

Experiential & Writing Exercises from Penney Peirce's Books on Transformation

1 THE INTUITIVE WAY: The Definitive Guide to Increasing Your Awareness

Getting the Most from This Book

- Attitude Assessment
- Contract

PART 1: CREATING A CLEAR LENS

Chapter 1: Recognizing the Intuitive Process

- How Has Intuition Appeared in Your Life?
- Identify and Transfer the Intuitive Sensation
- If I Could Increase My Intuition
- Make a "My Successes" List
- Your Sense Preferences
- Seek Guidance from Vision, Voice and Vibration
- Direct Writing

Chapter 2: Choosing the Intuitive World View

- Basic Ideas that Influence Your Perception
- How Does Contraction vs. Flow Feel to Your Body?
- How many Identities Do You Have?
- Shifting from Fear to Love
- Practicing the God's Eye View
- Extending Your View
- Change Your Perception by Changing Your View
- Direct Writing

Chapter 3: Living in Alignment with the Creation Cycle

- Rocking In and Out
- Balancing Your 2 Worlds
- Activating Phase 1 of the Creation Cycle
- Activating Phase 2 of the Creation Cycle
- Activating Phase 3 of the Creation Cycle
- The Phases of Creativity
- Use Intuition to Rank Ideas
- Direct Writing

Chap 4: Unlocking the Secrets of Your Subconscious Mind

- Seeing Underneath Your Yes, Buts
- Dialoguing with a Subconscious Block
- Discovering What Your Resist
- Your Wedge Experiences
- Changing Your Habitual Reactions
- Transforming a Problem with Love

- Talking to Your Shadow Self
- Tune In to People at a Distance
- Direct Writing

PART 2: ACCESSING SUBTLE INFORMATION

Chapter 5: Becoming Aware of the Invisible

- Becoming Conscious of Your Environment
- Taking Responsibility for Your Own Comfort
- Noticing
- Seeing Similarities
- The Hand Scan
- The Warrior's Walk
- Stopping the Internal Dialogue
- Doorway Meditation
- Activating the Electromagnetic Center
- Following Your Breath
- Watching an Inner Image
- Giving Attention and Being Attended To
- Balancing Your Body Mind and Spirit
- 3 Power Points Meditation
- Get Impressions about Physical Places and Spaces
- Direct Writing

Chapter 6: Hearing Your Body Talk

- Your Truth and Anxiety Signals
- Validating Your Body
- Your Body's Key Questions
- How Soon Do You Know?
- Describing Emotions and Sensations
- Let Your Body Decide What You Will Do
- Direct Writing

PART 3: MAKING INTUITION USEFUL

CHAPTER 7: Harnessing Dreams and Imagination

- The Sky's the Limit
- Expanding Imagination
- Reinvent Yourself
- Varying Your Routine
- Making Up Fantasies
- Symbolizing
- Is It Bigger than a Bread Basket?
- Symbolizing Intuition
- Decoding a Symbol
- The Lotus Petal Technique
- Programming Your Dreams
- Recording Your Dreams
- Receive Symbols and Their Messages
- Direct Writing

Chapter 8: Receiving Superconscious Guidance

- The Dome of Truth
- Feeling a Need and Phrasing Questions
- Releasing Your Request
- Redreaming a Dream
- Introducing a New Dream Character
- Working with Your Spiritual Council
- Meeting a Historical Figure
- Working with a Power Animal
- Quick Body Impressions
- Symbols of Guidance
- Conscious Merging
- Be Aware of Internal and External Guidance
- Direct Writing

Chapter 9: Applying Intuition in Everyday Life

- Spirit-to-Spirit Communication
- Tossing the Ball
- Sense Decisions
- Truth Symbol
- Potential Action Paths
- The Inventors Library
- The Art House
- Making Associations
- Calling the Healing Angel
- Happy Cells
- Mocking Up
- Activate Your Telepathy
- Direct Writing

Chapter 10: Staying in the Natural Flow

- Self-Righteousness
- Releasing Attachments
- Rescue Behaviors
- Vesting Authority
- Watching Your Words
- Ways to Help
- Be Your Soul All Day
- Direct Writing

Appendix: Delving Deeper

- Soul Activities
- Relaxing Your Masculine Mind
- Your Parents' Organizing Belief Systems
- Transforming Your Opinions
- Superconscious Insights
- Mining Your Subconscious
- Who and What You're Not
- Your Primal Emotions

