

The

YES

Frequency

A gentle guide to finding your frequency

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**FREQUENCY
FINDERS
ENERGETICS**

What is the YES Frequency?



Your body has been talking to you the whole time.

Before you have the words for it... before you could explain it to anyone else... your body already knows. A YES feels expansive. Something in your chest opens. Your breath drops a little lower. The room feels like there's more air in it than there was a second ago.

A NO feels restrictive. Your shoulders climb toward your ears. Your stomach tightens around something it can't name yet. The air gets thinner, even when nothing around you has actually changed.

This isn't a mood, and it isn't overthinking. It's information... your body's oldest language, running underneath every decision you make, from the small ones (say yes to the extra hour, or don't) to the ones that reshape a life.

The YES Frequency is what happens when you learn to hear that language again. Not louder. Not different. Noticed, at last.

Why we lose it



You didn't lose this on purpose.

Somewhere between the school pickup line, the group text that needs an answer, and the version of yourself everyone else is counting on, the signal got quieter. Not gone. Quieter.

Stress does that. So does the particular exhaustion of always being the one who holds things together... the one who says yes because saying no feels like it costs more than it's worth. So does the noise. Not the loud kind. The constant kind: the notifications, the opinions, the fourteen small decisions before 9am that nobody sees you make.

None of that means something is wrong with you. It means you're stretched thin across more frequencies than any one person was built to hold at once. The YES/NO signal doesn't disappear when that happens. It gets buried under everything you're carrying for everyone else.

You're allowed to want it back. That's what the rest of this guide is for.

PART THREE

The 3 Check Ins



Three check ins, done one after another, are how you find your way back to the signal. Not three separate skills to master... three small pauses, each one landing you a little closer to the answer that was there the whole time.

ONE

Check in with the moment

Before anything else, notice you're here. Not where you're supposed to be in five minutes, not what's already gone sideways today... here. This is the check in that interrupts the autopilot. It takes one breath.

TWO

Check in with your body

Ground and align. Feet on the floor if you're standing. Spine long if you're sitting. This check in isn't about fixing your posture, it's about arriving in the body that's going to give you the real answer. The signal doesn't live in your head.

THREE

Check in with the signal

Now notice. Expansive or restrictive. Open or tight. This is the check in that names what the first two made room to hear. You're not deciding anything yet. You're only noticing.

A one-minute practice

Here is what the 3 Check Ins look like when you run them together, one right after another, in about the time it takes to notice a breath.

Pause.

Wherever you are, whatever you were about to do, stop for one second longer than feels natural. That's the check in with the moment.

Breathe.

One real breath, low into your belly if you can get there. Hand on your heart, if that helps you land in your body instead of your head. That's the check in with your body.

Ask.

"Does this feel like me?" Then wait. Don't answer for your body. Let it answer you. Expansive or restrictive. Open or tight. That's the check in with the signal.

Three check ins. One minute. That's the whole practice. You don't need a quiet room or a clear afternoon for this. You can do it in a parking lot. You can do it mid sentence, in a conversation that's already going sideways. You can do it standing at the copier at 2:47 on a Tuesday, five minutes before the bell, when someone hands you one more thing to carry.

That's the frequency. Not somewhere calmer. Right there.

PART FIVE

What you're listening for



Once you start checking in, here's what tends to show up on each side of the signal.

SIGNS OF YES

Calm

Spacious

Curious

Clear

Light

Steady

SIGNS OF NO

Tightness

Heaviness

Confusion

Draining

Resistance

Contraction

Neither list is a test you pass or fail. They're landmarks... something to recognize the next time you're standing in the middle of a decision, wondering which direction your own energy is actually pointing.

Your daily invitation



You don't have to force clarity today. Or this week.

Clarity isn't something you push toward. It's something that gets more familiar the more often you check in.

Some days the signal will be obvious... a clear, steady yes that doesn't ask you to think twice. Other days it'll be quieter than that, or you'll catch it three hours late, standing in the kitchen wondering why that conversation left your stomach in knots. Both count. Noticing late is still noticing.

You're allowed to practice this imperfectly. The invitation isn't to get it right. It's to keep checking in... with the moment, with your body, with the signal... until it stops feeling like a practice and starts feeling like the way you already move through a day.

Energy is everything. Frequency is the *Future*. Find Yours.

ONE MORE THING

If this felt like a way back to yourself...

The YES Frequency is one page out of a much longer conversation you've been having with your own energy your whole life. The Frequency Reset picks up where this leaves off... four shifts, one book, written for the same reader holding this page right now: stretched thin, still listening, still finding her way back.

The Frequency Reset

4 Shifts to Finding Your Frequency

by Sarah Spica

Get the book →

No rush. It'll be there when you're ready.