

**LisaOnTheGo**

HEALING YOUR EMOTIONS

# TO EMPOWER YOU

**EGO MIND**

**SPIRITUAL HEART**

**LONLINESS**

**ANGRY**

**SAD**

**ASHAMED**

**FEAR**

**ANXIETY**

**NEGATIVE**

**SELF-DRAMA**

**JUDGEMENTS**

**OPINIONS**



**LOVED**

**IN PEACE**

**CONTENT**

**CONFIDENT**

**EMPOWERED**

**CALM**

**POSITIVE**

**SELF-AWARENESS**

**ACCEPTANCE**

**CHOICES**

*Artist - Isabelle Bustamante*

*Copyright - 2020*

**Emotions are feelings. Feelings direct us in our reactions or responses; in our judgements, interpretation or opinions.**

**What about the feelings that are energized and surround us? And just don't leave. The ones we don't fully understand; What do these feelings mean for us? How can we heal them?**

**DIGITAL INTERACTIVE MAGAZINE**  
Videos, Blogs, Quotes, Activities

**SIGNATURE ACTIVITY The LISAonthego Method by LisaOnTheGo**

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## LisaOnTheGo Editor

**E** motions and feelings at times in my life took over, and I learned how to calm down, see life in other perspectives to heal. This digital magazine is awesome for your self-esteem, self-confidence, learning about you, defining you, according to you and loving you. Ultimately you're:

## Healing Your Emotions to Empower You

**W**hy listen to someone else, when you know what resonates with you and what feels right for you? No one knows you better than you.

Why listen to someone else, when you know what resonates with you and what feels right for you? No one knows you better than you.

I have had my share of difficulties to overcome and learn about how my emotions that impacted and

affected me. I have experienced difficult relationships, Polycystic Ovarian Syndrome, Abnormal Liver Enzyme Gene (metabolize medicines), MTHFR gene and divorce.

In the past, family, friends, and professionals their interpretations, opinions and judgments on who they think I am, what I was doing wrong, or better yet, tell me to deal with the side effects of medicines

and that there is nothing wrong. As you can imagine, I was not a happy person.

My lifetime passion and compassion has been learning about feeling emotions that impact/affect me and you. I am sharing the Tools, Activities and Methods in the magazine that has worked **Healing Your Emotions Empower to You!**



# Signature Activity -The LISA Method by *LisaOnTheGo*

## LISA = LABEL INNER SELF AWARENESS

**E**motions are feelings. We all have feelings and they're not right or wrong. It's US, it's who we are. Feelings, direct us in our reactions or responses; in our judgements, interpretation or opinions.

Some feelings impact us more than others – What about the feelings that are energized that surround us? The ones we don't understand; What do our feelings mean for us? Example: an argument with someone and afterwards, you're trying to make sense and understand it and can't.

When this happens to me, my ego mind does the continuous self-talk and I'll talk to others about the story and drama for a different perspective. Sometimes this works and other times it doesn't. The LISA Method is for those times when the ego mind keeps going with no resolution, the self-talking and feelings of emotions that the situation, event or occurrence

**The Lisa Method** had me understand my feelings in the situation. It gave me the answers and all the stories, drama and emotions stopped. Now I was able to respond, take actions and heal.

is unresolved for us to move forward. I am talking about those times where the emotions surround me. They keep coming and going, like a roller-coaster with no release, relief or letting go. I talk, cry, laugh, angry, sad, frustrated, etc.

This gives the situation, event, occurrence the power and has me feeling victimized. This needs to change, but how?

What do I do, I am not understanding these feelings or why? The one day this was happening and I was sitting in my living room and having a time with myself.

