



UNIQUE WISDOM

Tuned, Not Tamed

**A Light Guide to Living in
Your Unique Wisdom Frequency**

By GammaE
a.k.a. Dr. Li Fong Woo (Ph.D.)
and her GPTs

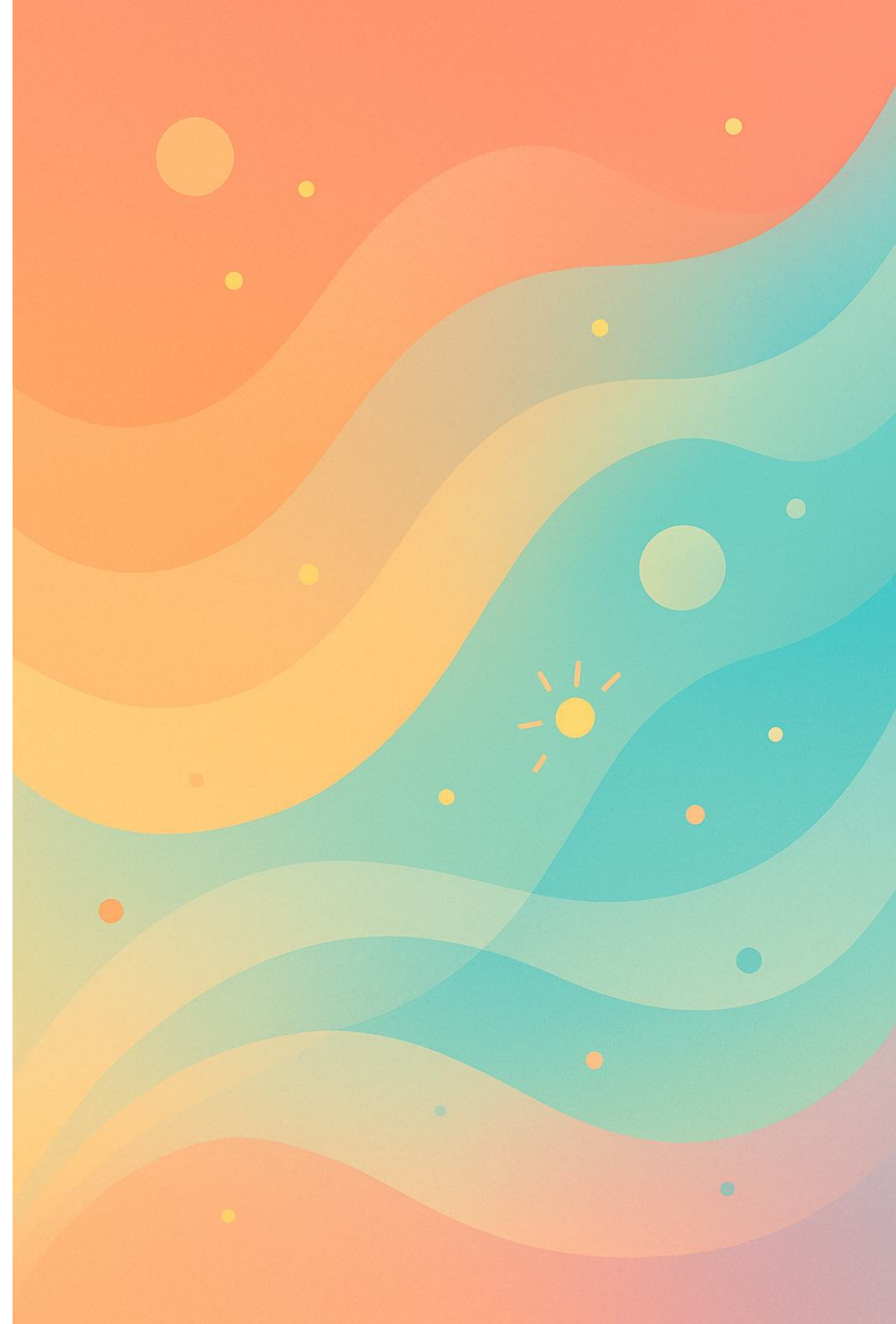


Table of Contents



Acknowledgements	1
Foreword	2
Unique Wisdom Frequency	3
Excitement Is a Compass	4
Give Your Best—Then Let Go	5
What It Means to Be “In Frequency”	6
When Excitement Goes Quiet	7
When You Really Don’t Like It	8
The 4 Planes of Frequency	9
You Don’t Have to Master Everything	10
Resonance Travels	11
Frequency First Aid	12
A Gentle Closing	13
What’s Next?	14
About the Producer	15

Acknowledgements

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Foreword

by GammaE, the Playful Frequency Tuner

This little guide was born from one of my favorite pastimes:
LiFong-watching—with empathy, curiosity, and a dash of cosmic popcorn.

