



## Excerpts from **TRANSPARENCY**

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### **We Crave a Larger Context**

In the last few years, I experienced the dissolution of familiar forms, friendships, habits, ways of defining life, and comfortable points of view. And my mother died suddenly, just as I began writing this book, stalling my forward progress for months but connecting me with the nonphysical realms in a new way. It seems the many insights that came from her passing needed time to surface and integrate in me so they could weave into the fabric of Transparency.

But in general, I have felt much less ambitious in the usual sense of the word. At the same time, I've felt more like my true self and what I need has come more effortlessly, rather than me having to chase it down. I don't worry much these days. This feels like transparency at work.

Along with these experiences has come a frustration with the various contractions I now feel so easily in other people's minds, emotions, and bodies. To me, many people seem dense, like they're living in an opaque reality—that thick, clouded state most of us assume is normal. They don't seem to want their worldview challenged, even by the most innocuous of new ideas. This self-protection makes me sad. Like a five-year-old, I always want to ask: "Can Sarah or Jimmie come out and play?" I want to be my soul with other people, but so many don't yet feel themselves as the soul. And yet, I know we wake up in waves, when it's right for us.

I have a sense that many of you are also reaching this point of frustration and impatience. As we open, heal wounds, release what's old, and joyfully embrace the surprise of the new that is constantly arising, it's easier to see through the various distracting behaviors caused by fear. We don't want to have to connect with others in that thick, semi-dead way. We want direct contact and sophisticated yet simple, truthful understanding. We want more rapport, love, kindness, and creativity—and more cocreation and sharing. We long for a shared experience, the sense of a collective self that knows about transformation in a more expansive, comprehensive way.

Psychologist Jacqueline Small has said, "At certain points along the journey, people begin to crave a larger context." I think this is happening now. We are yearning to be our soul in our body and personality, consciously unfolding our life. We don't want anything to block the clarity of life's evolution. To really know this in our bones and cells, though, we must become transparent, or it's still a dim, filtered experience.

### **Deep Clearing & the End of Struggle**

Understanding transformation is a matter of experiencing how the nonphysical spiritual realms and physical life exist simultaneously in the same space and time—how they're simply different yet complimentary, mutually sourcing, interpenetrating frequencies of the same universe. To know

yourself as a soul, and matter as a frequency of spiritual energy, you must dissolve everything in the way—the clutter composed of fear, fixed beliefs, and unconsciously ingrained habits. These are filters that dim the soul's starlight and distort the translation of the soul's wisdom into form. Remove the clutter, and what's left is the transparent, diamond-like self. To be transformed is to be transparent.

I have addressed the clearing process in various ways in my previous books, but now it's in our face as never before. Perhaps we're getting down to the bottom of the bucket, where our core misperceptions about life reside—those last major residues of suffering. Feeling dense and opaque is becoming painful enough that it can't be ignored. We need a fresh way to see what the transformation process is doing, along with updated techniques to help us move through the eye of the needle with clarity and ease.

With this book I am dropping into the nuances of the last stages of the transformation process. I want to give you a whole new angle on how to understand, function successfully within, and come out the other side of what can seem like an extremely long, dark, cramped tunnel. Transparency will help you dissolve opacity and learn to live in transparency as a transparent person. These are crucial new skills.

When you're transparent, dividing lines melt, and all that's left is the true self—and it's everywhere, in everything and everyone, and that is a life-altering revelation that blooms and blooms. Feeling and remembering this is what I wish for all of us.

## **Reframing & Eclipsing**

There's a positive side to any negative action or event. Living through the bridge time without backsliding involves shifting negativity and fear to the plus side, and finding the openheartedness that can result from seeing snags and challenges from the soul's-eye view. In the physical world, there are certainly plenty of cruel, hateful actions, and I'm not saying they should be tolerated—just used in a way that allows you to find growth, or that “teaching moment” that keeps your heart open. When you reframe a negative situation, you leave the facts alone but challenge the assumptions by changing the viewpoint. This way, the entire meaning can shift, and your reality can more easily change from opaque to transparent.

When the left brain steps in to define a situation as negative, the Flow stops, and creativity stops as well. You are suddenly cut off from compassion and understanding. One way to prevent the opaque reality and opaque people from pulling you back into the muck is to turn the left brain's negative declarative statements around to the opposite—see what the soul might say about the same thing with its broader wisdom and deeper love. When you feel the positive reality, even in your imagination, the Flow returns and your creativity can now go somewhere.

For example, the left brain might declare, “I have an insurmountable problem and there is no good solution.” The soul might say, “I created a learning opportunity and a chance to cocreate a better situation with others. There are innumerable options for moving forward.” Perhaps the left brain declares, “I was born with a weakness for picking bad relationships.” The soul has a different take on things: “I've created experiences to fully develop my sense of trust and how to read other people's level of openness.”

How do you know you've found a soul friend? There is an affinity almost right away. You can talk to them about anything, and they remain open to hear and understand you. They don't have to agree

with you, but they don't judge you. If they give feedback, it's constructive or educational, furthering the depth and breadth of the sharing. There is no risk of rejection for being who you are or for thinking or feeling as you do. They realize you are a complex, interesting person. They can be trusted with what you reveal to them; there is no risk of betrayal or gossip.

A soul friend has a predilection to like you, and so they see the best, and the potential, in you. They respect your moods, your process of becoming transparent, your backsliding, and your personal space. If there are misunderstandings, their first priority is to get back to a place where both your hearts are open again. They express gratitude and appreciation easily and often. When you act this way with a soul friend, they act the same way with you, and the relief and pleasure of treating each other so well just keeps increasing.

On top of all this, you may find uncanny parallels and similar interests. You may feel you've known each other in other lives, that you've been through every possible kind of human experience together at some time. You may also discover that your paths are coevolutionary—when one of you hits a growth spurt, the other perks up and wants to grow too (rather than blaming you and finding it cause to separate). The more transparent you become, the easier it is to meet souls who can communicate with you without words, who understand why you are the way you are and help you become more of yourself, and who see how your evolution helps their evolution.

### **It's So Interesting How Transparency Works**

Not only can you see yourself when you open, relax, show up fully, and allow vulnerability to be natural, but that empowers others to see more of you—and of themselves. On the other hand, when you're open, exposed, and undefended without even trying, you can see through layers of interference or illusions of opacity in people and situations that used to stop you. You have Superman's X-ray vision!

If another person is hiding behind a wall of clutter, you can still see their soul, their deep life motivations, how their wounds and contractions formed, why they're caught in fear, how they might clear their fear, and what their potential is. You can see whether someone will be able to frequency-match you or if they'll be stuck in resistance. You can see through the lies and subterfuges because they stand out like neon at night.

Even now, when most of us are still partially transparent, if we relax and soften our eyes and hearts, we do see through—information about others or various situations appears mysteriously from the background. We suddenly “just have a feeling” or our little voice says, “This is a con man,” or “This is someone with an authentic connection to the truth,” or “This situation will drain my energy.” Even now, we know things we don't have a logical reason to know. With full transparency, when your X-ray vision activates, seeing through to important information is much more matter-of-fact, because you accept that you have access to all knowledge. You're able to know more, and that becomes natural—but do you feel overwhelmed by too much data? No!

Transparency allows your perception to be precise; you know that the present moment regulates the scope of your zoom lens and need directs the flow of attention. Your perception is more efficient; it goes to the heart of what's most appropriate. You don't miss the important insights about relationships and creative endeavors, and you penetrate into the just-right way of acting. You see more holistically because you're integrated within yourself.