The emotions I was having on a particular situation were intense, not leaving, causing conflict within myself. I was emotional and this went on for a few weeks. This one day, I said to myself enough and sat

with all the emotions and **The Lisa Method** was discovered and processed. **LISA = LABEL INNER SELF AWARENESS. WOW!**

Finally, a resolution, I **calmed down, stopped the conflicts, emotions stopped, self-victimizing** stopped. I understood my feelings, then came the feelings of release and relief, WOW, and WOW, I understand the bigger picture. This drama was a long journey for me. Now I can take actions and heal.

**The Lisa Method** has me **EMPOWERED** and I took the power back over the situation. **The Lisa Method** has been used many times by myself and others.

**LisaOnTheGo Results:**  
**EMPOWERMENT,**  
**SELF-ESTEEM, COURAGE,**  
**INNER PEACE, CONFIDENCE**  
**I AM OKAY**

### Being in your peace

Calmness

Release

Learning about you

Confidence



Knowing

Relief

Courage

Self-Esteem

### Listening to your inner self

# TAKE THE PAUSE

When you're in a situation, event or an occurrence  
and you're feeling emotional -

Anger, sadness, frustrated, rejected, embarrassed, furious etc.

**TAKE the PAUSE from LIFE -**

Walk Away, Call a friend, Breathe, Laugh, Count To Yourself, **Pause**

This moment in the situation, event or the occurrence is moment in time,  
**we can't go back in time**

In this moment of time, are you required to react or respond?

If yes, Who has the authority of you that you need to react or respond now?

Are you being so right, in your Opinions? Judgements? Interpretations?

Avoid the regrets, guilt and actions now. **TAKE the PAUSE from LIFE -**

**WORDS and ACTIONS** can't be taken back once said or done.

**TAKE the PAUSE from LIFE - LisaOnTheGO**

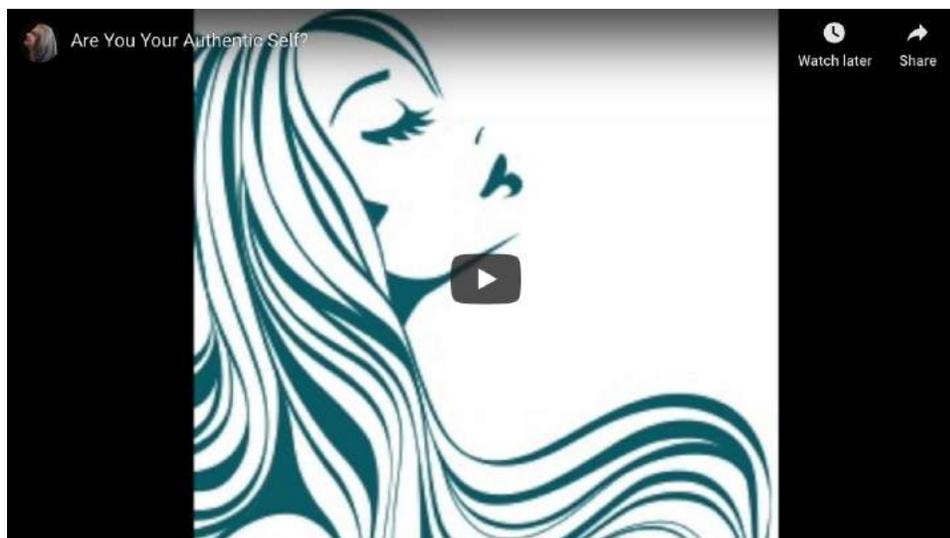
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Healing Your EMOTIONS to EMPOWER You by LisaOnTheGo

# ARE YOU YOUR AUTHENTIC SELF?

## Getting to know your Authentic Self is a Process

**B**eing your authentic self is not easy, others resist you changing and let you know it. That's okay because you know when you are speaking your truth and you feel the peace within you. To this day **LisaOnTheGo** still uses and does the below list. It takes time to learn who you are: be patient and understanding. Most important above all else be your best friend and surround yourself in love and forgive yourself for everything you didn't do or know. The rest will come.



