

The Present Moment

A Daybook of Clarity & Intuition



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Sample Daily Focus

JANUARY 4

Things happen when I focus my attention.

Get clear about something you have conviction about materializing today. Commit to complete it by the end of the day. When you stay in touch with your desire as you work you'll notice how effortless and fun the process can be.

It took five years to produce my first book. I disgorged ideas and shaped them into chunks. As new ideas emerged, the pieces changed and the interconnections grew. Eventually the parts flowed into a process

that made sense. Elated, I showed it to colleagues. "You have three books here! Go back and break it down," they said. So I chopped. Now I had three outlines. Which one to start with? I went back to my colleagues. "This is the most timely," one said. "This is the most personal and you want people to know who you are," another voted. "Start with a high concept idea and make a big splash," said another.

I wrote a proposal and sample chapters for the timely idea, sent it to agents, waited six weeks apiece for replies, and was unanimously turned down. Then I tried the personal theme and waited another year as I was turned down by more agents and editors for not being well enough known. Finally, a successful author advised me: "Write the first book based on your most basic material, what you have a track record with." I wrote yet another proposal, more sample chapters, and sent my intuition handbook, based on my intuition training, to a publisher I was sure would want it. I waited breathlessly for a month for another polite rejection letter. After that, my drive to write dwindled. Even so, when people asked me what I was doing, I'd unflinchingly say, "I'm writing a book." But was I? Maybe I was just playing with the idea of writing a book.

Idly, I showed what I had to a freelance editor, who thought it needed work but had great potential—and she had time to commit to the project. She also knew an agent who might understand what I was trying to do. This meant putting cold, hard cash on the line, which made me think, "If I invested in myself, would I be a good investment?" It was show time.

"When was the last time you took a risk?" I asked myself. *Too long!* "What's the most risky and attractive idea you can think of?" *Writing!* "If you don't do it, how will you feel?" *I won't*

be proud of myself. “So are you going to do it?” *Absolutely!* Within a month, I had an agent, an editor, and a revised package to submit to publishers. In three more months, I had an advance and a contract. By the end of the year, the manuscript was complete. When our soul’s purpose finally saturates all the way through the body, creating motivation and conviction, the final outcome occurs swiftly and surely.

MAY 15

I share my observations for the enjoyment of all.

*How entitled do you feel to share your ideas and opinions with others?
If you let yourself talk more freely you may find that you actually help people. Enthusiastically
describe what you notice today.*

I finally read Edward Abbey’s *Desert Solitaire*, which I’d had for years. The pages in my ancient paperback were brittle and yellowed, but his words were still wonder-producing. As Abbey stares out at Arches National Monument, he says, “I feel a ridiculous greed and possessiveness come over me. I want to know it all, possess it all, embrace this entire scene intimately.” He reminds me that, “I am here. . .to confront, immediately and directly if possible, the bare bones of existence, the bedrock that sustains us.” Another little passage takes me into that eternal quality of quiet centeredness and clarity that one achieves so easily in the desert: “We greet each other, the sun and I, across the black void of ninety-three million miles. . . Three ravens are wheeling near the balanced rock, squawking at each other and at the dawn. I’d sooner exchange ideas with the birds on earth than learn to carry on intergalactic communications with some obscure race of humanoids on a satellite planet from the world of Betelgeuse.”

I’m very glad Mr. Abbey took the time to pause and reflect on ravens, rocks, and sunrise. And that he had the unsuppressable urge to write it down, and then the gall to share it publicly, so I could look out through his eyes and be transported to a reality where I can expand so effortlessly. I would be poorer for not having read this, and the world would be poorer if he hadn’t spoken his truth.

JULY 21

I'm addressing myself, in every conversation I have.

