

# **FREQUENCY: The Power of Personal Vibration**

## **By Penney Peirce**

Notes of highlights and (page #s)

(16) It is key to find a “felt sense” of your soul now --- and experience of your *home frequency*, or your highest personal vibration --- so you can repeatedly choose it and recenter into it whenever you drift too far and become confused.

(28) We learned that down inside seemingly solid objects are worlds of molecules and atomic particles, vibrating, rotating, and orbiting. And inside those particles are smaller subatomic particles. Now quantum mechanics reveals that those tiny particles of matter are also wave of energy that both matter and energy can act as either a particle or a wave. In other words, the two states, as Einstein indicated, actually *do* become each other. What’s more, if you look for a particle, the *wavical* or *quantum entity* (e.g. a photon, electron, or neutron) becomes a particle, and if you look for a wave, it becomes a wave. First this points to the fact that you are not separate from the world that you observe and define as outside you. **Your perception determines the shape of your reality**

Second, energy and matter don’t exist together in reality, only improbability. The result is that quantum entities are things that might be or might happen rather than things that *are*. The result is that a quantum entity exists in multiples possible realities, the superposition becomes an actual reality, or the wave function “collapses.” The many become one. Any given moment contains unlimited futures that can become real. **The reality that occurs is the tone you pay attention to.**

All realities and outcomes exist simultaneously but do not interfere with each other. This gives some basis to metaphysics;’ concept of past and parallel lives, that for any path of action you choose, there are dozens of other yous living different versions of your soul. All this makes you wonder; why do we think we’re so solid and finite, or that miracles are impossible, or that radical change is foreign to our basic nature?

(37) Interestingly, our hearts show electrical vibration patterns in almost the same range as the brain’s delta waves. So your brain waves correlate with your awareness levels.

(81) To experience something as real, and to therefore have motivation and action, your conscious mind must be centered in your body and perceiving through your body, which is your reality filter. **When your self-talk describes a negative or nonexistent reality, your body can’t grasp it because bodies *do exist* in time and space.**

**(95) Being stuck in negativity is caused by four things:**

1. Low person vibration,
2. Improper use of willpower,
3. Not working harmoniously with waves and cycles, and
4. Not being fully resent and aware in each moment

(93) Some common blockers that clutter your personal energy field, lower your frequency, and cause you to perceive and experience your reality in a negative way are the unhealthy feeling habits such as: being a victim or dominator, projecting blame, being stubborn and willful, rescuing others and wanting to be rescued, and avoiding reality through distractions, procrastination, and postponement. Add to these: envying others, attacking/fighting, complaining and using negative (I can’t, I hate) or ugly (put-downs, gossip\_ language, and imagining elaborate worst-possible scenarios.

Every time you reverse one of these behavior habits and substitute a healthy feeling habit, every time you let go of resisting and just *be* with what is, you allow more of the soul's diamond light to energize you. And every time, presence reveals important knowledge, reinforces the compassionate view, and helps you know what to do next. When you unlabel something or pull your invested energy out of a fixed idea or definition, you dissolve another shadow and more diamond light flows into your life. The same thing applies when you decide to "clean up your act" and eat healthy food, lose excess weight, and stop smoking or polluting your body with addictions.

(94) You can recognize inherited ideas because they are preceded by the word "should," or when you hear yourself recite them, you hear an echo of someone else's voice.

(95) The right use of your will power is not to force, control, or resist, but to:

1. Choose a higher vibration
2. choose to attune to the wave motion you're in and "go with the flow," and
3. choose to "be with" whatever is happening in the moment --- to instill more presence into every situation so the wisdom of your soul can be revealed.

**(100) You'll know you've reached the magical turning point when** you have been clearing your unhealthy feeling habits and learning to raise the frequency of your personal vibration. As you reach the crescendo of this clearing phase of the transformation process, life can become intense and chaotic and sometimes look hopeless. The old isn't working; you may feel self-sacrificing, unimaginative, and unable to move forward. You've shifted the emphasis just enough from fear to love that your old reality has destabilized and the new reality of your soul is starting to break through. At this point, your life may malfunction and you may have to let go of your goals, possessions, people or parts of your lifestyle. You may lose whole aspects of your identity, your motivation and direction, and your comfortable habits. ***It's important not to backtrack into more fight-or-flight reactions.*** What's really happening is that your soul is saying, "You are not this old, limited self anymore. It's time to discover who you really are and what you can do." This is the point where you come face to face with the choice of who you really want to be.

(101) The magical turning point in the transformation process happens when you stop paying attention to your old world, with all its hectic busyness and clutter, and shift your full attention to how your soul might recreate everything. The challenge here is that from your point of view *within* the hectic busyness, it looks like if you stop or let go, you'll lose everything, fall into a void, and possibly fail and die. This, of course, is the ego's crazy, desperate view, not the soul's. When it seems like you're facing emptiness, you're really about to find yourself again in a new and better way.