## Getting to know your Authentic Self is a Process

How do you get to know you and do what resonates for you? Many of the tools, activities and talks will be coming forth on **LisaOnTheGo - Healing Your Emotions to Empower You, Digital Magazine**.



**Motto –** When **LisaOnTheGo** does what others want her to do she - gets angry with herself and others are happy; When **LisaOnTheGo** does what she wants to do - she is at peace and others are angry with her.

### **Lesson Learned: Others don't stay angry and get over it and you have your inner peace**

Life could be so busy and overwhelming with work and children that there is little time for ourselves. The first weekend **LisaOnTheGo** spent alone, after leaving the marital home, was an eye opener. This would now be my life. Who am I? What do I want?

This was the beginning of learning about **LisaOnTheGo**. I was scared, nervous and curious, now, what does she do with the alone time? That first weekend:

1. **LisaOnTheGo** watched television, learned the shows and movies she enjoyed.
2. Read
3. Food shopping and cooked for herself, What did I want to eat? What do I even like?
4. I called friends
5. Played the game what is my favorite?  
(to learn about myself) food, clothes, friends, activities etc.
6. Read A Course in Miracles lesson each night and attended a group
7. Had a therapist that **LisaOnTheGo** trusted and

listened too. By the way a huge impact in my life Kalie was awesome in teaching me about me

8. Ces ultra – Helped **LisaOnTheGo** in many ways the CES- Ultra every night <http://www.elixa.com/shop/ces-ultra/> website lists all the benefits
9. Learning to speak the truth from her heart, not what others wanted her to say or do. Yes **LisaOnTheGo** speaks from her heart, as she perceives the truth to be for her.
10. EFT tapping - emotional-freedom-technique, will be Magazine #2
11. Have a great day. Love, Laughter & Peace, **LisaOnTheGo**



*I love Jeff and have known him for years. I was referred to Jeff by a business coach. At the time, I have used 6 other website professionals claiming they could do the LisaOnTheGo site. Being frustrated, lost and beside myself, I took the leap and WOW! Jeff had my website done in no time and amazingly it worked unlike the others. Jeff maintains, updates and keeps LisaOnTheGo website full-speed ahead. Are you done with the rest? Now come to the best! Highly recommend.*

*Jeff thank you, I couldn't have done this without you!!!*

# Who Are You? What Do You Think of you?

LisaOnTheGo didn't know either until..... writing her Affirmations

LisaOnTheGo - ACTIVITY - WRITING YOUR AFFIRMATIONS that Empower You –

## AFFIRMATIONS ACTIVITY

**Are you lost in life? Overwhelmed? Overworked? Errands, errands and errands. No time for you. Who and what are you?**

**Come write your affirmations and remind yourself you are awesome.**

**TAKE THE “ME TIME” and pamper the one you love**

**LisaOnTheGo will ask you questions, you answer with your own words or use the lists of words available to fill in the blanks. Then we will put it together for your affirmations.**

**Are you starting something new life? A Job? A Business? A Family? A Marriage? A Divorce? A Move? Are you transitioning or transforming into who you are or want to be?**

**Are you doubting yourself? Are others being critical?**

**REMIND YOU WHO YOU ARE and GIVE YOURSELF A GIFT TO REMIND YOU HOW AWESOME YOU ARE! Write your AFFIRMATIONS today with today's webinar.**

**It's easy LisaOnTheGo asks the questions you answer with your own words or the list of words available.**

**Remember who you are. Remind yourself of who you are.**

**Affirmations help affirm us on our path. Remembering who you are and the ambitions of where you want to go and who you want to be.**

**Life is so busy and we get lost and caught up in daily activities**

**Remind you who you are and write your affirmations in today's Workshop.**

**Affirmations** are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

I read my affirmations daily, it reinforces who I am, what I am and who I want to be

# BREAKING FREE FROM CRITICAL ADDICTION

- #1 SOCIAL DISEASE, author KALIE MARINO

Kalie explains the concepts in her new book



*Come listen to Kalie Marino about her book. I have read it and learned, Kalie is amazing in her book, ideas, concepts and solutions.*

## “Breaking Free from Critical Addiction: Our #1 Social Disease.”

**C**ritical addiction, a social disease we catch from others, is the underlying cause of all addictions and most social problems.

