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Finding Your FREQUENCY:

PENNEY PEIRCE on How ENERGY Works

by Krysta Gibson

When Penney Peirce's newest book, *Frequency* (Beyond Word Publishing) came in for review, I was immediately drawn to it. Oddly and out of character for me, I began to read, but then set it aside without finishing the entire book. A reader drew my attention to the book a few months later. I pulled it out, started reading, and didn't want to put it down.

This is one of the most practical spiritual books I have read. Lots of books talk about energy, but only a few really get to the nuts and bolts of it all. *Frequency* does that. And I discovered Penney had written another book called *The Intuitive Way* which is a 10-week course in how to develop one's intuition. I knew I had to speak with the author to find out how she came up with the information.

We spoke by phone, and Penney told me that she has been a professional intuitive for over 30 years. This evolved out of a previous career as a graphic designer and corporate art director, a career she says takes a lot of intuition to do well.

"I found myself looking below the surface for patterns in people and began to see I could use my talents in this way and got hooked. I studied meditation, visualization, and clairvoyance techniques. I didn't have these abilities as a child. Mine was a path of gradual development."

Penney says that besides looking at the patterns in people, she began looking at trends in the world such as the increased speed of energies that many people are experiencing now.

NSJ: Could you tell us more about what's going on with the energies these days?

Penney: I don't know the cause of what's going on; I'm not sure anyone does. Some people say it's the planets. I don't know about that. I do know that when I get in touch with what's going on beneath the surface I feel waves of intensity. It feels like the energies jam up, then back off, and then they release like there is some sort of energy trying to move through.

I've watched this and it feels like it has gotten faster and faster over the years. Scientists have measured the Shumann Resonance inside the earth and it is increasing, so there is some scientific justification for what some of us are feeling.

When we feel this energy within ourselves, we know something is happening, even if we can't name it. Our bodies are increasing in speed which means our emotional reality is increasing as well as our mental realities. We can see this happening on all levels: personal, with families, nations, countries, and internationally.

In my book, *Frequency*, I outline the transformation process, which consists of nine stages. The subconscious emptying out is the first step. We can see this happening in current events. Things that used to be ignored can't be anymore. Even the most clever attempts to hide things won't work anymore. In the near future we'll see even more secrets coming to light.

A lot of fear comes in and people want to suppress what is coming out of the subconscious. Fear relates to the adrenal flight-or-fight response. We might try to overwhelm, dominate, be



Penney Peirce says that when you clear the clutter in your subconscious, you get into your home frequency and you'll have a whole new perspective on how life works.

strong, pretend it isn't happening, or give our power to some sort of father figure. Some people leave their bodies by pretending this isn't happening or go shopping and avoid it all.

We can't avoid those fears as long as the information is only partially experienced, since this is what makes the fear. We can review or look at it with the eyes of God or the divine. Then it clears and the soul can get through. We are getting rid of the clutter that slows

down the high energy from our soul or the spiritual realms. This is a long-term process that is accelerating.

NSJ: How can people handle this energy?

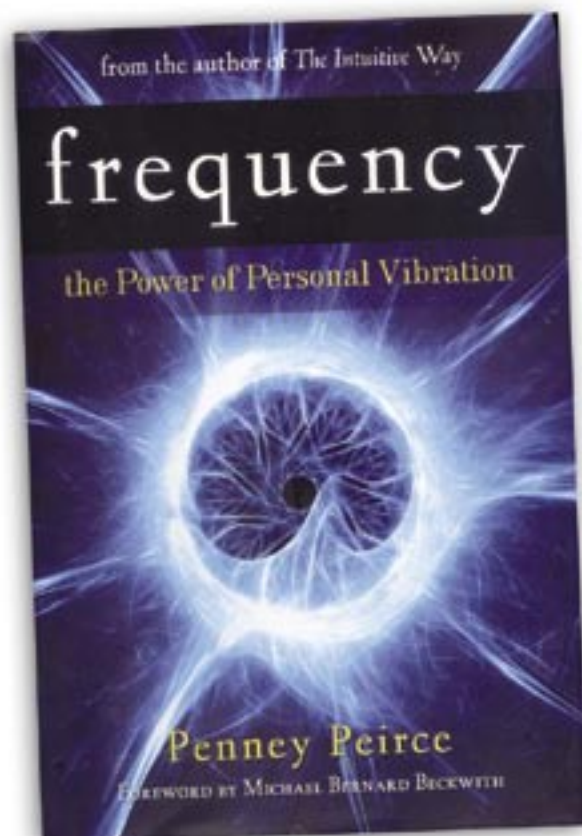
Penney: It helps to understand it. We each have a personal vibration. This is how your body is feeling, your emotional state, the thoughts you're thinking and how much of your soul is getting through.

We have a bad habit of looking outside ourselves. We start out with a good

mood in the morning, then we run into someone with a lower vibration, we match them and suddenly feel bad. We need to learn to control our own personal vibration.

We all have our home frequency, the vibration of our soul, true self, core self. When you center into that and identify with it, your body starts to vibrate to that frequency. When you do that consciously, it moves into your emotions and you will

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Try This! Relax into the solution

Think of a problem that's affecting you. As you call it to mind, see if you can feel how it arises from somewhere deep in the center of yourself and projects out in front of you. The unconscious assumption is that the solution lies "out there" somewhere and you must hunt for it, or it must come to you. Instead, relax and let the projected problem be reeled back into the spot where it originated; let your awareness relax back into the place inside where you first became aware that there was such a thing as a "problem."