To experience this period, all you have to do is relax. You don't have to know everything about what your future will be or how your transformation is going to work.

(102) Letting go is not about sacrifice, nor does it breed lazy inactivity; it's simply a return to Being.

(104) I suggest that you give up the images and ideas of what your life *should* look like, go back to "just being," and act spontaneously from there, entitling your self to follow your fresh curiosities and desires one at a time.

Your home frequency will surface as soon as you stop paying attention to what's not vibrating in harmony with your most childlike, joyful, curious self. You'll start to feel it as soon as you turn your thoughts toward soul qualities. It's waiting for you when you stop. You'll start to feel it as soon as you turn your thoughts toward soul qualities. It's waiting for you when you stop. It's in the silence, and it meets you halfway when you walk toward it.

#### **(104) When and How to Drop into Your Home Frequency**

Finding your home frequency is really the big turning point in the transformation process. It's one of the best-kept secrets in life that when you think you're falling into the void, you're really returning to yourself --- that what you think is going to be empty is actually full, that when you stop the old, the new immediately begins. It is when panic and complexity peak, when you're using willpower to control yourself and life, that several things need to happen:

1. Hit the pause button and suspend your internal dialogue. Shift from the I-have-a-problem state of mind to feeling even the tiniest bit of pleasure in yourself.
2. Enter your body more deeply, calm yourself, listen for the silence, spread your energy out, and take up more space. You're home.
3. Focus on qualities of soul, like cheerfulness, sincerity, innocence, or playful creativity. Look for and sense your core vibration—your home frequency—that's existed since you were a radiant baby. Think of the *you* that you love, the way you feel when you're being loving, happy, and generous. Sink into the pleasure of your own being. Let your home frequency saturate every part of your body, emotions, and mind.
4. Once you've filled yourself with your home frequency, imagine it as a tone, and in your imagination, "strike the tone of your own tuning fork" and let ripples of your home frequency radiate through you and out through the field around you. Give freely to the world.
5. Imagine that your home frequency is reprogramming and retraining your cells while you're enjoying the experience of it. When something fresh and authentic arises from your calm, open space, it will match your home frequency. Whether it's an emotion that relates to your deeper issues, a curiosity, idea, opportunity, or person, follow the urge and engage with it fully.

Sometimes, you have to make space again, and again.

(108) To find your home frequency, you must bring your attention fully into your body, merge into it, and feel what's going on. There's a problem, however, and that is due to your body's tendency to resonate, like a tuning fork, and to change its vibration to match the frequencies in your environment.

(111) Perhaps the most calming way to find your home frequency is to enter and activate your heart awareness and apply loving attention to your body and the situation at hand.

(113) It's true that your home frequency is very high, but it would be a mistake to think that if you get to it by jacking up your vibration or "trying" to be high-toned.

(114) There's a mood we all fall into that promotes anxiety and agitation. You can call it up and feel it temporarily by listing your negative preoccupations and worries. (115) Consciously recognize how awful the negative reality feels and pinpoint specific sensations in your body that go along with this vibratory state.

(119) We all have justifications for why we don't live fully. Yet each time you recite yours, it actually generates shame at a deep level, making it harder to let go.

Look into your life and see to what or whom you've given the power to displace you from the sanctuary of your home frequency.

## Conscious Sensitivity

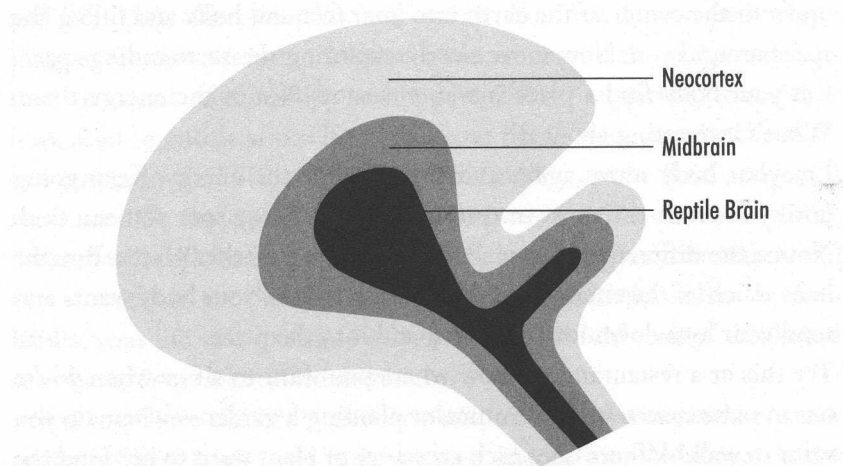
(130) When you let go of preconceived ideas, focus your attention and sensitivity on something, feel into it, and be with it --- especially with a true desire to know and appreciate it --- amazing knowledge is revealed.