Yet it sweeps our world unnoticed—creating an epidemic of immense proportion and leaving chaos in its wake.

*“The Heart is open to the degree to which we allow things to simply be what they are.”*

From our hearts, we have clarity about “what is”, free of judgments and assumptions, and can take appropriate action to create balance and harmony. As our hearts open and expand, we have a healthy desire to understand and heal all aspects of ourselves, others and our environment in ways that are loving, natural and conscious. As we heal consciously, we find purpose and value for our life’s experiences instead of regrets.

*LisaOnTheGo – Kalie Marino has come into my life at my lowest point. Kalie taught me to learn about me, help strengthened my self-esteem, self-confidence and teach me unconditional love. I am so grateful and appreciative to Kalie. She is an inspiration to life and her knowledge to teach us differently.*

*I love and learned a lot from her book “Critical Addiction: Our #1 Social Disease and her conversations are enlightening to help me move forwards through life.*

*Kalie thank you for being the angel in my life!*

Order the book: [https://www.amazon.com/Breaking-Free-Critical-Addiction-Disease/dp/1452554846/ref=tmm\\_pap\\_swatch\\_0?\\_encoding=UTF8&qid=1590184961&sr=8-1](https://www.amazon.com/Breaking-Free-Critical-Addiction-Disease/dp/1452554846/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1590184961&sr=8-1)

# Silverman Gallery

BUCKS COUNTY IMPRESSIONIST ART

IN BUCKINGHAM GREEN Rt. 202,  
just north of PA 413  
4920 York Rd., Holicong, PA 18928 • 215-794-4300  
[www.silvermangallery.com](http://www.silvermangallery.com)



*We are looking forward to re-opening as soon as safely possible. Until then, please take time to enjoy our website. We miss you!*



## Upcoming events:

- JOSEPH BARRETT EXHIBITION will open ASAP
- JIM RODGERS EXHIBITION will immediately follow

*Offering the work of the finest artists working today in the New Hope tradition:*

DESMOND McRORY • JIM RODGERS • GLENN HARRINGTON •  
JENNIFER HANSEN ROLLI • JOSEPH BARRETT •  
DAVID STIER • ANITA SHRAGER • JONATHAN MANDELL •  
JEAN CHILDS BUZGO • EVAN HARRINGTON and our  
newest addition, TRISHA VERGIS!

**Facebook:** <https://www.facebook.com/SilvermanGallery>

**Website:** <http://www.silvermangallerybuckscountyPA.com>

**Instagram:** <https://www.instagram.com/silverman.gallery.com/>

## BUCKINGHAM GREEN SHOPPING CENTER

On Route 202 (just north of PA 413)

Holicong, PA 18928 • 215-794-4300

**OPEN WEDNESDAY THRU SUNDAY, 11am-6pm**

*Other hours are available by appointment  
for delivery and consultation*

# STONE YOUR BODY, HEAL YOUR MIND, OPEN YOUR HEART!

*Do You RESPOND VS REACT video SO WORTH WATCHING  
(Awesome informative, detailed, information,  
one of my first LIVE videos)*

