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Helping You Create Abundance In Your Relationships, Finances, Health, Career, and Inner Life

Locally owned and published in the Pacific Northwest

# NEW Spirit JOURNAL

VOL.5, NO 7  
NOVEMBER 2009

FREE

## 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?**

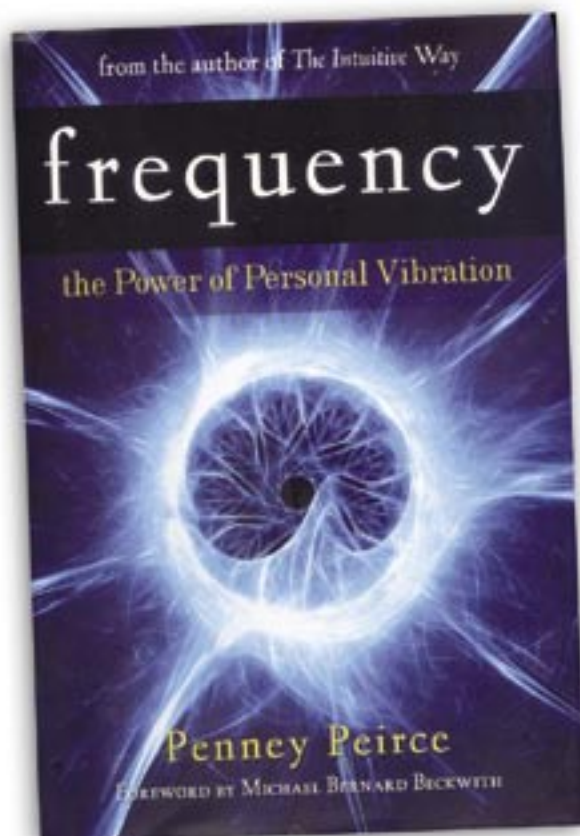
Penney: It helps to understand it. We each have a personal vibration. This is how your body is feeling, your emotional state, the thoughts you're thinking and how much of your soul is getting through.

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 as 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*