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Leap of Perception: Transformation is Not for the Faint of Heart

by Penney Peirce

Part 2 of 2

The transformation process is not an all-at-once thing that blows you out of the water. There are many small shifts, and each one takes some getting used to; you're basically unlearning a long-standing habit and relearning a new one.

The process often begins unconsciously and becomes more deliberate as you go along. It resembles the mythological hero's journey through the underworld, and it takes time to understand what's happening to you. Let's examine how it may affect you in the early stages.

Accelerating energy rolls through you in progressively intensifying waves. Initially the higher vibration feels foreign and can upset you— it's actually changing the way your body, emotions, and mind operate, and it can cause you to unconsciously clamp down in resistance. Wherever



you clench or contract yourself in fear, the energy backs up and causes a problem—or magnifies a problem you already have. If you adapt to each wave by matching its vibration, however, it passes through without disturbing you, and you evolve with each intensification, becoming more and more clear. It's like a swollen stream building in velocity and strength as it gathers downhill momentum—it flows easily through the open channels, but as it encounters logjams, it breaks them apart and carries the debris downstream to be dispersed in the ocean.

The stream is the accelerating consciousness-and-energy; the logjams are fears, fixed beliefs, lies, chronic physical congestion, blocks, or pain; and the ocean is the unified field.

Most of us are used to living with suppressed fear, in denial, as a sort of make-do comfort level. We use strong fixed beliefs, opinions, and habits as coverups so we never have to feel our core rage, panic, and pain; we just live in our head, on autopilot. But this is not possible anymore. The transformation process evolves your consciousness from fear to love. That means you have to dissolve the fears and heal the emotional wounds that are in the way—by understanding them. And that means you have to face them, feel them, and decode them, which most of us dread. Each time an intensified wave of acceleration rolls through you, it dislodges low-

frequency consciousness-and-energy, or suppressed fear, from your subconscious mind. Needless to say, you may experience varying forms of discomfort!

One does not become enlightened by imagining figures of light but by making the darkness conscious.

—Carl Jung

As deep fears and pains rise from the subconscious, related memories flood into the conscious mind in present time. That means you re-experience them as brand new fearful or painful real-life situations that closely parallel the original ones—which were never completely experienced, integrated, and released. Drama and trauma abound! If you haven't embraced the clearing process, there's a tendency to re-suppress and re-deny what's uncomfortable. You may try to push it all back down into the substrata with various fight-or-flight behaviors.

When the heightened energy scares you and you clench and resist it, it builds up force like water behind a dam, pushing harder. If you continue to choose and validate resistance rather than the Flow, life becomes intense and difficult, fills with negative experiences, then explodes, creating dramatic breakthroughs and breakups of old patterns.

Awareness requires a rupture with the world we take for granted; then old categories of experience are called into question and revised.

—Shoshana Zuboff

The Turning Point: Surrendering to the Pause that Refreshes

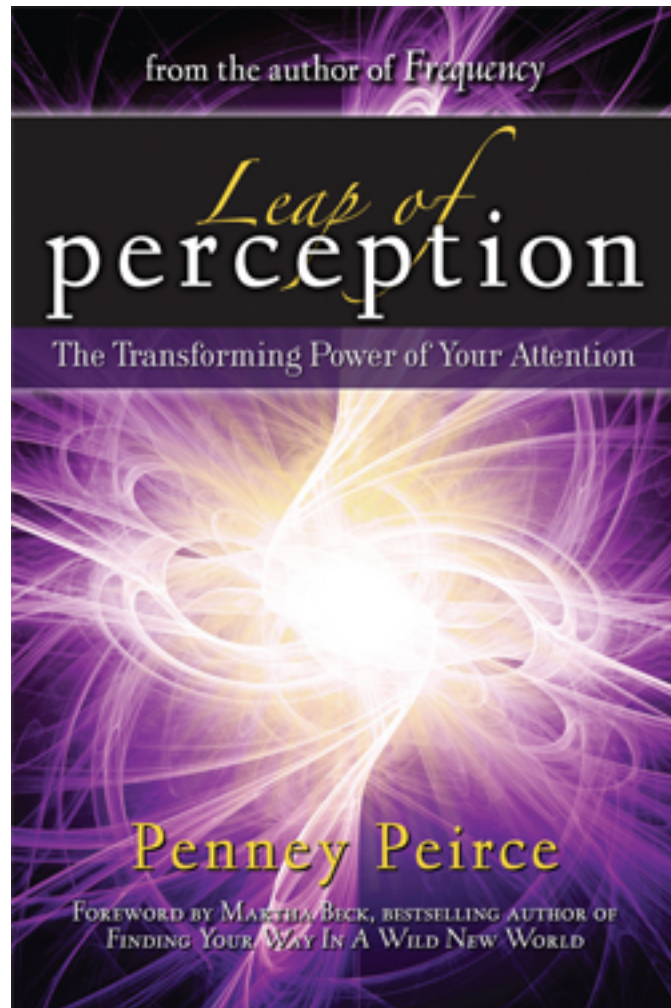
The effort of avoiding and re-suppressing subconscious blocks eventually wears you out, and the exhaustion can make you feel disillusioned, unmotivated, and hopeless. But actually, this is good! You're at the turning point. The last gasp of the negative path to transformation is when you're finally so tired of resisting and controlling, and so overwhelmed by complexity that you stop; there is nothing more you can do. It's the end of progress, and willpower alone won't work. Wallowing in negative judgments and interpretations just drains you.