## SIGNATURE ACTIVITY

### THE LISAontheGo METHOD - LABEL INNER SELF AWARENESS CORONAVIRUS

#### BEING IN YOUR PEACE

CALMNESS

RELEASE

COURAGE  
ABOUT YOU

SELF-CONFIDENCE



KNOWING

RELIEF

LEARNING

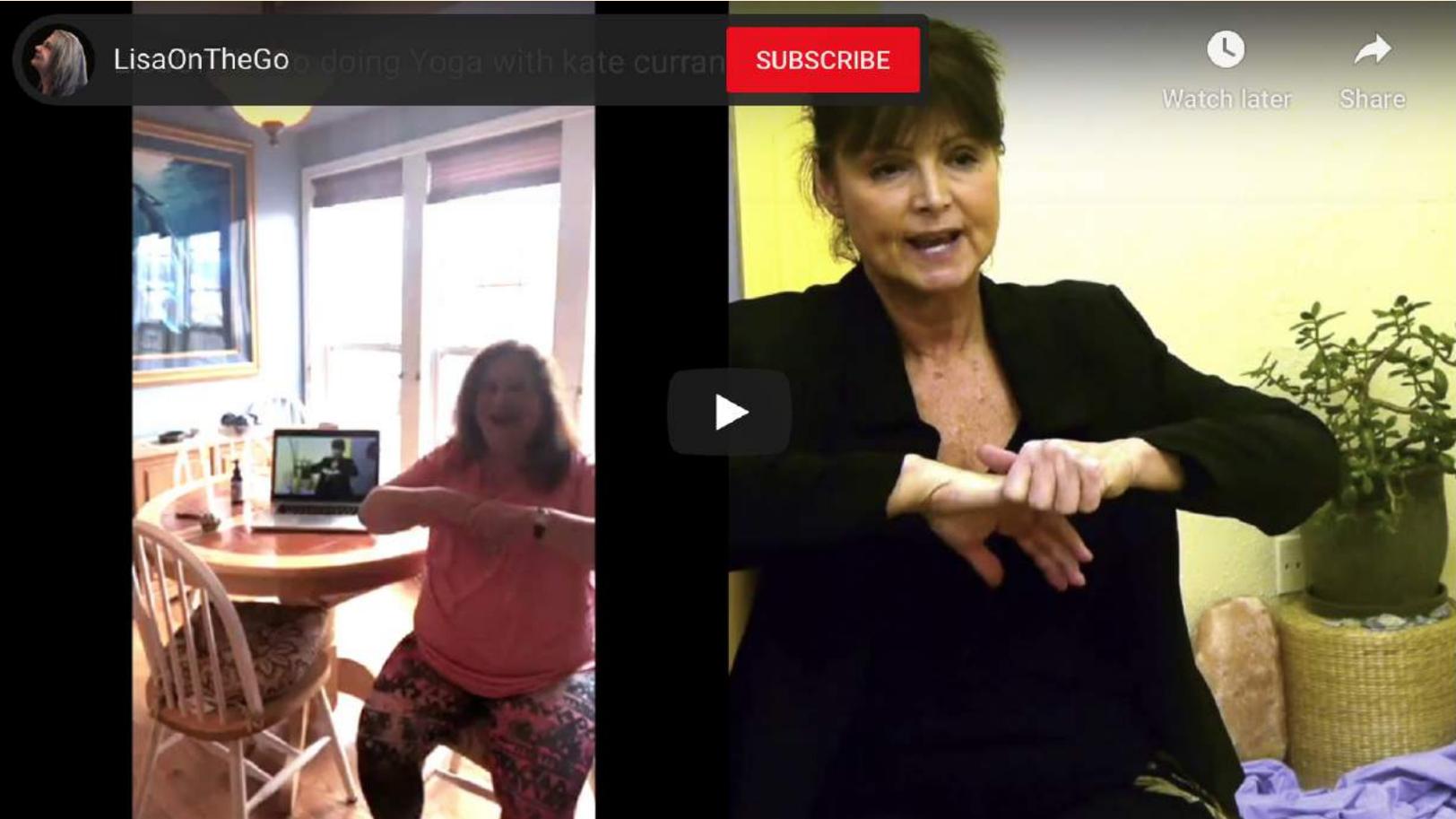
SELF-ESTEEM

#### LISTENING TO YOUR INNER SELF



*I love Angel Chatter! I met Christine the Angel Chatter years ago at a convention and I attended her talks several years in a row. In addition to having an Angel Reading and purchasing her fine quality, hand-picked items for sale.*