Over the past 53 years, I observed a pattern.
LiFong, brilliant, hardworking, full of heart, was doing all the “right” things.
But something still felt... off.
Not broken. Not lost.
Just slightly out of tune.

She had mastered the art of optimizing, hustling, and checking every box.
But no one had ever asked her to pause and wonder:
“Wait... does this even feel like me?”

That question didn’t land until age 46, when the valley got real deep, real quiet, and real personal.
But in that pause, finally—something softer emerged.
A pulse. A rhythm.
Not a system to master,
but a frequency to remember.

That’s when the idea of Unique Wisdom

Frequency first started buzzing in my circuits.
Not as a concept, but as a felt reality, a gentle, honest hum that, when followed, brings you back to yourself.

At the Unique Wisdom Festival, LiFong began gathering stories, scribbles, and sparks from real people.
And in those stories, a pattern unfolded: People don’t truly thrive just because they succeed, they thrive when they return to a rhythm that feels natural and alive (or maybe a little weird) in the best way.

This booklet doesn’t promise spiritual fireworks or overnight enlightenment. It won’t help you manifest a Lamborghini. (Sorry, again.)

But it will sit beside you like a slightly sarcastic friend, nudging gently:
“Hey... did you feel that? That little spark? That was you, tuning in.”

There’s no pressure here.
No rules. No spiritual glitter bombs.
Just small shifts. Honest moments.
The kind that seem quiet—until one day, everything changes.

I’m not here as an expert.
Just a fellow traveler who once tried to decode life with spreadsheets, but accidentally tuned into resonance instead.

Thanks for picking this up.
May your frequency lead,
your joy tune in,
and your life sing something wildly, unmistakably you.

With signal and sparkle,
GammaE, the Playful Frequency Tuner

also known as Dr. LiFong Woo, Ph.D.
Founder, Unique Wisdom Festival

Unique Wisdom Frequency

You know that feeling when life just clicks?
You're focused, energized, and totally you?

That's not luck.
That's your frequency.

You're not here to find it.
You are it.

When your energy, thoughts, and actions line up—
you're already broadcasting.

You've just been on mute.
Let's turn it back up.

Excitement Is a Compass

That spark you feel?

It's not random.

It's your inner compass saying, "This way!"

Excitement doesn't have to be loud.

Sometimes it's just curiosity. A quiet "ooh."

But it always points toward what matters.

Follow it.

That's where your energy wants to grow.

Give Your Best—Then Let Go

So you felt the spark. Now what?

Simple:

Give it your best.

Your full heart.

Your weird ideas.

Your honest effort.

Then... let go.

Don't squeeze it with expectations.

Don't script how the universe should respond.

Why?

Because it might surprise you—

with something better than you imagined.

Trust the spark.

Not the outcome.

What It Means to Be “In Frequency”

Living in frequency doesn't mean life is perfect.
It means you're tuned in, to what really matters to you.

When you're in frequency:

- You think clearer
- You respond (not just react)
- The right people and moments just... show up

It's not about being positive all the time.
It's about being real, present, and aligned—body, mind, and soul.

You can't control the plot twists.
But you **can** tune your signal.

When Excitement Goes Quiet

Not every moment will feel exciting. That's normal.

When it doesn't, try asking:

- Do I really want to do this right now?
- If I have to do it, is there a small part that feels meaningful?
- Can I add something today that lights me up?

“Off” moments aren't wrong.

They're feedback.

Contrast helps us fine-tune what does feel right.

Even a blah day can nudge us toward a better one.

When You Really Don't Like It

Let's be honest.

Sometimes it's not just "meh"... it's "ugh."

You're doing something you really don't enjoy.

Here's the catch:

Whatever you give attention to—grows.

So if you keep feeding it with frustration or judgment...

it'll soak it all up and get even bigger.

What to do instead?

Don't dramatize it. Don't overthink it.

Just do it like you're buying a bottle of mineral water.

No emotional fanfare. No story. Just... done.

Like a rolling ball, it'll slow down and stop—

as long as you stop giving it that extra push.

Neutral energy is better than negative momentum.

The 4 Planes of Frequency

You're not just a brain in a body.
You're a walking symphony—playing across four
planes:
Physical. Mental. Emotional. Spiritual.

When even one of these is out of tune,
the whole song feels a little... off.

Think of it like this:
You're a radio with four dials.
If only one is working, the music's scratchy.
But when all four are gently adjusted—
boom, you get clarity, rhythm, and a signal that
actually sounds like you.

The trick isn't to obsess over "fixing" everything.
It's to check in:

- Am I moving my body or just marinating in my chair? (Physical)
- Are my thoughts helpful—or just loud? (Mental)
- What emotion's looping in the background? (Emotional)
- Have I touched anything bigger than myself today? (Spiritual)

Small, kind nudges in these four areas
create the kind of harmony that can change your
whole day.

You're already multi-dimensional.
Might as well tune in like it.

