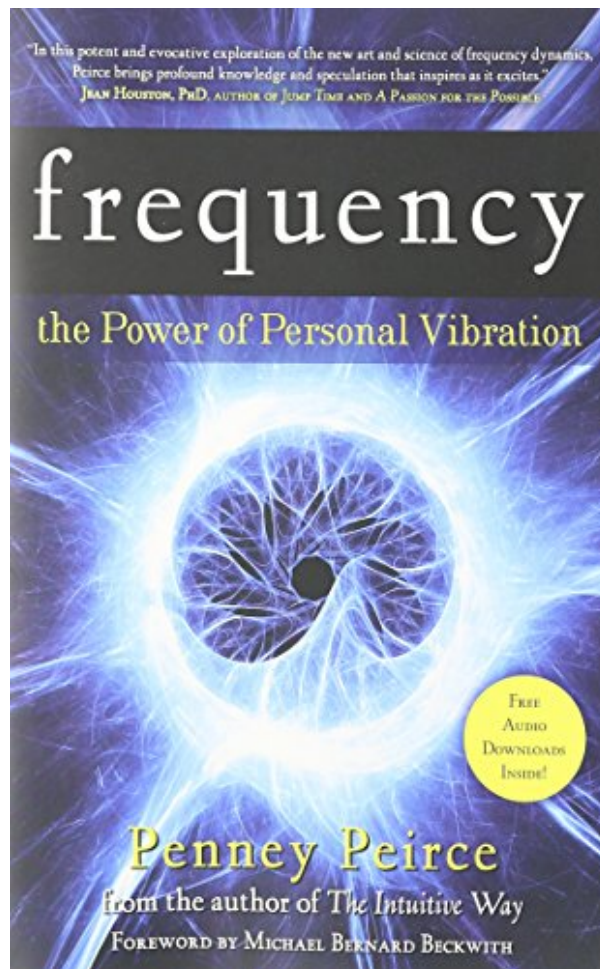
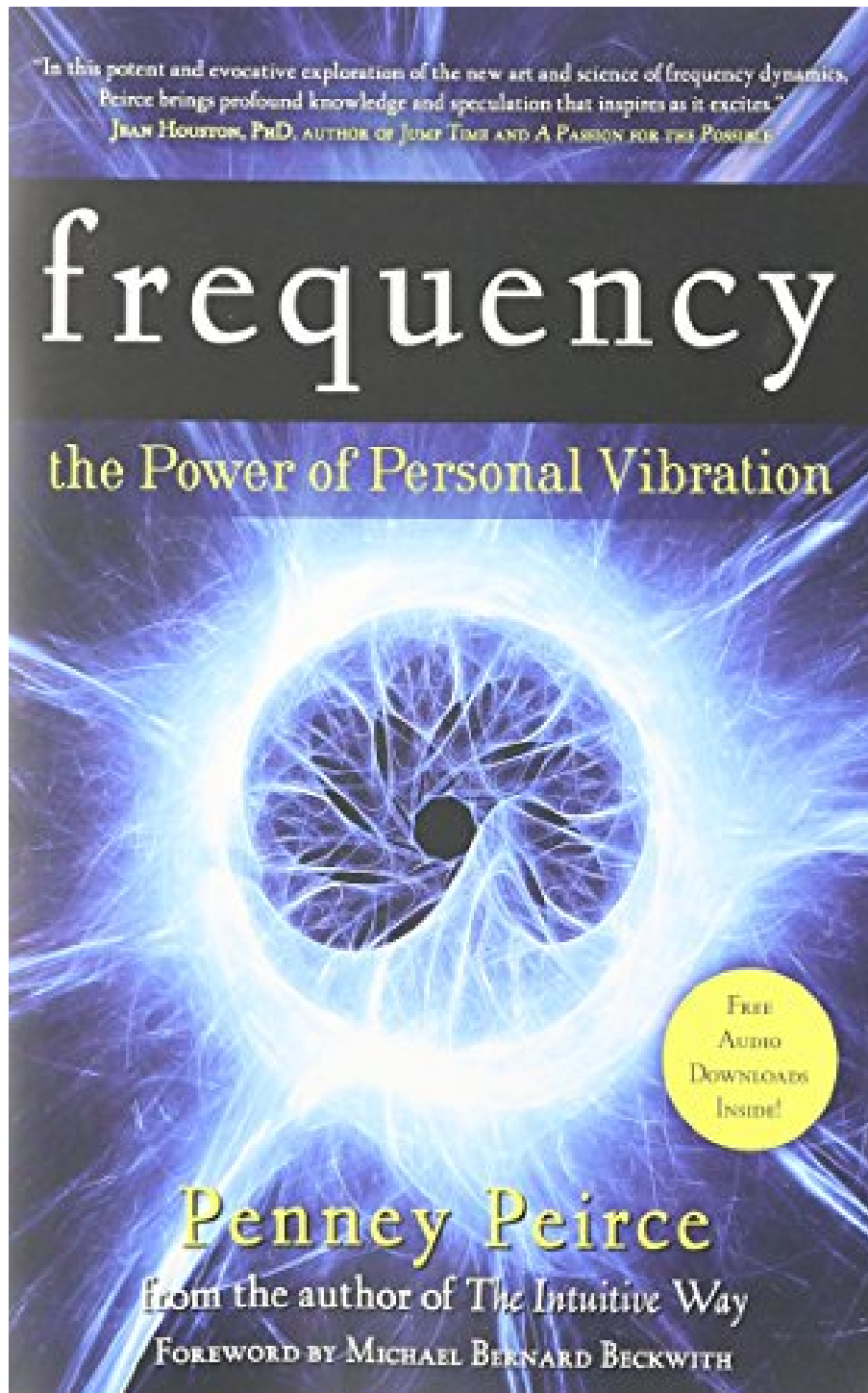


