



Frequency Excerpt and Message

To the Reader

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.

Now this shift is underway, 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 are 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 are not 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 hyper-electrical. 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 amidst 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 will power to bridge imagined gaps between ourselves and others — and to what we want — to a world where there are no bridges to cross, where love, support, easy materialization of results, and freedom are readily at hand.

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 super-natural experiences by dramatic events — you are becoming such a high-frequency being right here in your physical body that what used to be meta-physical, trans-personal, and para-normal 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 and into 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.

A Frequency Message **from Chapter 3: Becoming Aware of Your Feeling Habits**

ENDING SUFFERING IN YOURSELF

Suffering, even great physical pain and emotional loss, dissolves when you stop looking at it and for it. It disappears when you stop agreeing with it or fighting it. It becomes nothing when you cease to extract identity from it. In the higher realms we have no suffering, no victims, no saviors, no leaders, no followers, no haves and have-nots, no here and not-here. We know the power of being. Being reveals presence, and presence reveals divine awareness watching over, and from within, all. Divine awareness reveals love as the basic unchanging nature of self and life. In any moment you can Be. You can look for and feel presence; you can expect the surprise return to the love you've never left. There is no pain in love, only in separation from love, and feeling separate is the choice to suffer. In the higher realms your self is our self is the Self, and the Self is one shared experience of loving presence. If you think you are not the one Self, or that another is not the one Self, that it is possible to be lost: you suffer.

Thinking of "them," or a space between, or a vacuum, makes an artificial gap, because there is nothing outside you, no strangers, nothing foreign, nowhere that presence can escape to make an emptiness. As soon as you pretend to have a gap in the continuum of presence, you create suffering, which is doubt and fear, which is separation, which is insanity. It is only in the mind. The moment you refamiliarize the world, melting it back together again within yourself, the gap dissolves and indivisible presence reappears. One way you see yourself as a small, finite trembling self, the other way as an unlimited, ever-expanding radiant self.

Sometimes you will feel pain, which is the resistance to natural contraction. You need not suffer, though. Release and move on with the wave. Sometimes people will occur "within the space of you," in your world, who suffer. This means you still contemplate the possibility of suffering's reality. Be with them fully, for one pure moment. Don't believe them, don't negate them, don't copy them — just allow their experience. Feel the presence in them, let them feel your presence, offer it as the presence of the one Self, and let them merge into your offering as much as they wish. As presence becomes conscious, calm certainty emerges, and they remember their true self. They find their way out of suffering, and this frees you, too. As the memory of love occurs there is instantaneous healing, sudden positive change, and personal transformation — in them and you and us. Every dissolution of the illusion of no-love erases suffering for all. Every collapse of the gaps the mind makes, and suffering, like a cloud, retracts back into the sky's deep blue.