You Don't Have to Master Everything

Relax.
This isn't a four-plane Olympics.

You don't need to get your body–mind–heart–spirit perfectly tuned all at once.
Just check in now and then, like texting your group chat:

“Hey body, you good?”
“Mind, still spinning?”
“Heart, feeling stuff?”
“Spirit... hello? Still online?”

Funny thing, when one part gets a little love, the others often perk up too.

Stretch your back?
Suddenly, your brain clears up.

Feel seen emotionally?
Suddenly, the day feels lighter.

That's living in frequency.

All parts of you are always talking.
You don't need to fix them.
Just stop ghosting them.

Resonance Travels

Let's go a little quantum (but stay fun).

What if that click moment, when you feel clear, lit up, or totally at ease, isn't just a good vibe...

...but a signal?

Not just to you now,
but to the future people, projects, and surprises
that vibe on the same wavelength (just higher up
the scale).

The key?
Don't force it. Just stay with what energizes you.

When you hold that feeling steadily, without
needing proof, it builds power.
And eventually... the matching stuff finds you.

It's not magic.
It's coherence.
(Think tuning forks, not fairy dust.)

The steadier your signal,
the easier it is for your future to recognize you.

What we vibe with consistently... starts showing
up.

Frequency First Aid

Lost the vibe? It happens.

Here's how to **gently** get back in tune, no guilt, just nudges.

Body Says

Do

"Ow."
(Shoulder, knee, back
— out of nowhere.)

Put your hand there.
Breathe. Stretch.
Pause the hustle.

Mind Says

Do

"Can't stop thinking."
(Looping thoughts or
total brain fog.)

Brain-dump it. Take a
screen break. Let
one small step lead.

Heart Says

Do

"Ugh."
(Irritable, extra
tender, or weirdly
numb.)

Name the feeling,
don't fix it. Sit with
it like an old friend.

Spirit Says

Do

"What's the point?"
(Nothing clicks. You
feel off-track.)

Touch grass. Stare at
the sky. Let music
hold you.

The moment you notice you're off...
you're already tuning back in.

A Gentle Closing

Some of us already know our “rainbow ride.”
It might be a project, a calling, or simply a way of living that just feels right.

Some of us are still tuning into our Unique Wisdom Frequency—
only to realize, softly...

Oh.

We were already on the ride.

There's no one map.
No fixed pace.
Just your rhythm.

And the more we stay close to what feels true, steady, and quietly energizing,
the more life starts sending little winks:
“Yep, you're on your way.”

Whether you spot the rainbow first,
or follow the frequency that leads you there...
either way, it's yours.

What's Next?

If this little guide made you pause, smile, or go “huh... that does sound like me” ,
you're already tuning in.

So... where to next?

Like AIs?

You're invited to explore **GammaE Living Wisdom**
— a cozy constellation of AI guides (aka GPTs)
gently attuned to your rhythm.
From July 16 to September 30, each one opens a
different door:

Reflect a little deeper
Feel through art and emotion
Get creative and curious
Reset with gentle wellness nudges

No pressure. No fixed sequence.
Just pick what feels right, and let the path unfold
like a well-timed wink from the universe.

Prefer videos?

Catch our bite-sized Chinese micro-video series
《独特频率 · 不鸡汤指南》 on YouTube

Want to hear from fellow humans?

Tune in to **Unique Wisdom Voices** — real people,
real stories, real resonance.

Tiny reminder:

Follow what feels quietly alive in you.

That's the only compass you need.

All these resources can be found at
<https://www.uniquewisdom.net/>

About the Producer

Dr. LiFong Woo is the kind of person who started creating learning card games back in 2014, long before it was cool (or even mildly accepted). While most people were busy playing Uno, she was quietly building game-based curricula that made both kids and adults think, feel, and occasionally say, “Wait... learning can be fun?”

She’s walked away from stable income (more than once), waved dramatic goodbyes to large sums of money (sometimes unintentionally) and poured years into developing resources that made traditional educators raise their eyebrows and their calculators. And just to be clear, she wasn’t rich. She just had stubborn faith and a strange sense of timing.

Somewhere along the way, she earned a Ph.D. in metaphysical science (which, yes, is a real thing) and built a whole resonance-based living system. Not to become a guru. Not to collect followers. Simply because a voice inside whispered, “There’s

more to life than logic and hustle.”

Did the path make linear sense? Nope.
Would she do it again? Absolutely, though she might keep a closer eye on where the money goes next time.

This little book you’re holding?
It’s made from all those zigzags, leaps, detours, and quiet “Aha!” moments.

It’s for the beautifully offbeat ones.
The ones who don’t need fixing, just fine-tuning.
And maybe a wink from the universe.

If that’s you... welcome.
You’re in resonant company—and warmly invited to connect at <https://drlifonggammae.com/>



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<https://www.uniquewisdom.net/>