*Notice how what you say to others or about situations
in your life is also a message to yourself today.*

Charlene's cozy apartment is tucked away behind a larger building and faces onto a concrete parking area. When she moved in twelve years ago she got permission from her landlady to use some of the empty space to make a garden with potted plants. Today the space looks like an exotic Italian patio. Shaded by colorful umbrellas and enclosed by trellises covered with jasmine and flowering vines, one has only to step into the garden to feel instantly nurtured and peaceful. Charlene is a massage therapist, serving others, and her patio garden has been her refuge, helping her recover her energy and equilibrium.

But Charlene's life is changing. She senses she is about to expand into a new level of creativity. She has an idea for a romance novel and recently heard herself tell her sister that she would be coming to Washington state that summer to rent a small cabin. "What do you need to do that for?" her sister asked. "We have plenty of room for you to stay with us!" "I am going to write," Charlene heard herself say in a clear, firm voice.

Now as she prepares to temporarily pull away from her work helping others, the world seems to be testing her. People who have been dependent on her healing hands and generosity are suddenly having emergencies and need her desperately. Just as she is about to live her own life, no one wants her to. New neighbors in the front building have decided that they should have half the space she is using for her patio garden, and have made a case to the landlady, who can't quite remember giving Charlene her word that the useless concrete was hers to improve.

Charlene said, "No one is supporting me! I have permission to use this space, and it's MY space! I've done all the improvements. I'm afraid to leave for the summer now, because when I'm gone, they'll take over. I don't feel safe." On the surface, it looks like she could be forced to give up her creative dream just to defend her territory. The message under the surface is, "I have a right to have my reality be the way I want it, not the way other people want it to be. I don't have to fight to be myself, I only have to BE myself. No one else can occupy my space if I'm occupying it."

Charlene realized that her reality was reflecting her unconscious fear beliefs: 1) that she could only be happy if other people were happy, and 2) that it was her responsibility to make sure others were happy so she could feel safe and loved. The way the outside world is treating Charlene is the same way her own mind has been treating her inner self. With these insights, Charlene can center into her innate authority and shift the way she creates her world so it supports her new goals.

SEPTEMBER 17

I can accomplish more with less effort.

*When you work toward a goal today, let your energy body and the field of light and energy around you assist you.
Using will power alone will probably leave you drained.*

Matt runs a management consulting and training business which is growing at a rapid rate. There are days he has so many tasks that to meet his commitments he finds he cannot use his old methods; they're just too slow. We have often talked about how trying to push through the pile of work with sheer willpower doesn't work because there is just not enough energy available with that method. He admits he ends up feeling exhausted every time he tries it. Instead, Matt is experimenting with ways to harness the power of his higher mind and his subtle energy body to help him get the job done.

This past weekend Matt was down with the flu and when he showed up for work Monday, he was still sick, and quite tired. In spite of his weakened state, he had to update forty pages of training notes from the past six months to distribute to his training facilitators. He said his usual method would have been to write out a first draft, then edit it, then work up a final version. In addition, he had to finalize a formal presentation of all the customizations he wanted to do for a series of trainings for a big new client, which also involved a tremendous amount of writing. Getting this done in one day felt like "slogging uphill."

So Matt tried a new technique. He left his office and walked up and down the hallways. He asked himself, "Who am I, really? What is my true nature?" As he walked, he "opened to the light" by visualizing his physical body occupied entirely with his subtle energy body, which he saw glowing with light. Then he imagined light all around him, glowing brightly like a diamond, filled with knowledge and vitality. He connected himself to the field of light around him and invited it in. He said he felt like he was "melting" but he didn't lose himself at all.

As Matt continued to walk, he asked the diamond light, which he thinks of as his higher mind and the wisdom of the world, to feed him the insights, feelings, logic, and words that he would need to complete his work effortlessly. "Instead of having to do three drafts on each project, let me just do one draft with the content 95 percent correct!" he said to the field of light. "Let it all flow through me, and roll out of me without any snags when I sit down at the keyboard." And when he felt complete, he went back to his office, sat down, and the writing literally poured out of him. He said to me later, "When I get these days now that used to seem so impossible, I just say to myself, 'This is going to be easy, because I don't really have to do it all!'"