

“If your energy frequency is high, fast, and clear, life unfolds effortlessly and in alignment with your destiny, while a lower, slower, more distorted frequency begets a life of snags and disappointments.”

—from *Frequency: The Power of Personal Vibration*

For more information, contact:
Jessica Sturges
Beyond Words Publishing
jessica@beyondword.com
503/531-8700

Sample Interview Questions • 1

INTRODUCTION TO THE BOOK

Your book is called *Frequency: The Power of Personal Vibration*. Can you explain what you mean by “frequency” and “personal vibration”?

You use the term “frequency principles” and Jean Houston, in her review of your book, uses the phrase “the new art and science of frequency dynamics.” How would you define this?

What are some of the main premises of *Frequency*?

How did you come to write this book? Do you think there’s a reason the material you’re writing about is showing up at this particular time—when we’re in the midst of a global crisis?

HOW THE TRANSFORMATION PROCESS FIGURES IN

In your book you outline 9 stages in a Process of Evolution that you say everyone is going through right now. Can you describe this process? How does it affect us?

- Is society experiencing the same thing as the individual?
- How does working with personal vibration help with the evolution process?

What are some of the signs that show our personal frequency is increasing right now? Doesn’t it seem like just the opposite—that more negativity is surfacing everywhere?

If we’re transforming, what are we transforming into? In your book you call this the shift from the Information Age to the Intuition Age—what will the Intuition Age be like?

WE’RE BECOMING ULTRASENSITIVE AND EMPATHIC

You say life is accelerating and because of that, our bodies are becoming ultrasensitive. Can you talk about this?

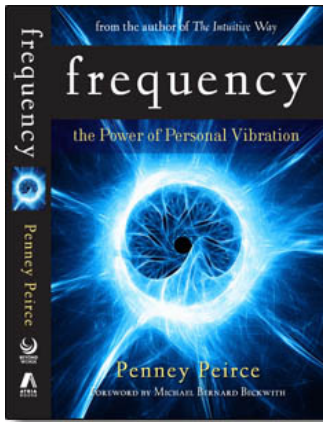
- Is there an advantage to being ultrasensitive, or more empathic? Doesn’t it make us feel even more overwhelmed than we already are?

You say sensitivity and empathy are the next steps beyond being intuitive. Why is that?

How can we become more aware of our own energy and other people’s energy?

How can we use sensitivity to navigate through life?

- Can we trust the answers we get through what you call “feeling into” things?
- And how do you “feel into” something?



“The reality of The Intuition Age will be the result of a gradual, but fairly rapid, process of personal and societal transformation. It can put you through the wringer emotionally and energetically, but it will eventually deliver you to an amazing, miraculous destination that you will love.”

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Sample Interview Questions • 2

CENTERING IN OUR HOME FREQUENCY

What is our “home frequency”?

- How do we find it?
- Why is it important?

How can we free ourselves from negative vibrations?

What do you consider the most important challenge facing us today?

How does personal vibration influence our relationships with others?

- How can we use it to solve relationship problems?
- What happens—vibrationally speaking—when we begin and end relationships?

SOLVING PROBLEMS & CREATING WHAT YOU WANT

You have a whole chapter called Finding Upscale Solutions; how would we use “frequency principles,” or energy dynamics, to solve problems?

How does what you’re talking about relate to the “Law of Attraction” that’s become so popular in the last few years—from books like *The Secret*?

- Can you explain the differences in your understanding about how we create or “manifest” things in our lives?

What advice would you give people who are caught in financial difficulties and panic right now?

DESTINY & BECOMING A NEW KIND OF HUMAN BEING

How does living in our home frequency cause us to find and fulfill our destiny?

- Do you think destiny is different from what some people call “life purpose”?

The last chapter in your book is called Accelerating Toward Transparency; do you think we might have a chance of actually becoming enlightened?!!

- How would you define transparency, or enlightenment?
- In your book you mention the differences between men’s form of enlightenment and women’s form of enlightenment. How would you generally characterize the differences?

Can you paint a picture for us of what you sense is coming? What are some of the things we may experience as the “new human being” of The Intuition Age?