

AUTHOR INTERVIEW INFORMATION SHEET

[Raise Your Frequency, Transform Your Life](#)

Interview Topic:

How to Respond with Love to Life's Difficulties

By (Author) Selina Maitreya

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Biography

Selina Maitreya is a lecturer, author, and spiritual teacher. The creator of Clarion Call, an online conference of spiritual teachers, she is a founding member of the Manhattan Holistic Chamber of Commerce and a past board member of the Boston Theosophical Society. She lives in Arlington, Massachusetts.

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Facebook Profile: facebook.com/practicalspiritualitywithselina

Instagram Profile: [@practicalspirituality](https://www.instagram.com/practicalspirituality)

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Background Info

RAISE YOUR FREQUENCY/ TRANSFORM YOUR LIFE!

HOW TO RESPOND WITH LOVE TO LIFE'S DIFFICULTIES

Life is filled with a variety of moments that are happy and joyous -and yet some are difficult and downright painful.

Yet with all the variety that life brings to us, we are often trained from birth to focus on the difficult moments and to respond to low frequency events, with more of the same.

This conditioned life pattern, affects our entire life limiting our possibilities and negatively coloring our daily existence.

Additionally, as we over focus on difficulty, bringing it into our energy field long after the event has occurred, using it as a landing pad to allow our emotional body to hijack our life stream, we miss the actual purpose and benefits of difficulty in our life.

The Masters tell us that difficulty is meant to provide us an opportunity to engage the higher frequency of love that we are. We are told to respond to any chaos from patience, kindness, compassion, tolerance, grace and gratitude - and we are advised to direct that energy toward ourselves and others. When we do this we are told, we become in the moment, that frequency

We become love!

As we learn how to transform any daily difficulty into love and we repeat the process over and over, we continually access the energy of love that we are and in the third dimensional world we grow our consciousness.

Imagine a world where every perceived hurt, every moment of inconvenience and irritation, becomes an opportunity to bring in peace. That's what you will experience when you learn how to respond to daily irritations and major life tragedies from the frequencies of love.

This revolutionary way of utilizing the most difficult moments in our life increases our consciousness as well for when we override the ego and access the heart energy we willfully choose love, our consciousness expands, and we experience peace.

In her new book - ***Raise Your Frequency Transform Your Life*** Selina Maitreya shares teachings from the masters and gives clear instruction as to how you can turn any difficulty in your life into an opportunity to increase your consciousness and bring more peace into your life.

The book offers spiritual/ practical exercises that you can use to transform any tragedy, or daily irritation, or stress into tools for conscious transformation and ease.

Questions for Selina

- / Tell us a bit about your background in spirituality
- / How and when did this body of work appear to you?
- / It seems almost impossible for us to use daily irritations as a way to increase our consciousness how does that work?
- / What did you notice as you first began to respond to difficulty from Love?
- / Can you give us an example of how we would use one of your practices in daily life.... if somebody cut us off on the road or we were waiting forever online for help with a problem we have and we are getting very impatient ?
- / How does responding to difficulty from the energy of Love transform our consciousness?
- / Does this process support us when great tragedies arise?
- / Does someone need to be on a spiritual path to understand and use the work?
- / If you are on a spiritual path how does this work continue the process of spiritual enlightenment?
- / You want to take us through a practice let's do that now....
- / For listeners who are eager to begin, what is the first step toward taking on this new way of responding to daily difficulty?
- / How does our life change as we take on the work of using daily difficulty as a tool to embody Love and what kind of positive shifts can we expect in our life?
- / How can listeners contact you and buy the book?