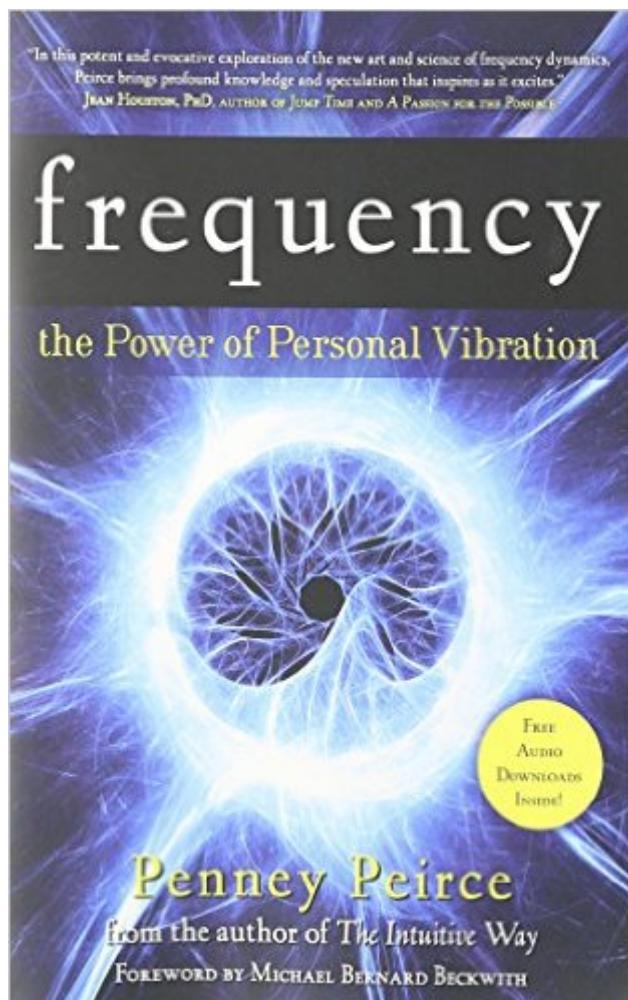


The book was found

# Frequency: The Power Of Personal Vibration



## Synopsis

Frequency gives readers the tools to understand how and why their natural frequency interacts with the world around them. Because we see the world from a physical perspective, we often don't notice what's right in front of us — that our spirit, thoughts, emotions, and body are all made of energy. Inside us and everywhere around us, life is vibrating. In fact, each of us has a personal vibration that accurately communicates who we are to the world and helps shape our reality. Frequency shows readers how to feel their personal vibration, improve it, and use it to shift their life from ordinary to extraordinary. A simple shift in frequency can change depression to peace, anger to stillness, and fear to enthusiasm. Weaving together basic ideas from quantum physics with proven intuition development techniques, Frequency takes readers into deeper concepts only hinted at in recent popular books and DVD's featuring the Law of Attraction. By learning to refine the "conscious sensitivity" of their body, readers can improve relationships, find upscale solutions to problems, and materialize a life that contains everything they want and need to live their destiny. Frequency gives readers a reassuring, step-by-step roadmap into a positive state of awareness that Peirce calls The Intuition Age. By learning to use "frequency principles" — methods based on the way energy actually functions — readers can keep their energy level high and productive, receive subtle information directly from the environment via "empathic resonance," and quickly free themselves from negative or low "vibrations."

## Book Information

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## Customer Reviews

I really got sucked into buying this book because the title and cover are so seductive--let's face it, we all do judge a book by the cover! But I wasn't disappointed. It started out a bit slow (perhaps because it contained so much background that I already knew about). But as I read on, I found invaluable information that will help me catch up to my husband and other intuitive friends. The book begins with discussion of the coming transformation in human consciousness, and includes 9 stages a person typically passes through. The frequencies we live in are discussed, in order to make the information appeal to the more grounded left-brain types. Different levels (which correlate with chakras) are also listed. The middle of the book gets more personal with tips on how to become aware of your feeling habits, and understanding how they developed. It teaches how to undo the unhealthy feeling habits and start healthy ones. Penny shows how people collapse gradually into a negative energy rut, and how to get out. Chapter 5 ("Feeling Your Home Frequency") includes the very best description I have ever read of what it means to "be in your body" as well as how to get deeper into your body. Before I started eating a primarily raw food diet 7 years ago, many people would accuse me of not being in my body! You also learn how to become much more intuitive as you "feel into" other people and even objects. Penny's description of what happened to her in Japan is sure to blow your mind as well as give you an insight into the Asian culture. Later in the book you learn how to master relationship resonance, reading people, finding solutions to your problems, and much more. Each chapter has at least one "Try this!"

This is the best book I have ever read and "used." I will give a long review below that is necessary for me to explain how magnificent this book has been for me. For those of you that aren't interested in my story - I can tell you that if you have ever pondered existence, intuition, coincidence, energy, realities, unity, spirituality, clairvoyance, consciousness, enlightenment, quantum physics, personal development, transcendence, transformation, happiness and more - you must own this book. This is the only book I have ever read that seemed as if it was written directly to me. This book gave me what I have been seeking. It has given me a clear and easy path to follow to become the person I have always hoped to be and it is working! Now for my long review: In March 2009, my wife was fighting for her life at Riverside Hospital in Columbus Ohio. I was financially ruined and perceived myself as a failure. Sitting in the chapel completely defeated, I threw in the towel. I wanted to know why I was failing and suffering so badly and told the divine source that I believed was present that, "I quit. I don't care any more. You take control of my life and give me the knowledge I desire so I can have peace." And my journey began. A few months after the trauma in Columbus I found myself strolling the streets of Yellow Springs Ohio, with my recovering wife and children. I remember clearly

it was the first day in a very long time that I felt a sense of peace and being present in the moment. I thought it was coincidence that I found an old book with writings by Kierkegaard, as that day I had been thinking about the meaning of it all. The day I finished reading the book, "Basic Writings of Existentialism," written by Gordon Marino, arrived.

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