

Raising Your Vibration from Agitation to Empathy & Conscious Sensitivity

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When the frequency of your body rises along with the frequency of the physical plane itself, negative fear-based emotions can no longer be held in storage (suppressed) in the subconscious part of the emotional body, which interpenetrates the body. Those fears pop up and act out in our lives, confusing us, causing us to feel chaotic. As we learn to clear the fear, it's much easier for us to become aware of our soul, our real identity, which is a high frequency consciousness. As we shift from fear and separation to an awareness of love and unity, oversensitivity—which was paralyzing us—transforms to conscious sensitivity and empathy, and this reveals many wonderful things about our communion with life and the divine.

So our first response to heightened energy in our body, and the increased pressure we feel because things are happening so fast, is to resist the shift into a new higher-frequency way of functioning. We act out fight or flight behaviors, indicated in the left-hand column. As we adjust ourselves, let the energy flow through us, and become more trusting, we shift into the right-hand column—and then life starts to work much more easily and joyfully.

Unconscious Ultra-Sensitivity

- irritability, agitation
- feeling overwhelmed
- hyperactive, manic
- feeling invaded
- overly electrical, buzzy
- anxiety and panic attacks
- energy drained easily
- exhaustion and numbness
- depression, tendency to see things negatively
- insomnia, restlessness
- inability to concentrate
- sudden emotional outbursts, highs and lows
- paralyzed by negativity; stuck in resistance or insecurity
- victim/dominator behaviors in you and others
- leaving your body/going unconscious
- resources seem limited

Conscious Sensitivity & Empathy

- understanding the soul's reasons
- communion
- feeling the soul, the heart, in everything
- having appropriate insights and motives
- discriminating what's yours and not yours
- managing the state of your own energy and mind
- seeing what's real and what needs to be done
- ability to connect to higher thought and intent, warmth and generosity
- being in the flow, in spite of difficulties
- feeling like you have plenty of time and help
- calm, peacefully excited, enthusiastic
- plenty of energy
- high-toned
- realistic without feeling restricted
- resources materialize easily

