

“We’re becoming increasingly aware of internal and external energy, its qualities, and the principles by which it functions—frequency, vibration, resonance, waves, oscillation, cycles, octaves, and spectrums. We’re discovering that these concepts are at the heart of the newest techniques for knowing, doing, and having everything.”

—from *Frequency: The Power of Personal Vibration*

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## Dear Editor/Producer,

Make a tiny shift in your awareness and the world you see can change—in less than a second the solid physical world can become a shimmering, resonating world of energy. *You realize that everything is vibrating!* When you pay closer attention, you notice you can feel slow, sluggish vibrations and fast, harmonious vibrations. Then you realize there is information encoded in the vibrations you sense. And—yes!—this could be quite useful...

The truth is, we make this shift to the energy world thousands of times a day without realizing it—to obtain information about what decisions to make and how to act. Imagine how smooth and easy life might become if we could make that shift into a conscious, intentional skill and be able to translate “vibrational information” immediately into trusted guidance?

This is what *FREQUENCY: The Power of Personal Vibration* (Beyond Words/Atria Books, 2009, \$24) is all about. Author **PENNEY PEIRCE**, an internationally recognized expert on intuition and perception, guides you into the new “energy reality” that’s emerging as we speak, and gives you a step-by-step roadmap to a positive state of awareness based on “frequency principles”—methods derived from the way energy actually functions—with tips to achieve a new kind of effortless success.

Peirce describes 9 Stages of an Evolution Process that everyone is experiencing right now as we transition from The Information Age to “The Intuition Age.” She helps you find how far along you are, and what comes next. If we know there’s a positive outcome, the global crises we’re experiencing won’t seem so overwhelming and we’ll move through this process more rapidly with less wounding. In *Frequency*, you’ll learn how to shift your reality from one that’s full of snags and disappointments, to one where life unfolds effortlessly in alignment with your destiny.

*Frequency* helps you move through the stages of the transformation process, then gives you a whole new perspective on how to live and work in the new energy world. Chapters include: *Our Phoenixlike Transformation, Living Among the Frequencies, Becoming Aware of Your Feeling Habits, Freeing Yourself from Negative Vibrations, Feeling Your Home Frequency, “Feeling Into” Life with Conscious Sensitivity, Mastering Relationship Resonance, Finding Upscale Solutions, Choices, and Plans, Creating a High-Frequency Life, and Accelerating Toward Transparency.*

**PENNEY PEIRCE** is inspiring, articulate, and well-versed in many subjects. She is a warm, practical, and lively guest on interview programs. *Frequency* is a book that breaks new ground, much as Peirce’s first book, *The Intuitive Way* did.

Thanks for your time and consideration.

• FOR IMMEDIATE RELEASE •

# Frequency

## *The Power of Personal Vibration*

New book helps you find your highest personal frequency, free yourself from “negative vibes,” and work intentionally with subtle energy to transform your life.

**PENNEY PEIRCE** is a well-respected international expert on intuition and perception, and the author of the groundbreaking guidebook on intuition development—*The Intuitive Way*. With her latest release, *Frequency: The Power of Personal Vibration* (Beyond Words/Atria Books, 2009, \$24), she moves beyond intuition, helping you achieve a deeper connection with your body’s natural sensitivity and empathy, and giving you the skills to recognize and interpret the guidance you continually receive from the subtle vibrations around you.

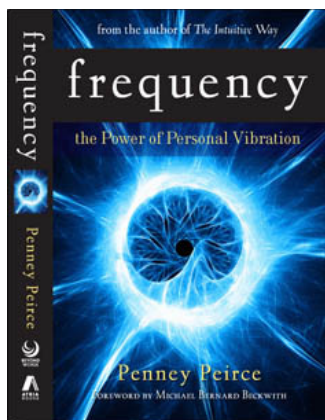
A simple shift in frequency is often all it takes  
to change depression to peace and fear to enthusiasm!

As we move from the Information Age to the Intuition Age, we need new methods for navigating in an accelerating world. *Frequency* gives you a reassuring, step-by-step roadmap to a positive state of awareness. By learning to use frequency principles—methods based on the way energy actually functions—you can keep your energy level high and productive. *Frequency* is full of experiential exercises, inspiring quotes, and inspiring “messages from our home frequency,” all designed to help you:

1. Free yourself from negative or low vibrations (like suffering, panic, depression, and victim consciousness).
2. Feel your unique “personal vibration” and attune it—just as you would find your favorite radio station—to the naturally high “home frequency” of your truest and best self.
3. Navigate successfully through the 9 stages of the evolution process.
4. Dramatically improve relationships, find upscale solutions to problems, and materialize a life that contains everything you need.

