

# The Power of Centering

By Penney Peirce

You may be aware that, even with the chaos and surfacing anxiety caused by our recent and on-going pandemic, the amount of distraction we normally deal with has lessened. Until now, we've been addicted to speed, socializing, and progress, to processing data and trying to get more and better "stuff." When the Flow wasn't taking us on a roller coaster ride somewhere new, we thought something was wrong. These days, we have the blessing of a sort of limbo time, which is providing us with the surprising gift of spaciousness, the potential for greater inspiration and imagination, and the chance to make some important course corrections. On the surface, it looks negative, but I promise you, it's just the opposite.

Yes, we're more restricted physically but there's been a tendency to engage in more introspective activity: meditating, reading, cooking, walking, and even playing. Yes, we're going somewhat stir-crazy, and yes, we're zooming and meeting online more than ever, but we're also facing some of our inner stumbling blocks and blind spots. When you allow some open space and don't manically fill it up with outside activity, *finally* some of your own issues and ideas have the chance to bubble up to be known.

You have a great opportunity these days to get in touch with your real self—*you-the-soul*, not just you-the-personality and you-the body. If you can sit, close your eyes, and become very quiet by

stopping the internal dialogue talking incessantly in your mind, you can begin to access your ultra-sensitivity, empathy, and intuition. Just breathe. Just vibrate. Your other senses—the internal, non-physical ones that give you clairvoyance instead of plain vision, or clairaudience in lieu of normal hearing—take over. You're tuning to higher realities. *You are becoming centered!* At first you may think nothing is happening, that you're in a place of nothingness, but actually you're in the imaginal realm where there are unlimited resources for knowing and creating.

**YOU'RE JUST A QUIET,  
SENSING ANIMAL!**

You're learning that there is another world inside, all through the physical reality you know so well.

It's very much akin to your dream world. It's magical. To reach it and have fun in it, you must first become still and silent, in your *own* space, focusing on what and who you are, *without words*. You're just a quiet, sensing animal. When you reach that peaceful place, inside your body, in the present moment, you will begin to sense yourself as energy and that your energy radiates out around you in a sphere that can expand and contract like the zoom lens on a camera. You can take in more or less information, time, space, life-forms, and amounts of yourself by shifting your focus. *You are totally full.*

As you become centered and quiet, you also begin to sense your inner voice. It may not come as an actual voice, but more as an idea just blooming, or a picture impressing itself on your mind, or a feeling associated with a choice you might make. While you're in this spacious place, you're receiving



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↓ new energy and collecting your higher consciousness. Remain quiet and you'll notice that you-the-soul are communicating with you-the-personality, revealing important things. Who am I becoming? What am I on earth to do? Where does my energy truly want to go? What do I want to create and contribute? What do I need to know?

WE'VE BEEN TRAINED OUT OF  
ENJOYING TIME TO OURSELVES.

So, the Flow has slowed you down and given you space. In this space you needed to get over any jumpiness or tendency to be hyperactive, and join the vibration at the heart of the quietude. Feel into it. Trust whatever comes and stay in it. What is available is the new experience of yourself at a higher frequency. You need to feel it fully, recognize it, choose it, and practice it until you become saturated with the new pattern and experience its power to change how you make reality real via your vibration and perception. Then, surprise! Life starts flowing serendipitously and you discover that the energy is doing most of the work for you, that the Flow is bringing synchronicities and miraculous things.

Many people I speak with have misinterpreted what's happening today, complaining that they're "stuck." They've described their "problems" to me in terms of: Who I'm not, What I can't do, What's wrong with me. It points out to me that we have

been trained out of enjoying time to ourselves, leisure, pleasure, daydreaming, staring into space, doodling and noodling around, and just "being with" life in the moment, appreciating things like beauty, humor, and the senses. This is gestational time, soul-contacting time, revelation time.

IT'S SOUL-CONTACTING TIME!

When you're centered, creation doesn't stop; life takes on a softer quality and time slows but becomes extremely efficient. Ambition turns to enthusiasm. Beneath the surface it feels that you're being saturated with a new frequency that will repattern your life, work, and creative endeavors. You'll be lifted to new levels, with new groups, new soul-based friendships, new cocreative projects and experiences. There is a quiet excitement surfacing. It's as though life here is becoming more like the life you know is ideally possible. You have access to everything, and have permission and support. What a discovery! The impact is so far-reaching. Out of your centered space comes the effortless materializing of a reality that fits perfectly for you. There may still be layers of things to clear, and times when you need to realign yourself with your life purpose. You'll find new kinds of consciousness to stabilize, too, but whenever you take time to be centered, you'll have the green light. You and your truth and beauty always radiate from the Center.



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