

The Present Moment

A Daybook of Clarity & Intuition



Penney Peirce

Author of *Leap of Perception, Frequency, and The Intuitive Way*

Dr. Marcia Emery's *Present Moment* Foreword

What priceless experiences stand out in your life? Looking at a special sunset? Laughing uproariously through a hilarious play? Embracing your beloved after a long absence? An experience I treasure was reading Penney Peirce's first book, *The Intuitive Way*. I, too, teach others how to cultivate their intuitive ability and was interested in sampling other teaching approaches.

I opened her book intending to read for an hour and meet a few friends later. When I glanced at the clock, ninety minutes had passed. Then, the electricity unexpectedly went out in my house. The book was so

engrossing that I continued to read by candlelight until the last page was finished in the wee hours of the morning. This was truly the most exciting book on intuitive development I had ever read. Penney is a consummate teacher.

The book you are now holding is every bit the precious gem her first book is. As you read through *The Present Moment* and digest each day's thought, you will receive amazing nuggets of truth and insight. *The Present Moment* is most assuredly a tool to further your intuitive development, open the gateway to your soul, and put you in touch with your inner wisdom.

Intuition is metaphoric and often speaks through pictures and symbols. As I write this, my mind receives the image of a Hoberman Sphere, an amazing transforming globe that I use in classes and talks to demonstrate how the intuitive spark helps bring power and scope to the mind. This sphere consists of interlocking pieces that allow it to expand and contract. You can pull on any part and the entire sphere extends in volume ten times. This is what your consciousness will do as you work through *The Present Moment*. By the time you reach the last page, you will have considerably expanded the power of your mind.

Dr. Jonas Salk always said, "The intuitive mind tells the thinking mind what to do next." When I taught a course in a Masters in Management program called "Integrating Intuition and Logic for Managers," I asked the students to interview upper and mid-level managers about how they used intuition in their decision-making process. The students were amazed to discover that every single person they talked to used intuition in some form. Like the

managers interviewed by my students, you too are intuitive, whether you realize it or not. The challenge is to be more aware of your own wisdom and be able to use your intuition regularly and reliably in all your endeavors. You will be more balanced and have much greater clarity when you use both your intuition and your logic.

Intuitive ability can be likened to one big muscle running throughout your body. This muscle needs to be exercised daily to be kept in shape. This reminds me of the old joke about "How do you get to Carnegie Hall?" And the answer is, of course, "Practice, practice, practice." *The Present Moment* shows you how to practice and exercise that intuition muscle. By setting the intention to use this book on a daily basis, you are making a commitment to work with self-development in an optimal way. Focusing on each day's affirmation and exercise will help you develop a heightened awareness of your body and your surroundings, which will strengthen your intuition. You'll be guided to pay attention to the insights and creative ideas whispering softly in your ear. In addition, your days will fill with a greater sense of joy, peace, and vitality.

Perhaps today's unprecedented fast pace and the overwhelming amount of information flowing through our lives has caused you untold stress. Perhaps you're experiencing burnout from shouldering too many responsibilities. Is the window to your mind wide open, allowing too many ideas to roll into play? Perhaps your mind meanders unceasingly from one thing to another, making you feel hyperactive or at the other extreme, apathetic. Learning to be centered, mindful, and intuitive is the best way to cut through this veil of confusion, clarify your priorities, and get back in balance.

The most magnificent gift I can give myself, truly, is to focus on one project or idea at any given moment. I feel an actual sense of relief (or is it joy?) as I bring each thing consciously to completion. *The Present Moment* offers you the luxury of doing this by focusing on one theme daily and letting the nuances of the lesson unfold throughout the day. You can slow down and embrace each theme, becoming mindful of how the principles you are learning are vividly alive in your world.

An exquisite storyteller, Penney draws upon personal experience and the adventures of her clients, friends, and family to illustrate the principles of heightened perception she weaves throughout the book. The stories and poems are sometimes humorous, sometimes touching, sometimes highly practical. Stories are powerful teaching tools because they help activate intuition. You will notice how feelings and pictures from your own life bubble up in your imagination as you read the stories in *The Present Moment*. I also appreciate that Penney helps us retrieve wisdom from the practices of other cultures.

It really is exhilarating and energizing to observe and experience our world in the present moment, as Penney suggests. Much emotional debris is accumulated when we fret about past deeds or ruminate about the "what ifs" of the future. The potential for vibrantly

learning about ourselves and the world is heightened when we focus in the here and now.

The Present Moment will help you discover how you truly feel and eradicate the ghosts of "how you should feel." You will soon become the expert about your own reality rather than relying on others to shape your opinions and constructs.

I leave you with a last thought, which comes from Eleanor Roosevelt. She said, "The purpose of life is to live it, to reach out eagerly and without fear for newer and richer experiences." This beautiful, and useful, book will give you all the tools you need to live fully and have a rich, adventurous life.

**Marcia Emery, PhD, author of *The Intuitive Healer*
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