

frequency *the Power of Personal Vibration*

Reviewed by June Milligan
for Healthy Beginnings Magazine

In Michael Beckwith's forward to this book he explains that whether "electromagnetic, gravitational, or quantum... science is revealing what spiritual giants of all times and traditions have told us since the beginning of history: we are luminous, energetic beings of creative intelligence, fully equipped to consciously participate in the evolutionary impulse of the universe and therefore become fully self-realized."

The world's scientific communities agree that energy comprises all things and that energy systems are conscious. Everything participates in this swirling, oscillating, vibrating conscious energy, including humans. Each thought has a different vibrational frequency, a different electromagnetic charge and each of us has what Penney Peirce calls a "home frequency." Penny has created what Beckwith calls an "energetic template" which offers skillful means and practical applications for our everyday life. She delves deeply into what it means, practically and in an everyday way, to be an eternal spiritual being living in a temporary physical body.

Her brilliant scales of everyday vibrations describe how we influence our body and emotions through our thoughts throughout the day. She explains that we have both the capacity and the responsibility to re-calibrate our "home frequency" throughout the day so that we can be at our happiest and live our highest purpose.

Penney understands that "most people are sensing a big change brewing now, that the current chaos and volatility is shaking us up and pushing us to experience ourselves in an entirely new way – less as solid physical bodies separated by empty space and more as energetically vibrational beings living interdependently with other vibrational beings in a vibrational world."

People are discovering that this new way of looking at life is at the heart of the newest techniques for knowing, doing and having. In other words, your personal vibration, that frequency of energy that you hold moment by moment in your body, emotions and mind...is the most important tool you have for creating and living a healthy ideal life.

This book is not just about research and theory. There are dozens of practical processes here, including a new kind of vibrational problem solving to make your life easier, plus a way to transform how you perceive problems and a creative way to notice potential problems before they even occur.

Nine fully practical steps to the accelerated awareness the author calls transformation are given here, along with the emotions and reactions most people feel while going through these processes. Questions are posed, throughout the explanation of the nine steps, which are extremely helpful in assisting you to know where you are and what all of it means in everyday life. It is obvious that with the fast-moving changes in our social, political and financial lives, we certainly need more awareness and personal power.

Each chapter has at least one "Try This" section with exercises to make you think. The chapters end with an inspired "Home Frequency Message" section that often propels you into a deeper understanding and experience.

This is one of those books that help to bridge the gap between science and spirituality. Frequency shows how to manage your energy "state" so you can stay on purpose and reap the benefits of this life now. Highly respected authors who give this book an exceptionally positive rating are Jean Houston, author of Jump Time, Richard Bartlett, author of Matrix Energetics and Dr. Masaru Emoto, author of Hidden Messages in Water.

Penney Peirce is an internationally respected author and trainer, an intuitive empath, known for her common sense approach to developing expanded human capabilities, heightened perception and spirituality. For the last 33 years she has trained and counseled business and government leaders, scientists, psychologists and those on a spiritual path. She is also the author of The Intuitive Way, Dreams for Dummies, and The Present Moment. **FB**

For more info, contact June Milligan, specializing in helping people learn how to let go of unproductive thinking.
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