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frequency

“Penney Peirce 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*

“Penney Peirce, a master teacher, has gifted us with this powerful book that weaves so many strands of the consciousness tapestry into a coherent whole.”

Marcia Emery, PhD, author of *PowerHunch!* and *The Intuitive Healer*

“Frequency is an amazing ‘handbook for the future,’ synthesizing diverse views for expanding our perception and developing extraordinary human capacities.”

Hal Zina Bennett, author of *The Lens of Perception*

“From the title onward, Penney Peirce captures and explains the often misunderstood and overlooked subtleties of energy and vibration. As a psychic detective, I use body sensitivity and the ability to discern subtle energy for crime scene work, tuning in to the frequencies of a location to recreate what took place there. I’ve also taught children and families how to master their sensitivity to vibrations to ensure personal safety. *Frequency* offers readers the tools to recognize and develop these sensitivities within themselves to speed personal growth and find greater freedom in life.”

Pam Coronado, intuitive investigator and costar of *Sensing Murder*, Discovery Channel

“*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 for every person.”

Joan C. King, PhD, neuroscientist, professor emerita, Tufts University School of Medicine and author of *Cellular Wisdom*

“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*

“*Frequency* is filled with Penney’s profound wisdom and is deeply helpful to anyone wanting to raise their frequency, achieve inner/outer unity, and move toward emotional enlightenment.”

Margaret Paul, PhD, author of *Inner Bonding*, and coauthor of *Do I Have to Give Up Me to Be Loved By You?* and *Healing Your Aloneness*

“A lot has been said about frequency and raising vibration in general, but this book is a well thought out and specific road map to the new realms of consciousness that we are all entering.”

Hope and Randy Mead, creators of the movie *Orbs: The Veil is Lifting*



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For the people who experience the most painful suffering,
~~who feel trapped and hopeless,~~
who feel life makes no sense and seems utterly cruel—
there is a place in the center of each moment,
available right now,
where freedom and compassionate truth wait
to welcome all of us home.

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Acknowledgments

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Working with Cynthia Black and the team at Beyond Words Publishing has been a sweet experience. They took a chance on me long ago, publishing *The Intuitive Way*, and I am happy to be back with them. They are sophisticated and warm, and Cindy has been a real support as I have moved into this new territory. Marie Hix has been upbeat and unfailingly helpful, weaving the threads of the project together. I couldn’t have asked for a more talented, knowledgeable, and considerate editor than Julie Steigerwaldt. Thanks, too, to Lindsay Brown, Sara Blum, Devon Smith, and Bill Brunson.

Finally, I am grateful to Michael Bernard Beckwith for taking the time to write such a wonderful foreword.

Foreword

The book you hold in your hands is not inert matter, mere paper upon which ink has been spread in a particular font and format. The truth cuts deeper—a lot deeper—than what is visible to your physical eyes, tangible to your hands, and translatable to your mind. It's about what drew this book into your electromagnetic field in the first place: an energetic resonance between you and the wisdom-message upon its pages. This energy field is what Penney Peirce identifies as your “home frequency,” or your personal energy vibration. The words on these pages vibrate at a specific energetic frequency too, sourced by the cosmic Intelligence enlivening and sustaining existence, and they can transmit to you their grace and power. When Penney describes how Spirit and Matter dance ecstatically together, you will be eager to learn the steps within her nine phases of personal transformation so that you may join in the celebration.

The world's scientific communities agree that energy comprises all things and that energy systems are conscious. Earth spins, they tell us, within an infinite electromagnetic field. Everything participates in this swirling, oscillating, vibrating energy. It's interesting how we commonly regard cosmic energy as something *out there*, crackling in some far-flung location beyond the earth upon which we walk. The truth is this same energy is present *in here*, right within our existence as an individual self and everywhere present in the atmosphere in which we live. We are spacious beings who live and move in such a way that energetically impacts every corner of the cosmos. So when we are dealing with the subject of energetic frequencies, it is not a mysterious “something” vibrating out in the stratosphere, but directly within our individual *inner space*. Pierre Teilhard de Chardin, the Jesuit priest and paleontologist, referred to this inner space as our “interiority,” a word he coined as a result of his intuitive relationship with the natural world, a cosmology which he considered to be an energetic, constantly evolving progression toward material complexity and consciousness.