(131) Through *direct experience*, which is feeling and sensing without the mind's commentary, you'll pick up impressions that may seem simplistic, but are loaded with meaning.

(133) By learning to consciously merge with people and things, you loosen the grip of your ego and broaden your identity.

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**The Three Levels of Your Brain**



**Kinds of Sensitivity in the Three Levels of Your Brain**

Early Recognition <b>REPTILE BRAIN</b>	Senses and Feelings <b>MIDBRAIN</b>	Most Refined Sensitivity <b>NEOCORTEX</b>
subtle "vibes" heebie-jeebies/ butterflies gut instinct attraction/repulsion expansion/contraction resonance/dissonance	smell/inner sense of smell taste/inner sense of taste touch/ clairsentience hearing/clairaudience vision/clairvoyance empathy/communion	rational meaning flashes of understanding sudden grasping of patterns mysticism feeling nonphysical beings unified field awareness collective consciousness

(151) Here are some tips for becoming more consciously sensitive:

When working with energy and awareness, knowing a few more *key frequency principles* can help you decipher the data encoded in waves and vibrations.

1. There is a right use of will when feeling into. When you expand your attention through the field around you to know with your sensitivity, don't "push" your way out. Simply remain open, soft, curious, and expansive. Let yourself receive what wants to come. Let yourself notice what your Inner Perceiver wants to show you. Your job is to expand and be impressed. If you look into someone's eyes, for example, don't force your way in or you won't see anything. Let your eyes relax and be receptive, and you'll receive a continuous stream of information.

2. There's a difference between feeling into by "going over to" versus including. If you hold a worldview based on separation, you'll perceive that you are "going over to" feel another person, idea, event, or process—and you'll have a linear image of a "connection." You're crossing a gap, and this takes willpower, as well as promoting the idea that you have to leave your own center to find what you want. When you do this, you must recenter after each foray. If you catch yourself knowing this way, make sure to come back to yourself and say, "What do I think about this? Does this work for *me*? What is *my* version of this?" If you don't recenter, you may go off on a tangent, get stuck living in the other person's reality, or feel drained.

Remind yourself that you're always in the center of your personal field and you can simply expand that field of awareness to include the thing you want to understand. You never have to leave "home" and your home frequency. Your field will do the sensing for you. This way, it's easier to merge with what you want to understand, feel it as an aspect of yourself, keep your heart open, and know from conscious communion.

3. It's a mistake to think you alone feel something. When you share responsibility with everyone for knowing things, answers (and questions) emerge from the field magically, just as you need them. You'll find that everyone is a messenger of the one great unified Self. All bodies, even those of animals, birds, insects, and plants, can relay vibrational information.

4. You receive what you need to know—to do what you need to do—in the present moment. There are good reasons you may not feel too far into the future. You notice what's meaningful, and things are meaningful because you're learning a lesson related to perceptions. You receive information as you need it. As soon as you've used the information and integrated the experience it's meant to provide, you magnetize the next idea and experience. You may not be able to know too far ahead, or your intuitions about the future may prove inaccurate because you've been ignoring an important perception right under your nose. By integrating and using perceptions that may be stacked up like planes waiting to land, you clear a wider view.

5. Sensitivity is empowered by trust and validation. If you make an agreement with your soul and body to trust the subtle information that comes via vibration, to notice cues that indicate a message is waiting to be communicated, to decipher nonverbal messages to find meaning, to use the information to be a better person, and to validate the whole process regularly, you'll optimize your conscious sensitivity skills. When your body gives you a message via sensitivity, thank it out loud, and hug, pat, or stroke it lovingly. Bodies love sensory input!

6. Emotions are exaggerated sensitivity signals. Whether your emotions are expansive and feel good or contractive and feel bad, you've probably been ignoring earlier, more subtle sensitivity clues, and the energy has built in intensity to attract your attention. Your emotions bring information about direction, what your soul wants, and what life lessons you need to pay attention to.

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**A PROBLEM PERSISTS WHEN:**

You judge the situation as bad and stop the flow.

You make it into a statement of truth and lock in a situation you resist.

You avoid the underlying experience the problem is aiming you toward.

You jump too far ahead, looking for the final answer.

You have an agenda that's out of alignment with your soul's intent.

**A PROBLEM TRANSFORMS WHEN:**

You look for the soul's reasons: what are you learning and trying to experience?

You see it as a natural turning point, choice point, or indication of forthcoming guidance and revelation.

You turn it into a question or series of questions to elicit deeper insight.

You keep the flow going by having the indicated experiences first and having faith that the realignment with soul will soon present a beneficial solution.

(194) By refusing to feel pressured in spite of a problems' supposed difficulty and centering first in the calm inner world of your home frequency --- here life is simple --- you can use your sensitivity to find insights that will put even complex situations in the right perspective.