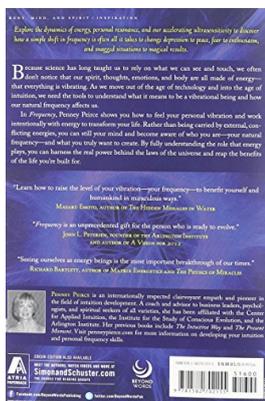


# [PDF] Frequency: The Power Of Personal Vibration

## Penney Peirce - pdf download free book



### Books Details:

Title: Frequency: The Power of Personal Vibration

Author: Penney Peirce

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### Description:

As we move from the Information Age to the Intuition Age, we need new methods for navigating in an accelerating world. *Frequency* is the seminal book on living in an energy-based reality--and it provides a reassuring, step-by-step roadmap into a positive state of awareness.

Inside us and everywhere around us, life is vibrating. In fact, each of us has a personal vibration that accurately communicates who we are to the world and helps shape our reality. *Frequency* shows us how to feel our personal vibration or "home frequency," improve it, and stabilize it as our new

normal.

A simple shift in frequency can change depression to peace, anger to stillness, and fear to enthusiasm. Learning to manage our own energy state can put us on track with our destiny--the life we're built for. You have a choice about the way you feel and what your life can be.

By learning to use frequency principles--methods based on the way energy actually functions--we can keep our energy level high and productive, receive subtle information directly from the environment via "empathic resonance," and quickly free ourselves from negative or low vibrations.

Because life is accelerating, we've become acutely sensitive. Whether it's feeling a wider range of emotion, other people's experiences and secret thoughts, "event-waves," or pending shifts of direction in our own lives and society, we're very much affected by the subtle, energetic things we sense--and it often feels overwhelming. Understanding frequency principles helps us make sense of this new "energy information," so life can shift from ordinary to extraordinary.

Weaving together basic ideas from quantum physics with proven intuition development techniques, *Frequency* takes us into a deeper understanding of the interconnection of the physical and nonphysical worlds--while speaking to us in warm, familiar, clear, and beautiful language.

By learning to refine the "conscious sensitivity" of our body, we can improve relationships, find upscale solutions to problems, and materialize a life that contains everything we want and need.

The techniques in *Frequency* can help us succeed in the new "energy reality" that's emerging as we speak. Learn about the new dynamics of energy, time, and intuition. Learn the importance of unblocking the flow so you can move fluidly. Here are some of the topics addressed in *Frequency*:

- why we're so sensitive today
- how to feel your personal vibration, improve it, and use it
- the 9 stages of the transformation process; how far along are YOU?
- shortcuts to self-renewal: how to get back in your "home frequency" quickly when you're knocked off-center
- using intuition and sensitivity techniques to access the knowledge contained in your body and energy field
- improving troublesome relationships, and materializing and dematerializing the "stuff" of your life
- shifting negative vibrations and situations back to productive, joyful flowing movement

This is a dramatic time--when many of us are "frequency-sorting," deciding who we want to be, who we want as friends and colleagues, and what we want our life to feel like. We're letting go of old, ineffective habits and toxic people. We're chafing at any reality that's too limiting. *Frequency* helps you become clear--and quickly.

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