Chardin paid dearly for his theories: his work was banned by the Vatican and he was often unwelcome in his country of birth, France, so he moved to China and later to New York City. It is a testimony to our evolutionary progress that today individuals such as Penney are free to openly share the results of their inner explorations in the laboratory of consciousness without religious or governmental censorship and condemnation. Twenty-first-century breakthroughs in understanding the body-mind-spirit connection and our interconnectedness with the cosmos have shifted our views and opened us to realizing the Earth's innate intelligence. Humanity has evolved in its understanding and as a result, is far more conscious about the energetic connection—indeed oneness—with our mother Earth and how we must live in harmony with the invisible, energetic laws that support all life. Penney has created what I'm choosing to call an “energetic template,” which offers skillful means, practical applications to our everyday life, and the deeper aspects of what it means to be a spiritual being having a human incarnation.

Penney's detailed description of the Hindu *chakra* system of energies can give us a way to clear our energy field, to free coagulated energy. By applying ancient truths like these to the challenges of modern living, we can move from the Information Age to the Intuition Age, where the collective consciousness is becoming increasingly comfortable with our innate ability to tune in to the higher frequency of an “expanded self,” what I call the Authentic Self.

Penney's brilliant scales of everyday vibrations go the distance in describing how we influence our body, emotions, and thoughts throughout the day. Together with her nine stages of transformation we can apply path-cutting skills that attune us to the energetic frequency of our current vibration and then accelerate us to higher-octave frequencies. Penney is obviously committed to transmitting her knowledge with impeccability and generously shares with her readers a profound understanding of our energetic anatomy. She presents a winning case for the fact that we have not only the capacity but also the responsibility to calibrate and recalibrate our "home frequency" so that we may live our highest purpose.

How encouraging it is to realize that the application of intuitive energy is not reserved for psychics or mystics. It is a faculty we all possess and use, consciously or unconsciously, in varying degrees, depending upon our individual development. Penney gives us the good news that by practicing the exercises she teaches, we can consciously develop our intuitive faculty and thereby consciously draw energy from the original storehouse of insight, intuition, and inspiration—the very Life Source within and all around us.

Conscious cultivation and application of thought-energy is a most powerful agent for self-transformation. It caused Carl Jung to describe an experience he had at twelve years of age in this way: "Suddenly I had the overwhelming experience of having just emerged from a dense cloud. I knew all at once: Now I am myself! It was as if a wall of mist were at my back, and behind that wall there was not yet an 'I.' But at this moment I came upon myself. Previously I had existed, too, but everything had merely happened to me. Now I happened to myself."

When we awaken to our true nature as energetic beings, when we enter our interiority and begin conscious exploration of the mystery of consciousness, we will "happen to ourselves." There are those who still consider self-reflection, contemplation, meditation, and other interior practices to be self-indulgent absorption. However, clinical studies and revolutionary advances within various disciplines of modern science continue to provide empirical evidence that inner practices positively shift the practitioner's energetic frequencies. Whether electromagnetic, gravitational, or quantum, science is revealing what spiritual giants of all times and traditions have told us since the beginning of time: we are luminous, energetic beings of creative intelligence, fully equipped to consciously participate in the evolutionary impulse of the universe and become fully self-realized.

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.

Michael Bernard Beckwith
author of *Spiritual Liberation*

To the Reader

The convergence of mysticism and the new physics has
brought us to the gateway of our humanness.
Beyond lies something that is literally
beyond our language.

Michael Talbot

You've no doubt noticed that we live in chaotic yet amazingly potent times. Just as restless animals sense an impending earthquake, you may feel a big change brewing. It's hard not to notice that everything today is as volatile as boiling water. The upside is that the volatility is shaking us up and pushing us to experience ourselves in an entirely new way—less as solid physical bodies separated by empty space and more as energetically vibrational beings living interdependently with other vibrational beings in a vibrational world.

We're becoming increasingly aware of internal and external *energy*, its qualities, and the principles by which it functions—frequency, vibration, resonance, waves, oscillations, cycles, octave and spectrums. We're discovering that these concepts are at the heart of the newest techniques for knowing, doing, and having everything. In other words, your *personal vibration*—the frequency of energy you hold moment by moment in your body, emotions, and mind—is the most important tool you have for creating and living your ideal life. 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.

Frequencies Rising!

There are some key things to understand now: (1) you are being affected by an evolutionary process that moves through specific stages, which is causing the energetic frequency of your body, emotions, and mind to accelerate, (2) because the rising frequency of your energy parallels your level of awareness, you are gradually becoming more aware, sensitive, visionary, empathic, and loving, and (3) the biggest challenge of the next few years will be working with your sensitivity, keeping your personal vibration clear, and learning to use “frequency principles” to live successfully in the coming times.