- Cleaning the Energy in a Room
- A Hymn of Thanksgiving
- Mindfulness
- Impeccability
- Making a Holy Sound
- Watching an Outer Image
- Balancing Your Three Brains
- Developing Your Attention Span
- Clearing Your Energy Pathways
- Dialoguing with Your Organs
- Affirmations
- A Prayer
- What's the Message?
- Cultivating Surprises
- Personal Symbols
- Dream Recall Cermonies
- Interpreting an Omen
- Meeting a Being from the Superconscious Realms
- Picking Up Impressions
- The Four Elements
- Your Hidden Communication Agendas
- Being Entirely Transparent and Honest
- Sending a Telepathic Message
- Public Conversations Soup
- Stream of Consciousness
- Patience
- I'd Be Better If. . .
- Excuses and Double Standards
- Balanced Giving and Receiving

2. **FREQUENCY:** **The Power of Personal Vibration**

Chapter 1: Our Phoenixlike Transformation

- Where Are You in This Process?
- Home Frequency Message: Start by Being Present

Chapter 2: Living Among the Frequencies

- Journey through Your Body's Vibrations
- Realms of number Vibrations
- Track Your Daily Vibrations
- Home Frequency Message: Moving Smoothly through the Vibrations

Chapter 3: Becoming Aware of Your Feeling Habits

- How Have You Experienced Sensitivity?
- Practice a Healthy Feeling Habit
- Reverse Your Basic Misperceptions
- Home Frequency Message: Ending Suffering in Yourself

Chapter 4: Freeing Yourself from Negative Vibrations

- Where Are You Holding?
- What Areas of Your Life Need Equalizing?
- Raise Your Vibration by Breathing Deeply and Slowly
- Clear Away Other People's Overlays
- Home Frequency Message: Become Transparent and Porous

Chapter 5: Feeling Your Home Frequency

- Enter Your Body in a Deeper Way
- Feel Into Your Body to Sense Your Personal Vibration
- List Your Negative Preoccupations and Worries
- List Your Positive Experiences
- Rock Back and Forth Between the States
- Activate Your Diamond Light Body
- Home Frequency Message: Merge with the Heart-Field

Chapter 6: "Feeling Into" Life with Conscious Sensitivity

- Feel Into an Object, Machine, or Plant
- Feel Into an Animal or Another Person
- Feel Into a Power Spot
- What Are You Most and Least Sensitive To?
- Feel Into Dissonant or Resonant Vibrations
- Describe Subtle Sensations
- Home Frequency Message: Attune to the Truest Feeling

Chapter 7: Mastering Relationship Resonance

- Ready Yourself for the Ones You Want
- Sense a Closed Heart vs. an Open Heart
- Home Frequency Message: Remember the Soul's Kind of Love

Chapter 8: Finding Upscale Solutions, Choices, and Plans

- Relax into the Solution
- Update Your Inner Blueprint
- How Does Conscious Sensitivity Help You Decide?
- Feel the Path of a Timeline
- How Do You Sense Change Brewing?
- Find an Upscale Solution
- Home Frequency Message: Flow So Your Problems Dissolve

Chapter 9: Creating a High-Frequency Life

- Materialize and Dematerialize Three Things
- Zero In on Your High-Frequency Life
- Home Frequency Message: Grow in Innocence

Chapter 10: Accelerating Toward Transparency

- What More Can You Include in Your World?
- Focus on Your Heart
- Flow Compassion and Love through Yourself
- Bless Someone or Something
- Home Frequency Message: Enter the Simple Life Often

3.

LEAP OF PERCEPTION: The Transforming Power of Your Attention

PART 1: REDISCOVERING PERCEPTION

Chapter 1: Acceleration and Transformation

Chapter 2: The Path to Expanded Perception

—Open and Close Your Eyes, and Breathe

Chapter 3: How Do You Know?