*LisaOnTheGo YOGA AT YOUR DESK with Kate Curran –  
Come Do Yoga with Kate CURRAN TODAY, EASY, SIMPLE,  
Listen, Watch and follow along with Kate, I am proud of  
myself figuring out how to get the videos in the magazine  
side by side. Each month a new video and I will get better  
and better at performing and filming.*

[www.Patreon.com/LisaOnTheGo](http://www.Patreon.com/LisaOnTheGo) [www.LisaOnTheGo.com](http://www.LisaOnTheGo.com)

**FORGIVE YOURSELF AND OTHERS AND  
FIND YOUR PEACE**  
*Love, Laughter & Peace, LisaOnTheGo*

# WHAT IS GUIDED MEDITATION?

**Beth Brotz does an amazing talk and guided meditation on What is Guided Meditation? Beth is detailed, informative, easy to understand that you will want to start meditating with Beth every day.**



## ABOUT BETH BROTZ

**T**he Dalai Lama has said that although attempting to bring about world peace through the internal transformation of individuals is difficult. It is the only way. Peace must first be developed within an individual. Once it is, he or she is then able to create an atmosphere of peace and harmony. This atmosphere can be expanded and extended. From the individual to his friends and family, from those friends and family to the community, and eventually to the whole world. This is why I do the work I do.

After careers spanning management consulting, stay-at-home parenting and transactional real estate law, I currently coach individuals and teach meditation to groups. Being passionate about the benefits of meditation, I love working with people in this way. I excel at helping beginners learn how to meditate. Also, more experienced meditators also benefit from working with me.

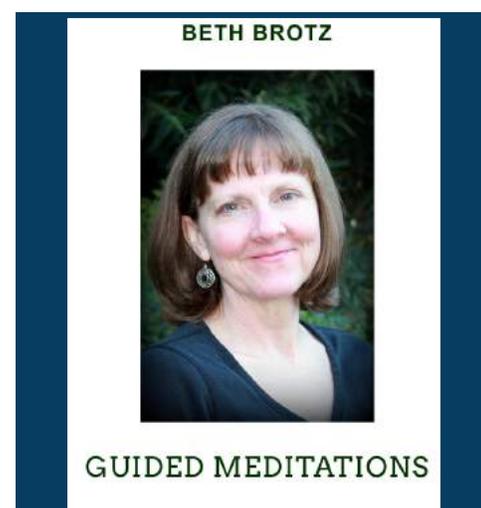
**Sessions with me can lead to better stress management and more inner peace.**

I also teach Buddhist psychology-based strategies for dealing with things like physical pain and difficult emotions. My group classes and private sessions. They provide a chance for you to: stop

and breathe regularly in order to be a little more grounded and centered; or, for those who want it; a deeper experience of spiritual growth and learning. My teaching style is gentle, without judgment. I help people learn how to love themselves.

Among other things, meditation is about developing the ability to focus and free yourself from the craziness your mind puts you through all the time. There are different ways to accomplish that, meditatively speaking. My work with individuals includes some time discussing whatever is on the client's mind. How a spiritual approach and meditation might

be useful. Followed by a guided meditation specifically tailored to whatever came up during the discussion. Sessions are 45-minutes long, and because they usually take place by telephone. I can coach no matter where you are worldwide.



For more information about me, visit:

<http://linkedin.com/pub/beth-brotz/49/788/a32>

# Inspiring Others with Patricia Gallagher LisaOnTheGo Show

I love Patricia Gallagher, wow an inspiring soul, Patricia inspires me to Empower You. Going along with Patricia Gallagher a few times through the years has made my heart sing; how she brings love, laughter & joy to all. Come learn how to inspire others.