People who are sensitive to the invisible realms—and I count myself as one—have long intuited that the subtle frequency inside our bodies, and in the earth itself, has been steadily rising. This first stirs us up internally, causing us to feel uncomfortable without knowing why. Then the external world accelerates and seems increasingly high-pitched, or even chaotic. Eventually, we adjust to the new higher level of energy and our awareness increases to the same degree. We've known instinctively that the heightening energy was coming in a series of waves, carrying our awareness incrementally up toward a shift in perception, where our sense of self would evolve from an identity based on separation, fear, and ego to one based on interrelatedness, love, and soul. We sensed that at that high frequency, our world would function according to new, more elegant and efficient principles.

Our style and manner of thinking have undergone a revolution...We see with other eyes; we hear with other ears; and think with other thoughts, than those we formerly used.

Thomas Paine

Now this shift is under way and evident to most of society, as we try to function in a climate where everything is increasing: from the amount of data we must digest, to the hours we must stay awake to get the job done, to the tidal wave of negativity that's beginning to seem normal. It can be a daunting task these days just to stay centered! We're leaving the Information Age and entering the Intuition Age, which brings with it nothing short of a major transformation in the way we perceive reality. The questions now are: How do we learn the rules of this expanded vibrational world and develop the energy and consciousness skills that can help us function in it? How do we stabilize our new perception, identity, and behavior while our previous way of life is going through its death throes?

Are the Frequencies Calling You?

Like many people, you may be responding to the accelerating frequency of life by trying to adjust your own energy state in a variety of ways—both healthy and unhealthy—to find equilibrium, security, and relief from stress. Or you may be hunting hungrily for clues about how to thrive in this excited world with its massive complexity. The answers do not lie in gadgets and gizmos or in technologically assisted ways of processing more data. The simple truth is that moving into the Intuition Age is all about what you can know and do with energy and how you can develop effective, expanded sensitivity.

You may have picked up this book because you'd like to stop being plagued by emotional tailspins that block the forward flow of your life. You might be drained by people who are disturbed and reactive or depressed and apathetic. Maybe you're overwhelmed by nonstop stimulation and don't want to continue to feel either numb or hyperelectrical. You may feel cluttered with subtle, nonverbal information you've picked up concerning other people, the news, the future, and the events in your life. You'd like to make sense of it but can't exactly pinpoint what's affecting you.

Perhaps you'd like to reclaim your sensitive, spiritual nature that's been lost amid academic, administrative, or materialistic pursuits. Your analytical mind may have brought you success in business, but now you may need to be wildly innovative, motivate people from within, and revolutionize systems that seem like dinosaurs. Have you made strides by understanding the "law of attraction," and do you want to know more about the new principles of our emerging reality? Are you trying to find the right balance between will and trust in creating your life?

If you feel nearly paralyzed by the challenge to be clear or change quickly, don't worry. Everything is proceeding in right timing, and we're all in this process together, all learning to adjust ourselves to higher frequencies of awareness being the norm. We're shifting from a world where we learned to use cleverness and willpower to bridge imagined gaps between ourselves and others—and get what we want—to a world where there are no bridges to cross, where love, support, the easy materialization of results, and freedom are readily at hand.

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort that we are likely to step out of our ruts and start searching for different ways or truer answers.

M. Scott Peck

Your Highest Frequency Can Be Normal

I absolutely know that you can, under your own steam, dissolve the shell that separates you from a higher experience of Self and a much better life. You don't need gurus or to be catapulted into supernatural experiences by dramatic events; you are becoming such a high-frequency being right here in your physical body that what used to be *metaphysical*, *transpersonal*, and *paranormal* is now almost ordinary. Some missing pieces of the big picture are making their way into your consciousness now—and this new understanding is facilitating the “tipping point” into the Intuition Age for all of us.

Many people I talk to are close to understanding that we've never left Home—the “heaven” experience—while at the same time we've been having the most amazing, captivating Dream, called “life on earth.” To fully wake up from the dream, you'll need an everyday experience of soul, of your own highest frequency state, that you accept as normal. That experience is, among other things, one of empathy and compassion, where high-quality feeling shoots you straight through and beyond the seduction of suffering, the limitations of logic, and the fuzzy hypnosis of the world. You have to *feel* lovable, loved, and loving—in your very cells—before you can grasp the truth of your enlightened identity, know oneness, and settle in to an expanded way of living. Being consciously sensitive to the subtle information encoded in energy frequencies will put you on the fast track to experiencing this saturated state of certainty about love and soul.