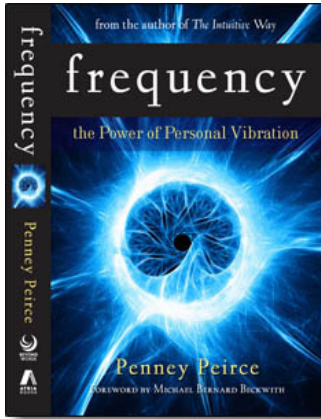
Awakening to the new reality that a higher frequency reveals can help you maximize clarity, minimize struggle, and discover new talents and capacities. You’ll stay on track with your destiny—and reap the benefits of the life you’re truly built for. By learning to live skillfully in an energy world, you will literally transform yourself into a new kind of human being and experience what is to become “transparent”—or enlightened—as a normal condition of life.

**Foreword by:** Dr. Michael Bernard Beckwith, author of *Spiritual Liberation*.



Because science has long taught us to rely on what we can see and touch, we often don’t notice that our spirit, thoughts, emotions, and body are all made of energy. *Everything is vibrating.* In fact, each of us has a personal vibration that communicates who we are to the world and helps shape our reality.

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# About the Author

**PENNEY PEIRCE** is a well-respected international expert on intuition and perception. She is a gifted clairvoyant empath and visionary, and a pioneer in the intuition development movement. She has worked around the world as a coach and trainer to business and government leaders, psychologists, scientists, and those on a spiritual path—since 1977.

Penney has been affiliated with The Center for Applied Intuition, The Institute for the Study of Conscious Evolution, Coach University, Coaches Training Institute in Europe, The Arlington Institute (futurists), and The Kaiser Institute, which trains hospital CEO's in the development of intuitive skills. Penney has led visionquest tours, hosted a TV talk show, presented keynotes and workshops at colleges and conferences internationally, and appeared on radio and television interview shows internationally. Her books are used in training programs and universities.

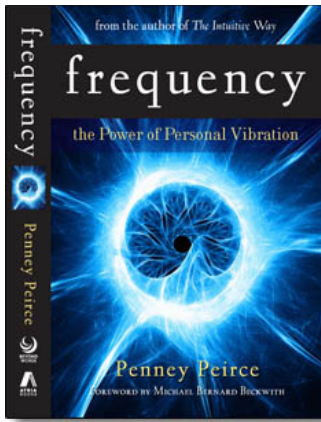
## **Penney Peirce is the author of:**

- *Frequency: The Power of Personal Vibration* (2009)
- *The Intuitive Way: The Definitive Guide to Increasing Your Awareness* (Beyond Words 1997; second edition from Council Oak Books 2005)
- *The Present Moment: A Daybook of Clarity & Intuition* (McGraw Hill 2000)
- *Dream Dictionary for Dummies* (Wiley 2008)
- *Dreams for Dummies* (Wiley 2000)

She is featured in other books, including: *The Purpose of Your Life* and *When Life Changes, Or You Wish It Would* by Carol Adrienne, *The Celestine Prophecy Experiential Guide* and *The 10th Insight Experiential Guide*, by Carol Adrienne and James Redfield, *Return of the Revolutionaries* by Walter Semkiw, MD, *Breaking Through: Getting Past the Stuck Points* by Barbara Stanny, and *Intuiting the Future* and *Opening the Inner Eye* by Dr. William Kautz.

Penney is known for her ability to synthesize material from many cultures and disciplines, and to make complex, abstract ideas practical and pertinent to people in all walks of life. She routinely sees through surface clutter to find the root causes of and innovative solutions to problems, as well as the highest potential for individuals and organizations, and how that potential is likely to unfold.

Penney Peirce is accurate, articulate, and compassionate, and consistently helps others apply intuition and energy dynamics in practical ways. She is a lively and well-versed interview subject who values the give-and-take with her interviewer. She lives in Marin County, near San Francisco.



