



## Sample Exercises and a Transparency Message from TRANSPARENCY

Copyright by Penney Peirce 2017

Every chapter in *Transparency* is peppered with useful exercises you can do to experience your own energy-and-consciousness and the dynamics of your changing reality. Just getting an intellectual understanding of an idea isn't enough—we must integrate the understanding all the way down to our cells!

### Clear Subconscious Blocks by Reframing

1. Think back over the past month and recall the times you've felt frustrated, stuck, disappointed, sad, angry, hurt, disillusioned, blank, or offended. Go back into the situation and feel the sensations. Remember how you reacted and what exactly you reacted to. You might use the insights you gained in the previous exercise.

2. What are the underlying, erroneous fear beliefs that you-the-soul are trying to bring to light?

For example, if you were frustrated or angry, you might believe the outside world is bigger than you and dominates you, preventing you from expressing your true self. Or if you felt rejected, you might believe you need approval from others to avoid feeling isolated—separate from the Divine and your own soul.

3. Write about how you could turn each underlying, incorrect belief around into a statement of truth. Then imagine how you'd respond to the previous situation differently if that were true. Feel the reality in your body.

4. How could you dissolve the old unconscious reactionary behavior permanently? What methods might you use to notice when your mind has turned negative? How would you change if you didn't backslide and didn't give up your preferred state?

### Feel The Rhythm of the True Self

1. Sit with your back supported, breathe evenly, bring your attention inside your skin, and be centered.

2. Imagine that every cell inside your body is relaxing, softening its walls, and allowing the membranes to be more porous, transferring energy in and out easily. Now imagine the same porous quality in your skin so that what's outside can flow in and what's inside can flow out.

3. Imagine that everything you've been holding can now flow from you into the field around you to dissolve. Let yourself feel empty and spacious. Feel into what's left to sense the presence that remains.

4. Now imagine that anything you need can flow into you easily from the field of your greater, collective self. Let yourself feel comfortably full. Feel into the fullness to sense the presence in everything.

5. As you breathe out, say and feel: "I am nothing." As you breathe in, say and feel: "I am everything." Repeat for five minutes or more. All the while, feel the steady presence within both states.

## **Read Other People's Thoughts & Emotions**

1. Notice who comes into your mind this week and make note of it. Wait. See if they return to your mind. If they do, notice your body, and see if there is a particular sensation, in a particular place, or a mood that comes along with them. Play with the idea that if the thought of them occurs, they're actually coming into your attention field energetically. This can happen with both physical and nonphysical people. You might take it further; imagine having a telepathic conversation with them. You might write it in your journal, using direct writing. Finally, if you can, contact the person physically and see how they are.

2. When you meet or are physically close to another person this week, let yourself be still and receptive, neutral and impressionable. Place your attention gently on them, and bring them inside your attention field. Feel into them, or allow their inner energy blueprint to merge with yours and "impress" you with certain information. Do you sense a particular emotion? Do you feel they are fixated in their left brain or spaced out in their right brain? You may receive the impressions kinesthetically through your body or you may just "know" telepathically. You may receive a complex knowledge pattern that includes their problems, the causes, and the solutions. If you know the person, share some of what you notice, tactfully and kindly. Or open a conversation with something like, "I sense you're feeling a bit preoccupied right now. Anything important on your mind?"

3. You might keep a section of your journal for telepathic and kinesthetic impressions or messages you receive about others in mediation or in dreams. Read back over it and see if you feel an urge to follow up with certain items.

## **The Transparency Message from Chapter 1: Waking Up**

These pieces are meant to be read slowly so you can feel into the rhythm and deeper meanings.

*You are floating. In the velvety blue-black heaven-space, full of glossy diamond light, and you are dreaming of the life you will have. Images appear, you try on scenes, imagine yourself in them, see how they flow, how people occur, how lessons are learned. It's magical, how surprise events arise and fade into new scenes with new surprise events that are just right. The Flow carries the dream, sources it, and you punctuate it with your attention. You choose without logic. By feel, by what wants to happen. So easy. At a deep place inside, you are high on the joy of creating something perfect. Then in a twinkling, you are in another dark, more opaque space. A subtle shift. A moment of confusion. Yes! You are inside matter now.*

*As your life begins to unfold and unfurl, you feel sleepy. How did I get here? Who am I? Why am I in this darkened room? What do I know?*

*Life events arise and fade into new scenes and from the dark room, it all seems random. You have inherited contractions from family and humanity that freeze your energy-and-consciousness. You forget: the dream you made with the Flow. You can't remember: your creative joy. You can't see well through the opaque filter around your diamond mind, can't feel truth through the opaque filter around your radiant heart. You sink into dreamless sleep: something is going on around you but you don't know what. Choices are made but by whom? Who is living this life? You hear voices, receive impressions.*

*A surprise event occurs and matches exactly with the dream event you chose in the blue-black velvety world. Shiny light-rays break through. The perfect ease of correlation reminds you: this life is on purpose, this life is full of grace, this life is my life. I'm living the dream I created when I was wise.*

*Now an effervescent energy bubbles up out of your cells, out of the air, the furniture, the food. It lifts you closer to the dream, to the joy. Here is the tiny glimpse of my truth! I want to know the whole dream I planted. I want to make choices that allow that dream life to be my life. I want my glossiness.*

*Be still. Don't reach. It's here, it's now, your whole dream life. Be still and let it come, and event by event occur in you, out of your substance. Patience and presence. Let the cloudy glass of tap water clear. Give away the contractions that aren't yours, let them soften and dissolve into the glossy light. Open your Eye. Wake up. Remember the dream glittering in the diamond- light world. It is fluid. It evolves. It feeds you. It loves you, you love it. It is alive. You are alive at the same frequency. What the dream knows, you know.*

*Wake up. You can know everything you know. You can know everything you know. The dream is inside you now. Receive it all. When you do, you are light and huge and high and wide: awake.*