To discover the information and experience stored in our most refined vibrations, we are experiencing an evolutionary movement “down” from our heady view of life, into the knowledge of our bodies. Yet because we encounter emotion when doing this, and emotion can catalyze confusion, resistance, and panic, as well as lift us into a sublime mystical swoon, we tend to avoid it. By avoiding emotion we create a blank spot where we don't experience our full self. I wrote *Frequency* to help you melt through the last barriers to awakening fully and actually *feeling* the experience of the expanded self that will be your normal state in the Intuition Age.

There's More Beyond the Law of Attraction

In recent years, there has been a series of books and DVDs that have acted as a bread crumb trail to help us find our way through these stimulating times. They popularized leading-edge scientific and metaphysical ideas in a way that captured the heart and imagination of the public. Among these are *The Way of the Peaceful Warrior*, *The Celestine Prophecy*, *The Intuitive Way*, *Your Life Purpose*, *The Field*, *What the Bleep Do We Know!?*, *The Hidden Messages in Water*, *The Da Vinci Code*, *The Law of Attraction*, and *The Secret*. These works, and others, helped us clarify what we sensed was happening in the invisible realms and encouraged us to develop rudimentary skills in working with energy and awareness.

At the same time, because of the introductory nature of the material, the wide array of interconnected topics introduced in such a short period, and the climate of fear in the world, the content was misinterpreted in numerous ways. I liken this to laying out the dots and numbers for a paint-by-number drawing—once that's done, you still need to connect the dots before the skeleton of the artwork appears and you can apply your unique vision to filling in the drawing with your favorite crayons or watercolors. I wrote *Frequency* to help you complete the picture.

I Want to Help Ease Your Transformation Process

As a byproduct of my own intuitive practice, I've had many visions—starting in the mid-1970s—about what's happening behind the scenes in today's intensifying world. I recognized early on that we were experiencing the beginning of personal transformation the likes of which has not been experienced for thousands of years and perhaps never at a global level. In the 1980s, I began giving lectures about this process of heightening frequency with titles like “Predictions and Future Trends,” “Holographic Perception and the New Paradigm,” and “Eliminating the Gap Between Self and Soul.” In these talks, I would sketch out the components of the transformation process, and afterward, audience members would tell me, “This helps—to have a broader understanding of what I'm experiencing. Without knowing the process has a higher purpose and positive outcome, I've been confused/scared/depressed.”

A radical inner transformation and rise to a new level of consciousness might be the only real hope we have in the current global crisis brought on by the dominance of the Western mechanistic paradigm.

Stanislav Grof

So I want to help you understand this semi-invisible process you're being influenced by and help you move through the phases of it fluidly. I want to give you techniques to change blocked emotion into exquisite sensitivity so you can decipher the messages contained in the myriad vibrational states. I want to make it easier for you to hold your own, to choose to live from your highest, most natural personal vibration—the one that matches your own soul. I want you to know how to recenter into it when other people's lower vibrations drag you down. There *is* a way to become a healthy “sensitive,” and there *is* great power in knowing how to work with your personal vibration.

Keeping a Journal Makes Your Growth More Conscious

Keeping a journal is a surefire way to track your growth process. You might document what happens as you penetrate into this body of information. Scattered throughout the chapters, you'll find a variety of simple exercises that can help you practice the concepts I'm giving you; try doing them and writing about your results. What insights did you have? What difficulties or surprises did you encounter?

You might play with *direct writing*, where you write straight from your core, letting a stream of words emerge as a spontaneous flow without censorship. Begin by posing a question, which serves as a magnet to draw forth a response from the deeper part of your awareness. Let the first words come; they will draw in the next ones. Don't think ahead or second-guess what's being said. If a strange word comes to mind, write it down. Whatever is supposed to follow will simply occur next. To keep the flow going, it's best not to read what you've written until it's finished. You'll be surprised what you find yourself writing because it will be so fresh and accurate.

To know a thing, dip yourself in it like pen and ink, let it write you in its own words.

Elizabeth Ayres

At the End of Each Chapter You Can Shift Your Awareness!

