

# Interview with Jennifer Moalem

by Andrew McCombe [excerpt edited from podcast]

**AM:** Today I have the pleasure of interviewing one of the people I turn to when I am in need of a breakthrough.

**Jennifer Moalem** is an expert in personal and professional transformation at a Quantum level. She works with people's resonance to shift their blocks and help them create the breakthroughs they are looking for in their relationships, careers, or in life generally.

Jennifer's passion is empowering individuals to attain their highest potential through assisting them to move beyond their limiting 'stories' and beliefs.

Before setting up in private practice, where she works with individuals and couples as well as corporate clients, she worked in education and training, and then in publishing. She's spent more than 25 years immersed in personal development, studying complementary therapies and transpersonal psychology ... and this work brings together all that she has learned.

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**AM: Well Jen, essentially you facilitate breakthroughs for your clients by helping them to understand why they are resonating with what they don't want but currently have. And then you assist them to move into alignment with what they do want.**

**Before we talk about the process, I was wondering if you can tell us a little bit about yourself, your background and how you came to be such a recognised expert in working with resonance to help people achieve amazing breakthroughs?**

**JM:** *In the mid-80s I was in a bad car accident which left me in a lot of pain in my neck and back – and the only solution I was being offered by the medical profession was to stay on painkillers for the rest of my life. That just wasn't an option for me, so I began to explore anything and everything that I thought might make a difference. I discovered many wonderful tools and therapies, including things like kinesiology and chiropractic that made a big difference, but the pain and the migraines always seemed to come back.*

*Then, twelve years after that first car accident, when my pain was finally at a level I was able to manage, I decided to go on a trip to South America – something I had always wanted to do. My first stop was Easter Island and on Day Four of this two-month long trip I was a passenger in a jeep. The driver lost control and it rolled three times and landed upside down – there were no seatbelts. The driver hurt her shoulder and I came out of it with a broken neck. Having done more than a decade of personal growth work, I was well aware that we create our own reality, and I figured that I must just be a very slow learner!*

*The breakthrough for me came after I returned to Australia when I was introduced to a book called 'Holographic Universe', which explains that all information is stored and*

transmitted as wave frequency vibration. When we understand that 'pain' – and in fact every problem – is simply a 'frequency', we also know that if we can create a wave that has an equal and opposite frequency, we can neutralise it or cancel it out.

I was then introduced to a tool called Resonance Repatterning®, which was created by Chloe Faith Wordsworth (out of the USA). The changes I experienced with this work were so profound that I became a practitioner – and since then I've also trained in, and also developed, several other resonance-based tools and processes, which I also use with my clients now. It's been my experience that we can apply these principles to absolutely everything – including business – and get great results.

### **AM: Can you tell us more about things having 'frequency'?**

**JM:** Science tells us that everything is made up of energy that pulsates at different rates and frequencies. The frequency determines the form and function of all matter. A simple example would be an ice cube – if you hold it over a flame, the frequency of the molecules speeds up and the form changes to water. And if those molecules keep speeding up, you'll get steam.

Our organs and glands all have a frequency – in fact, that's what MRI machines read when they scan us. All information is stored and transmitted as wave frequency – it's the same principle that lies behind the way radio, TV, fax machines and mobile phones work.

Interestingly, all of our emotions can also be measured as frequency. No surprise really – if your partner or boss is in a bad mood, you can 'feel the vibe' the minute they enter the room!

So linking these understandings together, we get to see that all of our problems are essentially 'frequencies' – a bit like being stuck on a radio station we don't like.

Similarly, our goals, visions, and dreams are like the radio station we want to tune into, but instead of having clear reception, we are getting 'static'. Our task in a session is to identify where we have resonance with beliefs, attitudes, difficult past experiences and so on, that block us from living in tune with our full potential.

### **AM: What exactly is 'resonance'?**

**JM:** Resonance is the frequency at which an object most naturally vibrates. If you think of a tuning fork, its resonance has the power to set other notes of the same frequency vibrating – for example another tuning fork, or the same note on a piano.

In humans, the frequencies you resonate with determine what you experience. Let's say you resonate with the frequency of humour, for example, then that tends to be what you express and attract. However, if you resonate with the frequency of anger, then you'll express anger and tend to attract angry people around you.

You can resonate with a person – or with their ideas. When you resonate with an idea, for example, world peace, you are set vibrating by it. When you resonate with a person, his or her presence, or even thinking about the person, can set you vibrating in harmonic resonance – anyone who has ever been in love knows how that feels! Equally, throughout history, there have been people like Ghandi, Nelson Mandela and Martin Luther King who

had ideas that were literally a 'wave' of energy that others could align with.

Probably the most important thing about resonance, though, is: What you resonate with determines what you attract or magnetise into your life. This is why changing resonance is fundamental if you want lasting positive change.

**AM: You've often talked about 'coherence' in our sessions. Can you explain a little more about this?**

**JM:** The scientific definition of 'coherence' is the synchronisation of two or more waves. In other words, it's about cohesion and alignment.

For example, a light globe is a very non-coherent source of light – its waves can light up a whole room. If you could take those same waves and align them, funnel them into a single point, you would have a laser beam and we all know the difference in power between a light globe and a laser.