FREQUENCY: THE POWER OF PERSONAL VIBRATION BY PENNEY PEIRCE



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Review

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"Many indicators tell us we are about to experience a rapid transition to a new world that will change the essential nature of who we are and how we understand reality. Transcending the coming chaos is possible with the toolset provided here. Frequency is an unprecedented gift for the person who is ready to evolve."

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About the Author

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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."

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Most helpful customer reviews

831 of 861 people found the following review helpful.

The Best Book I Have Ever Used

By Mr. SpeekethTheTruth

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.

My quest for knowledge continued and my passion for reading was out of control. It is important to note that I rarely finished reading books in the past. Now, I'd finish a book and another would arrive. After existentialism my interests changed to Buddhism and I read a few books on the subject. From there I jumped into books by Deepak Chopra. After Deepak, I started reading entheogen experience books as I was fascinated by DMT and the experiences of those that experimented with like chemicals.

I threw in a couple life after death books and then stumbled onto: "Tranceformers: Shamans of the 21st Century - Second Edition Revised and Updated for 2012," by John Jay Harper. That book really got me interested in the unified universe, the zero-point field and the great consciousness that may hold the knowledge of everything. "Tranceformers" also answered a lot of questions for me and influenced a shift in my consciousness. I was amazed by the proven powers of intuition and the fascinating topics regarding DNA and a universe driven by consciousness, not matter.

I watched a three hour string theory documentary on PBS, and from there I read numerous books by Paul Davies, John Gribbin, David Parrish, John James, Bernard Haisch, and Ervin Laszlo. Each of the books were significant for me and I noticed myself changing as I started to understand the world we live in - a unified world of energy and waves - not the three dimensional world I had been trapped in.

I have become more passionate and empathetic and even at times worried by my new emotions. I started finding childlike pleasures that were buried long ago. I find much more pleasure in helping others than ever before. I no longer have to be alone in nature to "be in the moment." I find myself much happier and have had things work out in surprising ways.

The problem for me was that I could understand a new holistic world and was excited and often blissful contemplating it but I felt I hit a brick wall as far as furthering my own personal journey of enlightenment; a state I don't fully expect to reach as it is not contingent upon ones will.

The book "Frequency" had appeared in a few of my searches as a possible choice but I had always been one that didn't pay much attention to what I perceived as esoteric works and thought it might bore me as I had such fun pondering "new physics" type books. It did not bore me at all. It summarized my quest, broke new ground and has given me closure. I believe that I don't need to read any other books to complete my journey. Everything I need to know is in this book.

As soon as I started reading this book I knew it was what I had been looking for all along. I laughed with amazement as Penney Peirce described my past in this book and where I am today. Such clarity. She gives exercises throughout that have connected me to what I thought was impossible. I still struggle with my ego that tries to put me in REM while I search inside myself and I have a long way to go. But I know the path to get there is all in this book. And it is a fun path to travel. Buy this book for yourself, your family and friends. I always wanted to have a positive influence on this world and just by sharing this book I will achieve that.

Thanks! Thanks! Thanks!

9 of 9 people found the following review helpful.

This book doesn't live up to the hype.

By 1.618033

I picked up this book after reading all of the positive reviews, but I was seriously disappointed. It says something when the most enjoyable parts are the forward (written by another author) and the quote inserts (written by famous historical figures). It's possible I just didn't connect with the author's voice, but it is also possible that the book is simply not good. For as much as the author claims to be an authority on the topic,

Pierce doesn't grasp or communicate her ideas at an intelligible, or persuasive level. The book neither speaks to your subconscious, like poetry, or your conscious mind, like science. It falls somewhere in between: nonsense. At best, this book can serve as a guide for new age psychotherapists experimenting with some ideas.

787 of 811 people found the following review helpful.

This is a keeper as a great reference book with many tools!

By Susan Schenck

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!" section with exercises to make you think and learn, as well as a "Just to recap" summary. The chapters end with a "Home Frequency Message" section that you can read slowly or listen to as someone reads it aloud. This inspired writing catapults you into a deeper experience.

I thought I was going to be able to sell my used copy on Amazon, but now I realize I have to keep it as a reference book for when I need to get more intuitive! There are just too many valuable exercises in it!

Susan Schenck, author of *The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet*

and

Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work

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