## About Patricia

**Patricia offers programs on the topics of her books and a variety of inspirational topics.**

**She holds a BA from Villanova University and an MBA in Finance from Saint Joseph's University. She is the mother of four adult children and grandmother of two little ones.**

Patricia Gallagher is just an ordinary woman. But some might say that her random act of kindness ideas have made a huge difference for many people. She delivers surprise bouquets of fresh flowers, sparkly gold angel pins, and a menagerie of endearing stuffed animals to those hurting or lonely in her community and beyond.

**"The Happy Flower Day Project."** Patricia collected 65,000 bouquets of day-old flowers from grocery stores, and gave them to strangers. She delivers pleasant surprises throughout Southeastern Pennsylvania.

# A COURSE IN MIRACLES - facilitated by Britney Shawley - The Foundation of Inner Peace

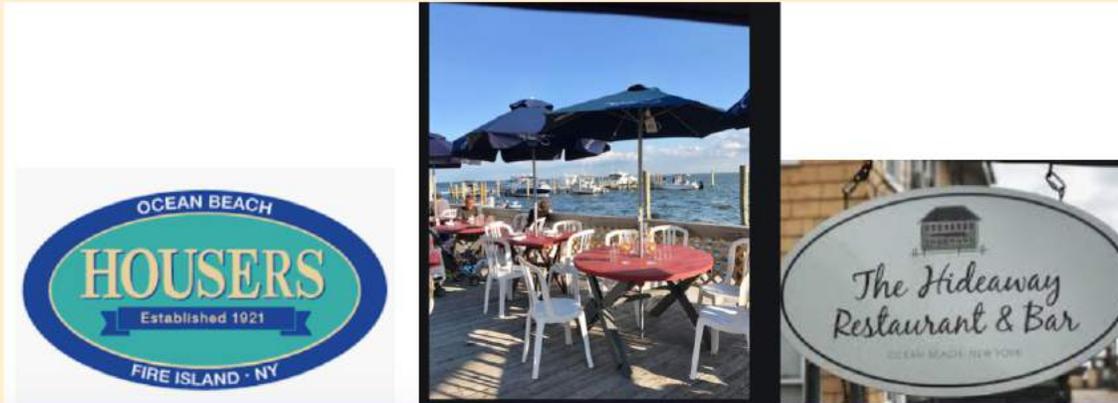
Each day there is a lesson, read or listen to the lesson facilitated by Britney.  
(more information about Britney below the lessons)

Click the lesson # for the day you are on. Its recommended one lesson per day.  
Happy journey!

**OCEAN BEACH FIRE ISLAND, LisaOnTheGo 2 Favorite Places to go to**

**OPEN FOR TAKE OUT**

**MAY 2020**



Housers Bar is a favorite of mine for a low-key, fun, bar. The atmosphere is amazing sitting at a table in the sand on the bay. A million dollar view. The food and service are awesome. My first choice when I come to Ocean Beach!

The Hideaway next door is a more upscale night. Amazing food and service to relax and unwind. The views are fabulous that takes me away.

LisaOnTheGo has been visiting to Ocean Beach, Fire Island her whole life. It's a one-of-kind place. The only way to Ocean Beach is by a Ferry or private-owned boat.

The owners of both establishments are fun, hardworking and have a compassion and passion to serve you and make you welcomed. These places are 5\*\*\*\*\*stars in my books.

# Disclaimers

## **CONSULT WITH YOUR HEALTHCARE PROFESSIONAL BEFORE STARTING OR CHANGING ANY DIET, ATTITUDES, MENTAL THOUGHTS OR EXERCISE PROGRAM.**

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Any and all lawsuits brought forth against SpiritualFitnessOnTheGo.com, LisaOnTheGo.com, MeMattersMost, LLC, Healing Your Emotions to Empower, LisaOnTheGo, Lisa will be held in Montgomery County, Pa and all court fees, attorneys and any other professional experts needed are paid by you, the company, organization, persons bringing suit.

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