**AM: On your web site, [www.inspirall.com.au](http://www.inspirall.com.au), there's a quote from Professor William A. Tiller, Professor Emeritus from Stanford University, who says in one of his books: "The shift from incoherence to coherence can bring dramatic effects: a 60-watt light bulb whose light waves could be made coherent as a laser, would have the power to bore a hole through the sun — from 90 million miles away." That's amazing!**

**JM:** That's right – but what's even more amazing to me is that most of us behave like the light globe rather than the laser. We are all far more powerful than a 60-watt light globe. But we scatter our energy and then when things aren't working, we just keep putting more effort into what's not working.

**AM: That's got to be the definition of 'insanity'...**

**JM:** Exactly. If you keep upping the power supply to a light globe, it blows up, yet we continually blow our circuits by putting more energy and effort into things when all that is required is more coherence or alignment!

When we have that coherence or alignment, we experience flow. If you have ever been bodysurfing, it's the feeling you have when the shore comes towards you with very little effort. But when you aren't on that wave, you can paddle for your life and go nowhere.

**AM: I know from our sessions that you use muscle testing as part of the process? What is muscle testing and how does it work?**

**JM:** Muscle testing originally comes from Applied Kinesiology – it's a way of getting a simple 'yes' or 'no' response and it's been scientifically validated as a way obtaining certain information about the body.

Essentially everything that we do either energises or de-energises our system. Good food, positive thoughts, and a healthy environment give us energy. Poor nutrition, negative thinking and being in a toxic environment deplete our energy. Our muscles are a great indicator of this energy. If you have a set of stairs that you climb every day, say to your office, some days you feel great and your feet barely touch the ground ... and other

days, your legs can feel like lead. We use this same binary response from kinesiology in a slightly different way – we're using it to check what you are resonating with.

**AM: So how is it, then, that you can facilitate a session over the phone or Skype?**

**JM:** That's a good question. If a client is here with me, I'd be muscle checking using their arm. And in every session, whether my client is present or not, I also use the muscles in my fingers in what's called a 'self muscle check' to identify what the next step is in the session.

Every session is completely different because it's determined by what the client's system needs on that day for the particular issues that arise. So when I do phone or Skype sessions with clients who are interstate or overseas, I simply use my own muscle check to access their energy field, with their permission, of course. We call it 'proxying'.

The reason we can check someone else's process in this way is because we are all connected by an invisible energy field. Einstein identified this when he said: "The illusion that we are separate from one another is an optical delusion of our consciousness." Essentially, we are like individual waves that are all part of the same ocean.

**AM: Jen, you also mentioned that you've developed some other resonance-based tools and processes yourself – can you say a little more about that?**

**JM:** Absolutely – but we could fill another entire interview! Probably the simplest thing I can say about this is that I've evolved a technique for the Quantum application of essential oils. It sounds complex, but it's actually very simple.

Pure, natural essential oils, when they are correctly grown and distilled, have the highest frequency of any natural substance and can create a really fast shift in your physical, mental, emotional and spiritual energy levels. Most people think they need to know everything there is to know about essential oils before they can use them, but that's not the case – in fact, every time we go into Nature, we're breathing them in, and we're deprived of this vital oxygenating nutrient in our homes and offices. We don't need to know the science behind how oils work to get the benefits, any more than we need to be a mechanic to drive a car! With our understandings around frequency and the ability to 'tune in' and ask our body's higher intelligence, it's possible to know exactly which essential oil to use, as well as specifically where and how to use it.

What I've developed is actually a self-help tool that allows you to shift your frequency in just a couple of minutes – and people have been getting fabulous results. A simple example of how you might use the process would be on a day when you wake up feeling resistant to exercising or training, or going to work – you can boost your energy and change your emotional state in a matter of minutes! It's a bit like tapping into your 'inner GPS' and changing your destination for the day!

Aside from using essential oils on yourself in this way, the tool can also be used by personal trainers (or practitioners of various healing modalities) to 'plug in' to their existing regime to amplify the results they get with their clients. And most clients feel really empowered when they can take something away to use between sessions!

**AM: Jennifer, if there was one key learning you'd like people to take away from our interview about the benefits of having a session with you, what would that be and why?**

**JM:** *It would be to understand that you experience in life what you are resonating with. Your tomorrow is determined by what you resonate with today. If you are experiencing any problem or challenge, it's because you're resonating with that. When you shift your resonance and move into alignment with your goals and visions, you'll more easily attain them. Having a session will support you to create a quantum leap, to close the gap between where you are and where you would prefer to be – by shifting your resonance!*

*And finally, perhaps you'd like to take away this question: "What's the breakthrough that I don't think or believe is possible, that could make a real difference in my life, or my relationships, or business right now?"*

*Whether you get a clear answer ... or discover that you don't know ... either way, it informs us.*

*Whenever you feel ready to explore that next step, feel free to give me a call to discuss whether 'BreakingThrough' is for you!*

**AM:** Jennifer can be contacted on +61 2 9389 8915 or 0411 543 733 or email her at [jennifer@inspirall.com.au](mailto:jennifer@inspirall.com.au)