

# FREQUENCY WORKSHEET FROM PENNEY PEIRCE

## Try This!

### TRACK YOUR DAILY VIBRATIONS

1. Think back over your day so far. What physical, emotional, and mental state did you greet the day with?
2. How did you move through the frequencies as the day progressed?
3. What states are you living in right now?
4. When you recall a typical day, is there a pattern of energy states you tend to repeat without realizing it? What is your typical early morning vibration? Mid-morning? Early afternoon? Late afternoon? Early evening? Nighttime?
5. Think back over your week. What were the predominant vibrations you lived in?
6. What frequency levels have you been dreaming in lately?
- 7.

### Vibrational Sensitivity Survey

This "survey" is meant to help you flesh out and intuitively understand your pattern of sensitivity. There is rating, but no final scoring involved. Rate the following statements, from 1 to 10, with 10 being the most true. Review your results, looking for your particular pattern of vibrational sensitivity and your ideas about becoming more sensitive.

- I trust my gut instinct about new people and ideas. \_\_\_\_\_
- I easily sense truth and lies. \_\_\_\_\_
- I immediately discern other people's moods. \_\_\_\_\_
- I trust my own good ideas and guidance. \_\_\_\_\_
- I trust that I can materialize and have what I want. \_\_\_\_\_
- I trust that my emotions bring me useful information. \_\_\_\_\_
- I am immediately aware of positive or negative vibrations in spaces I enter. \_\_\_\_\_
- I can feel nonphysical beings, energy fields, and people's souls. \_\_\_\_\_
- I often know what other people are thinking. \_\_\_\_\_
- I know the right moment to take action. \_\_\_\_\_
- I am easily affected by my own and others' pain. \_\_\_\_\_
- I have a low tolerance for reading about or watching violence. \_\_\_\_\_
- I am bothered by intense stimuli and chaos. \_\_\_\_\_
- I get frazzled when I have to do too many things at once. \_\_\_\_\_
- I am disturbed by bright light, certain colors, smells, textures, noises, foods, or other people's behavior. \_\_\_\_\_
- Showing my emotions makes others distrust me. \_\_\_\_\_
- Making decisions based on feelings leads to failure. \_\_\_\_\_
- Being exposed to too much news or to the general public paralyzes me. \_\_\_\_\_
- When I am overstimulated, I cannot remain present. \_\_\_\_\_
- When I am overstimulated, I escape into "mindless activity" or addiction. \_\_\_\_\_
- I often need to regroup and collect myself in a quiet space of solitude. \_\_\_\_\_
- When I receive too much information from my feelings and sensitivity, I get frustrated and sometimes angry. \_\_\_\_\_
- When I receive too much information from my feelings and sensitivity, I launch into rescue and fixing-things mode. \_\_\_\_\_
- I notice vibrational information when I'm in a defensive or critical mode. \_\_\_\_\_
- I notice vibrational information when I'm in a neutral or helpful mode. \_\_\_\_\_
- If I were more sensitive, I wouldn't be able to function in the world. \_\_\_\_\_
- If I were more sensitive, I might go crazy or develop mental problems. \_\_\_\_\_

- If I were more sensitive, I might get seriously sick. \_\_\_\_\_
- I feel numb, like I'm living on the surface of life. \_\_\_\_\_
- I don't recognize how I feel or what I'm sensing. \_\_\_\_\_
- I don't know how to describe what I'm feeling or sensing. \_\_\_\_\_

You might want to write about your current pattern: Where are you hung up? Where would you like to develop more conscious and superconscious sensitivity to vibrations? Where does fear influence you the most? Where are you already skilled in your ability to trust and use vibrational information?

### **Try This!**

#### **RAISE YOUR VIBRATION BY BREATHING DEEPLY AND SLOWLY**

It's long been known that oxygen raises the frequency of your body. Also, energy moves more slowly through tight muscles, so relaxing your body and breathing deeply is key in raising your vibration. High chest, shallow breathing is indicative of anxiety.

1. Sit upright, feeling supported, let your muscles just hang and be at ease. Stop your internal dialogue and listen to the silence. Be still, feel subtle variations in your body, and place your attention on the idea that the oxygen in the air is going to supercharge your blood and make your body feel extra-alive. Let your breathing be silent, very slow, continuous, and seamless — so it seems to curve without pauses at the end of the outbreath and inbreath.
2. Draw in your breath to fill all possible cavities, from your sinuses to your deep belly. When you think your lungs are full, breathe in a little bit more, filling every pocket. Imagine your ribcage is stretching beyond its normal capacity.
3. Exhale by slowly collapsing your ribs, drawing in your stomach muscles, and tightening your diaphragm until you've squeezed out all the air.
4. Continue, counting 1-10, one number on the inhale, one on the exhale. Think only of the number, and if others thoughts intrude, stop and start over. Try it for 20 minutes.

### **Try This!**

#### **"FEEL INTO" YOUR BODY TO SENSE YOUR PERSONAL VIBRATION**

This week, at least once a day, center yourself by bringing your attention inside your skin, focusing in the diamond in the center of your head, and being receptive to whatever you notice.

1. Feel into your tissues, organs, bones, and cells. What does the vibration feel like? Is there a surface vibration that feels over-active or under-active? Describe it in your journal with sense-oriented adjectives: what does it sound like? look like? kinesthetically feel like? taste like? smell like? Are there any emotions you'd naturally connect with the vibration?
2. Feel through or beneath any surface vibrations by going to the innermost places in your body, and by going into the core frequency of your heart. What does this steady vibration feel like? Describe it in your journal with sense-oriented adjectives: what does it sound like? look like? kinesthetically feel like? taste like? smell like? Are there any emotions you'd naturally connect with the vibration?
3. Over time, notice your habitual ways of covering over your home frequency with surface vibrations and see if you can catch yourself being "off-key," then practice surrendering back into your core. Don't look for a change of form, just enjoy Being.