“If you allow the high-frequency energy to flow through you unimpeded and let your body adjust naturally, you can expect to experience more vitality and endurance, as well as greater awareness, which means higher frequency feelings (love, generosity, happiness, enthusiasm) and higher frequency thoughts and motivations (innovation, creativity, inspiration, forgiveness, service, healing).”

—from *Frequency: The Power of Personal Vibration*

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## Praise for *Frequency*

In this potent and evocative exploration of the new art and science of frequency dynamics, Peirce brings profound knowledge and speculation that inspires as it excites. If applied across many disciplines, it provides a basis for new ways of being and doing, health and creativity.

—**Jean Houston**, PhD, author of *Jump Time* and *A Passion for the Possible*

In *Frequency*, Penney Peirce intelligently and compassionately combines powerful teachings, personal experiences, her work with clients, and skillful methods for upleveling our home frequency and uplifting not only our individual life, but life throughout the cosmos. Hers is a most excellent energetic medicine, universally applicable to the times in which we live.

—**Dr. Michael Bernard Beckwith**, author of *Spiritual Liberation*

*Frequency* will put you in touch with yourself in a way you never dreamed possible. Penney Peirce, with her amazingly comprehensive grasp of intuitive and empathic perception, has crafted a highly useful book that will help you reliably recognize the core vibration of your truest self, and harness your sensitivity so all areas of your life can change for the better.

—**Carol Adrienne**, PhD, author of *The Purpose of Your Life*

We are all affected by positive and negative energy whether we realize it or not. With the wisdom contained in this book, you will learn how to raise the level of your vibration — your frequency — to benefit yourself and humankind in miraculous ways.

—**Masaru Emoto**, author of *The Hidden Messages in Water*

Many independent indicators tell us we are about to experience a rapid transition to a new world — an evolutionary jump of profound proportions that will change the essential nature of who we are and how we understand reality. This extraordinary, practical book is no less than a personal primer for becoming the new human being who will co-create the new world. Transcending the coming chaos is possible with the toolset that you will find here. It is an unprecedented gift for the person who is ready to evolve.

—**John L. Petersen**, futurist and author of *A Vision for 2012: Planning for Extraordinary Change*

*Frequency* reveals the simplicity that underlies apparent chaos. In detailing and giving examples of how to get in touch with the soul's purpose, action, and connection to others, Penney Peirce brings us the gift of how to live in alignment with the magnificence of who we truly are. This contribution rises as seminal in the transformation process of every person.

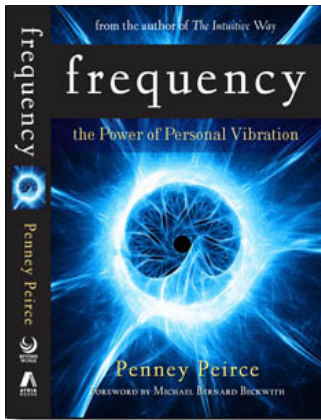
—**Joan C. King**, PhD, neuroscientist, professor Emerita Tufts University School of Medicine, and author of *Cellular Wisdom: Decoding the Body's Secret Language*

Seeing ourselves as energy beings is the most important breakthrough of our times. In *Frequency*, Penney Peirce clarifies many of the energy principles that have previously been unacknowledged, but which we can now intentionally use to keep ourselves healthy and improve the realities we live in. I laughed out loud when I read this book, and enjoyed it immensely.

—**Richard Bartlett**, author of *Matrix Energetics*

This book takes *The Secret* to yet another level. At the center of it is an important truth. The left brain will argue with it but, if you listen to what Penney Peirce is saying, with an ear attuned to what resonates in you, you will gain something lasting that really matters.

—**Don Joseph Goewey**, author of *Mystic Cool*



“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*

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# 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?

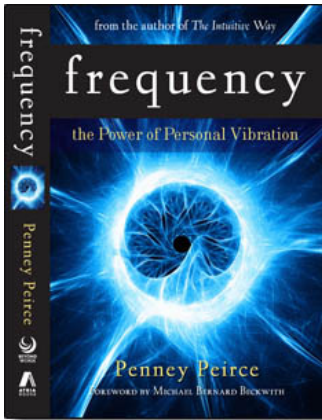
- Is there an advantage to being ultrasensitive, or more empathic? Doesn’t it make us feel even more overwhelmed than we already are?

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.”

—from *Frequency: The Power of Personal Vibration*

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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?