At the end of each chapter, I've included a piece of direct writing that came from my *home frequency*—my core self or soul vibration—while I was in a calm state of higher awareness. The voice in the messages is just the simple voice of our oneness—a voice we can all access equally; it's not some channeled entity. When I wrote these more inspirational pieces, my personality and normal writing voice were not in the forefront and the words came as the simplest, most direct description of deeper realities—or feeling states—that were being revealed *as I wrote*. There is little wasted breath in the words, and each sentence has the power to transport you. I've included these messages for several reasons:

1. They give you an example of the kind of wise, centering guidance your inner self can access when you become very quiet and sensitive. Hopefully, reading the messages will encourage you to experiment with tapping into your own clear source for direction and answers.
2. I want you to see that communication that comes from the heart and soul—anyone's heart and soul—as opposed to the cacophonous opinions of our ever-changing minds, has a universal appeal and contains universal truth.
3. The messages offer heartfelt insights that often extend the meaning of points made in each chapter. Like poetry does when compared to prose or technical writing, the messages take you beyond pure logic and let you see that not all knowing must fit neatly into little connected boxes to make sense.
4. I want you to experience the contrast between what it feels like to understand each chapter with your analytical left brain that likes to move fast and what it's like to intentionally shift to a slower pace so you can *feel into* deeper, less intellectual, more personal meanings with your intuitive “mind-in-the-heart.” By experiencing this shift from surface to core, from the “older,” linear-logical perception we're all so used to, to the “newer,” all-at-once, experiential knowing that these pieces require, you'll begin to understand how you can enter the high-vibrational, instantaneous, transformed way of knowing the world that I'm describing in *Frequency*.

If you read these messages *much* more slowly and deliberately than you normally would, or read them aloud to yourself, or close your eyes and have someone else read them to you, you'll notice they convey a different rhythm and vibration than the regular text. They might sound corny—even New Agey—if you read them with a too-heady, skimming mind, but when you slow down so you can “be with” them and feel them in your body, they take on greater dimension and open you to new realities. Sometimes, holding one sentence or phrase in your mind a few moments longer than usual will reveal a hidden meaning. This is a mini-demonstration of the difference in the way reality can look and feel when perceived from the mind alone, and when perceived from the unity of mind, heart, and body.

You can skip over these *home frequency messages*, or you can use them to practice entering your own home frequency (which I describe in detail in chapter 5). You might want to read all the pieces in a row at the end; it really doesn't matter. What could be interesting is to see how you react to the change of pace, vibration, and focus the messages summon up in you. If you feel irritated—or relieved—when you come to one, for example, it might be a clue about how you're moving through the key transitions in your own process of personal evolution.

Using Your Intuition Helps You Experience More

It will help to pay attention to your intuition as you ingest and digest the material in *Frequency*. Intuition is direct, unbiased perception that comes from unifying the fragmented parts of your awareness—body, emotions, mind, and spirit—and it arises when you're focused in the present moment, alert but not tense, connected with your body and feelings, not using willpower, and feeling simple and open. Intuition can speak from different levels of your brain as instinctive attraction or repulsion, as impressions from one of your five senses, or as the sudden flash of understanding of a complex meaning, system, vision, or pattern of information. As I wrote in *The Intuitive Way*, “Our own private intuition is the catalyst for self-improvement and self-realization, because when it comes to making deep and lasting changes in one's personal life, it is only subjective experience, not facts, that registers as real.”

When you pause between periods of reading and drift a bit, intuitive insights may pop to mind. When you're out in the world, experiences may occur that relate to the chapter you're reading. Intuitive “ahas” will make the information particularly real to you. Many times, you may need to shift into sensing or feeling how something works to fully understand the concepts presented. As you develop your sensitivity, it will be your intuition that brings you insights about the meanings in the vibrations you sense. Intuition is a doorway that reveals a higher reality and clearer experience of the Divine. And in the end, it will be your subjective interpretation of what your intuition brings that frees or inhibits your ability to act and grow.

Finding Frequency

The idea that the invisible universe is more real than the visible one indeed has never been so widely accepted by practical scientists as now in this climactic century. But it is far from a new notion to seers and philosophers, for don't forget, Aristotle called life "spirit pervading matter," a concept all great religions would heartily endorse...the philosophy of mysticism emerges as eminently reasonable...the newly realized reality of the nonmaterial world, of fields that influence, of waves that convey, of minds that pervade.

