our dreams on the someday shelf? Well, it's time to get all those dreams off that someday shelf. It's today. No more waiting. The last thing you'd want is to be at the end of your life saying, "I wish I had done A, B, C, and D," and it's too late then.

Right now, all of you watching, you have a huge opportunity. I love this woman. I will endorse it till the cows come home, because she is the most inspirational life-changing mentor on the planet. She will take your hand, and take you through the path to living your greatest life, your dream life. Definitely, I highly recommend. Mary, I'm always recommending your DreamBuilder® Program all of the time.

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Mary:

I deeply appreciate that. I'm grateful for you, and I especially appreciate your words here. Let me give one last question, and seemingly in closing. Sonia, there might be somebody listening who they would love to move forward, but they're struggling with the thought, "I feel because of this failure or this difficulty in my life, somehow I'm broken, or it's too late to start now, or maybe this isn't the right time, because of what's going on in my life." What would you say to that person?

Sonia:

I would say that it's never too late first of all, and the only time we have is now. The past is the past, and you can't change it. The only thing that... The past doesn't even exist. If you're watching, you know how we hold on to the past. That's like carrying a ball and chain with you everywhere you go, and that's why it's slowing you down from achieving success you want. It's important to recognize the past doesn't exist except as a thought in your mind. We could talk about that for two hours actually, but the bottom line is the past doesn't exist, and what's important is to recognize that this is the only moment we have is right now.

If you're watching this right now, you know that you want to live that big dream life, and live a life beyond your wildest dreams. You have just received a massive opportunity. It's been handed to you on a silver platter. It's handed to you this way on a silver platter, and now it's up to you to take it. See, Mary and I, we can help you as much as we can. I always say this, Mary. If I could do the work for you, I would, because I want the whole world to be happy, and to bounce back and live their dream life, but we can offer it to you on a silver platter. It's up to you to make the decision right now, the decision right now to say, "Yes, I am ready to live my biggest life, to live my dream life, to live that life beyond my wildest dreams."

You have to make that decision. It's never too late. I don't care if you're 100. I don't care if you're 100. It's never too late. The reason I'm saying is that how old you are is completely irrelevant whether you're 20, or you're 100 or 102 like my grandmother was. It doesn't matter, because what we have is this moment right now, and this moment right now is our life. Tomorrow or yesterday, all we have is this moment right now, and you have this opportunity right now to turn your life run in a massive way, and live your dream life. I just want you to recognize that there's a huge opportunity that's being handed to you,

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and chances are you've been asking for this, and it's up to you to make a decision to say yes, and open yourself up to receive it.

Mary:

Thank you, Sonia Ricotti. If you're moved by what Sonia said, the way you say it, just click that button right below here, and you're on your way. Sonia Ricotti, I'm just reaching out to you to give you a giant big hug on behalf of all the people who you've impacted today, and the generosity of you, your spirit, your heart to give those three steps, and tell your story, and how moved I am in your presence as well. I know that everyone who had the privilege of watching you today feels the same way.

Sonia:

Thank you.

Mary:

Many blessings to you, and as you go into this next stage now. Many prayers for your dad as well, and just know this that you are making a huge, huge impact in our world, and we're grateful for you, especially me.

Sonia:

Thank you so much, Mary.

Mary:

Thanks for coming today.

Sonia:

Thanks, take care.

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