- Light Up Your Brain to Help It Change
- How Does Your Reptile Brain Tell You What's True or False?
- Do You Use All Your Senses Equally?
- Where Does a New Idea Register?
- Find Your Center, Feel Your Field

PART 2: SKILLFUL PERCEPTION FOR TRANSFORMATION

Chapter 4: Unlearn Old Habits of Perception

- Find Your Reptile-Brain, Old-Perception Habits
- Find Your Left-Brain, Old-Perception Habits

Chapter 5: Recognize new Perception

- Shift from Your Left Brain to Your Right Brain
- Balance the Left and Right Sides of Your Brain
- Feel Your Heart's Spherical-Holographic Nature

Chapter 6: Navigate the Transformation Narrows

- Dissolve Anxiety and Depression Energy

PART 3: NEW ATTENTION SKILLS FOR THE INTUITION AGE

Chapter 7: Practice Direct Knowing

- What Do You Already Know?
- Know Directly as Your Cells

Chapter 8: Practice the Spherical-Holographic Reality

- What Do You Project or Postpone
- Reabsorb What Was Previously in Your Donut
- Expand Your Sphere by 50 Percent

Chapter 9: Practice Undivided Attention

- Activate Presence with Attention
- Be the Spoke of a Wheel
- Understand Your Distraction Habits
- Do One Thing at a Time with Full Attention

- Attend to Many Things as Part of One Flow
- The Great Eye of the Diamond Light Dome

Chapter 10: Practice Flow Attention

- Feel the Turn in the Flow
- Become Transparent
- Continuity Meditation

Chapter 11: Practice Unified Field Attention

- Read Personal Fields
- Let Your Heart become Your Field
- Read Your Reality

Chapter 12: Practice Collective-Self Attention

- Become Your Collective Self
- Call Forth Your Soul Group
- Join the Collective Consciousness at Night

Chapter 13: Practice Shaping the Imaginal Realm

- Take an Elevator to the Imaginal Realm
- Imagine a New Invention
- Ask Good Questions to Find a New Vision of Reality

Chapter 14: Practice “New Human” Abilities

- A Day Without Technology
- Read the History of an Object
- Play with Telepathy
- Shape-shift into an Animal
- Travel through Space and Time

Chapter 15: Practice “Pretend Dying”

- Loosen Up Your Viewpoint
- Have a Near-Death Experience in Your Imaginal Realm
- Release Your Earthly Attachments then Bring Them Back

4. **TRANSPARENCY** **Seeing Through to Our Expanded Human Capacity**

Chapter 1: The Awakening

- Feel Dissonant or Resonant Vibrations
- Expand & Contract Your Sphere
- Balance the Left & Right Sides of Your Brain
- Transparency Message: Waking Up

Chapter 2: Transparency: An Idea Whose Time Has Come

- Imagine You're Invisible
- Transparency Message: The You in the Mirror

Chapter 3: The Opaque Reality: Secrets, Lies & Old Perception

- How Much Influence Does Your Left Brain Have?
- Turn Around Some Limiting Beliefs
- Uncover a Few of Your Secrets
- What Do You Lie About?
- Transparency Message: Hiding Your Light

Chapter 4: The Transparent Reality: Radical Trust, Flow & New Perception

- Let the Unnecessary Dissolve
- Rate Your Transparency Motivations
- Who, What & Why Don't You Trust?
- Transparency Message: Open, Open, Open

Chapter 5: The Bridge Time: Life in a Partially Transparent World

- Make a Solid Choice for Transparency
- Prevent Backsliding into Opacity
- Clear Subconscious Blocks by Reframing
- Transparency Message: Confusion & Chaos

Chapter 6: Becoming Personally Transparent

- How Are You Out of Synch with Your Natural Cycles?
- How Do You Block Yourself at the End of a Cycle?
- How Does Your Left Brain Distort New Beginnings?
- How Do You Sabotage or Sacrifice Yourself?
- What Are Your Attachments?
- What Are Your Holding Patterns?
- What Are Your Soul-Blocking Behaviors?
- Release & Dissolve Negative Patterns
- Dissolve All Your Clutter at Once!
- Transparency Message: The Cupped Hands

Chapter 7: When Relationships & Groups Are Transparent

- Open Your Mind to Soul Friends & Mates
- Merge with the Relationship Entity or the Group Mind-Heart

—Transparency Message: Two Views of Relating

Chapter 8: No Walls, No Secrets: Seeing Through & Being Seen

- Feel the Rhythm of the True Self
- Write About Being Seen & Known
- See & Be Seen
- How Do You Deal with Being Seen?
- Transparency Message: What's Evident

Chapter 9: The New Normal: Being Transparent in a Transparent World

- Take Your "Transparency Temperature"
- Read Other People's Thoughts & Emotions
- Write About Your Transparent World
- Transparency Message: No More Story