Guy Murchie

I've been deeply involved in intuition development and interested in what Buddhists call *skillful perception* (basically, how to use your mind to heal suffering) since the early 1970s. My enthusiasm for intuition and its related mysteries has never waned—and through my study of it, I've found similar unifying truths in all religions and spiritual paths and many secrets to maximizing an easy flow in life. It has been part of my intuitive practice to work with the "art of inquiry"—to regularly question what I know to see if it wants to dissolve or evolve into something more comprehensive, specific, or totally different. There have been times when an interest, such as reincarnation and knowing my past lives, which was a big part of my worldview for years, broadened into something so big and impersonal that it didn't hold the same meaning or importance anymore, and I stopped focusing on it so much. It's always surprising to be so fascinated with something, then so neutral—but intuition, I've learned, is most accurate when we remain honest and flexible.

In spite of my practice of inquiry, it hadn't occurred to me that there might be another stage beyond intuition development, a more specific skill that could take us deeper into our human potential. Recently, it dawned on me that I had not only become intuitive, but through my counseling practice, I had also developed empathic sensitivity to vibrations, textures of energy, consciousness frequencies, and patterns of interwoven emotion, belief, and purpose. And that working with all this was a next step.

We're All Evolving into Heightened Sensitivity

We are all born sensitive and empathic, but through lack of validation and training, the ability often shuts down or is placed on a shelf labeled "For Use at a Later Date." I'm lucky that mine stayed alive. I credit my mother for planting sensitivity seeds in me at an early age; we used to sit in the car waiting for my father while he ran into his office in Chicago on a Saturday, and to pass the time we'd play "What is that person thinking?" We'd read the minds of passersby and create imaginary lives for them. When disciplining me, she would often invoke the Golden Rule, saying, "How would you feel if you were in her shoes and someone did that to you?" I took the question literally and transported myself, via imagination, into my wronged friend's reality. I was learning to "feel into" people.

When I began working as a professional intuitive in my twenties, information came predominantly through my inner visual and auditory senses, and it was rapid and impersonal. Soon, my intuition shifted to a more tactile, sensation-oriented mode, what metaphysics terms "clairsentience," the inner sense of touch. I noticed I was sensing people with my whole body, not just my head, and I felt much more personally connected, though processing was slower. I began to feel

the same way my clients were feeling. I'd look at a client whose face was stuck in a grimace on one side and feel my own face take on that exact musculature pattern. Within moments, I'd know the disgust he lived with. If I sat across from a client with a caved-in chest and rounded shoulders, I'd feel her inner posture in myself, which would elicit an understanding of why she felt sad or defeated.

We are like islands in the sea, separate on the surface but connected in the deep.
William James

While doing readings, I'd often feel the physical symptoms, say, of someone's angina or broken ankle, hear music if my client was musical, or smell flowers or the seashore if the client was oriented to scent. At times, I'd experience a texture of energy like sandpaper, or ashes, or silk and eventually realized that this was what the other person's reality felt like to them. I began to call this phenomenon "direct impress." I thought this was what being impressionable meant but at a very subtle level, as though information and feeling were actually pressing into me somehow. I also learned not to be handicapped by this way of knowing, since as soon as I focused on my own body and innate cheerfulness again, I would return to my natural, relatively well-balanced self.

The whole outer world and its forms are a signature of the inner world.
Jacob Böhme

Some years ago, a woman came for a reading who, unbeknownst to me, had suffered sexual and physical abuse in her childhood, and she was tense and surly. I had not experienced this enough to recognize it as the phenomenon it has now become, and as she sat militantly in the chair opposite me arms crossed tightly over her chest, acting like she didn't want to be there, I felt intimidated and scared, then angry. I persisted with professional kindness, though, and started the reading. As I penetrated through her layers of defense, I discovered the abuse and felt how wounded and vulnerable she was. I saw that I'd been feeling *her* feelings a few minutes earlier; *she* was intimidated, scared, and angry. Then I felt her innate love under it all, and compassion for what she'd courageously experienced flooded through me.

I spoke to her about how I experienced her true self, and she broke down sobbing. I understood then how she had unconsciously mimicked the emotions of her abuser (a negative form of empathy or body sensitivity) and was acting out the same qualities he'd shown her but in a different way. I thought, "How many people have reacted to her as I almost did, reflecting back the lack of caring, rejection, anger, and hardness—and reinforcing her wound?" I learned a valuable lesson from her about how what I feel can be related to what people around me are feeling. We're just like tuning forks, copying the resonances we "touch" energetically.

I want to emphasize that this deepening from a primarily visual-mental orientation, to a more feeling-oriented mode, to an even deeper body-oriented ultrasensitivity was the developmental path that my abilities took, and it is not better than any other path. Some people remain more detached, working from the upper part of the brain, or receive information via one main, preferred sensory mode, like hearing. My path down through the levels of the brain and into a merger with the body has

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