You're forced by the process to simply be with what's happening—to be with yourself and with the fears and pain. You must experience the state you're in directly, without voting on it or having to act. By simply "being with" life and "letting things be" as they are, you return to an experience of your own "being"—your soul—which was always present under the distractions. This is when you engage with silence and enter the nonphysical reality. And this is when your intuition opens. Now your soul can shine through, shedding light on everything. Revelations emerge. Understanding and compassion dis-solve the fears. There is release, relief, and a return to joy. You feel so much better.

This is the turning point in the transformation process—when the fixed mind surrenders and precipitates a huge expansion into the consciousness of the heart, body, unified field, and the wise, evolutionary Flow. Your new shining identity emerges, along with a new world. After this, you're more deliberate about practicing the consciousness-and-energy skills that help you stabilize your new Intuition Age perception and reality.

Transformation Can Feel Exhilarating and Enlivening

You have a choice at every point along the way to evolve smoothly and rapidly, in harmony with the planet and the Flow, or to evolve jaggedly, with self-created pain and suffering. When you embrace the heightened energy and the clearing process, the Flow moves through you, lifting you to a higher vibration and increasing your love, understanding, and health. It's easier then to engage with what emerges, without judgment or recoil— it's all useful data. A surfacing fear simply points to an area that needs sweetness, compassion, and patience. And as you "be with" the fear, it unclenches, tells you its story, and you gain a calm perspective. The energy becomes contented, like a small child comforted by its mother. Smiles return.



Keep your feet on the ground and keep reaching for the stars.
—Casey Kasem

I know only too well that even when you've begun to see the light, you can still be affected by other people's fears and still wrestle intermittently with societal beliefs in sacrifice and suffering. You gain insight then backslide a bit, like Sisyphus pushing the rock up the hill every day only to have it roll back down at night. This is natural. Making the new transformed reality normal requires a repeated choice to maintain your personal vibration at the level of soul, or what I've called your home frequency. We're breaking an old habit— unlearning and relearning the principles of how we live, create, and grow—and it requires practice.

Entering the World Again as a “New Human”

After the turning point, you feel who you are as a soul. You know how you want your life to feel, you have a new set of criteria for making choices, and you trust your intuition to guide you. Problems you thought were so terrible before, change effortlessly, turning into opportunities. The Flow becomes your best friend, and you don't want to lock down any ideas— you want to leave space for everything to evolve and improve naturally.

As you review your successful navigation of the difficult stages in your transformation, you see that your success was due to the way you used your attention. You made choices, consistently, to not activate old habits that were holding you back and causing you to suffer. You notice that this practice changed your life for the better. Good opportunities, people on your wavelength, and interesting new creations emerged from your home frequency. It becomes second nature to be vigilant concerning what you notice and how you use attention. Now you want to refine your attention skills even more to be able to know and do what's possible in the Intuition Age.

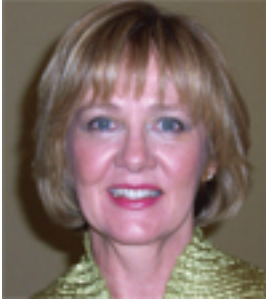
There is no way to bring about the outer perfection we seek other than by the transformation of ourselves. As soon as we succeed in transforming ourselves, the world will melt magically before our eyes and reshape itself in harmony with that which our transformation affirms.
—Neville Goddard

Just to Recap...

Time is accelerating and this causes the energy of the physical world and your body to accelerate, too, which causes a process of transformation of consciousness to occur. At first it feels disorienting as higher frequency energy pushes suppressed fears to the surface and your sub-conscious mind empties like Pandora's box. You may experience various uncomfortable, even painful symptoms, but the goal is to embrace and understand the fears—so you can clear them. Then you can replace them with love and clarity, which speeds and eases your growth.

Your consciousness is increasing, and you're perceiving more of who you are and how reality functions. You're seeing into the nonphysical world, understanding how everything physical is really made of consciousness-and-energy, how everything vibrates at varying frequencies, and how the physical and nonphysical worlds are really one unified field. You are evolving into a new kind of human being who will live in a new reality according to new rules. I call this transformed reality the Intuition Age. By understanding what occurs at each stage of the transformation process, you can move through the process with less distortion.

*This edited excerpt was taken from **Leap of Perception** by Penney Peirce and reprinted with permission of [Beyond Word Publishing/ Atria Books](#), Hillsboro, Oregon.*



Penney Peirce is an intuitive empath and visionary, and has been a pioneer in the field of intuition development and consciousness expansion since 1977. She travels internationally as a trainer and coach to business executives, government leaders, scientists, psychologists, and those on a spiritual path – and has counseled tens of thousands of people about personal transformation. Peirce has been affiliated with The Center for Applied Intuition, The Institute for the Study of Conscious Evolution, The Kaiser Institute, and The Arlington Institute. She has been a TV talk show host and is the author of six books.