Sit in there a little while; the solution exists in the very same spot. Let yourself become aware of it. It will come to mind and probably seem simple and obvious.

Problem and solution exist together as an experience your soul wants you to have.

From Frequency by Penney Peirce, Beyond Words Publishing

NEW Spirit 411

Do you have some news of interest to our readers? Please send the information to krysta@newspiritjournal.com.

Seattle counselor and founder of Heartspring Associates, Pamela Grace, has been invited to Rwanda to facilitate reconciliation and forgiveness between survivors and perpetrators of the Rwandan genocide using The Work of Byron Katie. She will be there until mid-November and will be speaking about her experiences when she returns.

Pamela is a graduate and previous staff member of The School for The Work, and leads inquiry circles in The Work regularly in Seattle. You can reach her at (206) 547-4064 or at www.PamelaGrace.com

Local musician Henta just found out that her album, *Laserium for the Soul*, is Grammy-eligible. This means there's a chance that she could become a Grammy nominee if enough Grammy members vote for her. Congratulations, Henta!



When you see this icon in an ad or at the end of an article in New Spirit Journal, it means that this person or organization has posted a brief video at www.videovillageonline.com.

Go there and enjoy meeting this person through their video.

Frequency: Penney Peirce

Continued from front page
feel better, then it moves into the mind and you think better, more creative, thoughts. Eventually, you unite all the aspects of yourself and your soul is running the show.

The game is to catch ourselves in the old habit of identifying with the outside world and lowering our vibration. We can say, "I don't like it when I feel like that and I have choice; I can choose not to feel that way even if the outside world is doing something awful."

NSJ: In the old days, we were told to surround ourselves with a cocoon or shield. I like how you talk about the power coming from within and radiating outward. It feels so much healthier and empowering.

Penney: It's more like how energy works. When you use a shield you're saying the world is bigger than you are and this continues the feelings of fear.

NSJ: Near the end of your book you talk about

leaving the linear manifestation model where you attract things to you and moving into the present moment model where you recognize you already are what you are seeking.

Penney: Yes, when you think of something as separate from you, you have to use willpower because you see the issue as being outside of you and define it as something you don't have. It's all mental mindset. When you expand the present to include something like having a computer, the computer is already inside you; you just had the idea. If you keep your attention on the computer, energetically it starts to drop down. It will come closer to your body. You will feel it, see the picture, get the tactile idea of using it, maybe even get a smell. Once the body starts to get the sensory reality, it shows up.

NSJ: This is almost a fine-tuning of teachings such as The Secret, but the way they teach it, the

thing is still apart from you. What you're talking about is saying I already have it. I am it because it is in the now.

Penney: I wanted to fill in some of the missing pieces, making the information more holistic so people can understand how it really works.

Clear the clutter in your subconscious. Get into your home frequency and you will have a whole new perspective on how life works. Then how we live, how we solve problems, engage in relationships will change and we might become enlightened. I think it is quite possible. Be in the flow, trust it, work with it and you will improve your life on all levels.

The entire 30-minute interview with Penney is available as a free New Spirit Podcast at www.newspiritjournal.com.

For information about Penny's classes, workshops, and private readings, go to www.pennypeirce.com.



▲ **Now in its seventh season**, Seattle Women's Chorus is breaking new boundaries and winning new fans with every concert. They have grown to over 250 members strong and are cementing their reputation as one of America's top women's choruses. The 2009-2010 season features two programs: a holiday concert that promises to fill audiences with warmth and merriment, and a summertime choral extravaganza celebrating the music of Sondheim and Bernstein in June 2010. In this joint concert with Seattle Men's Chorus, an anticipated 400 voices will be on stage; guaranteed to raise the rafters. For details, go to www.seattlewomenschorus.org. Photo by Mark Weeks

Rhonda Dickson, from Indigo Dog Design and New Spirit Journal, won second place for front page layout and design in this year's Washington Newspaper Publisher's Association Better Newspaper Contest. The entry was a front page design for the Monroe Monitor newspaper, one of her clients through Indigo Dog Design. This award was granted by other news professionals and is one to be coveted. To see more of her work, go to www.indigodog.com.

The Bellingham Gluten Intolerance Group will be hosting its 8th annual Community Awareness Event on November 6 and 7 at St. Luke's Health Education Center, 3333 Squalicum Parkway, Bellingham. This event is free and open to the public. For more information and a detailed schedule go to www.GlutenFreeWay.info or call Kelle Rankin-Sunter at (360) 223-7437.

Have you been thinking about becoming a metaphysical minister or getting a degree in metaphysics? Here are some websites for you to explore where you can earn bachelor's, master's, and doctoral degrees through distance learning: University of Metaphysics, www.metaphysics.com; College of Metaphysical Studies, www.cms.edu; American Institute of Holistic Theol-

ogy, www.aiht.edu; University of Metaphysical Sciences, www.umsonline.org; School of Metaphysics, www.som.org.

If you are in charge of arranging a conference for your employer or organization, how about learning to play the drums together or have a group of drummers perform for your group? Drumming builds a sense of team and is a lot of fun. Check out the Drum Café at www.drumcafeus.com.

Having an Event? Let us know

Is your organization having some sort of holiday concert, play, or special gathering? Please send us the details by November 13 so we can print the information in the December issue.

Is your organization holding a peace meditation on December 31, following the format of the Quartus Foundation (www.quartus.org)? Be sure to list it on their website and also send us the information and we will put it in the December issue.

There is no charge for either of these listings. Please send the information to: Krysta@newspiritjournal.com.

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