

# True or False? Safe or Unsafe?

# Trust Your Body!

By Penney Peirce

Intuition, contrary to popular belief, doesn't usually descend from above. I experience it almost always occurring in the body first, then percolating up into consciousness. It's usually true that "your mind is the last one to know"! If you're "in your head too much" doing mental, analytical work, you may overshoot your intuitive, instinctive messages because they're so subtle and preverbal. It's as though you're the high-flying bird and the message is in the mud at the bottom of the pond down below.

Learning to pick up data at this early stage of perception can save you time, energy, and worry. When you learn to trust your first responses to

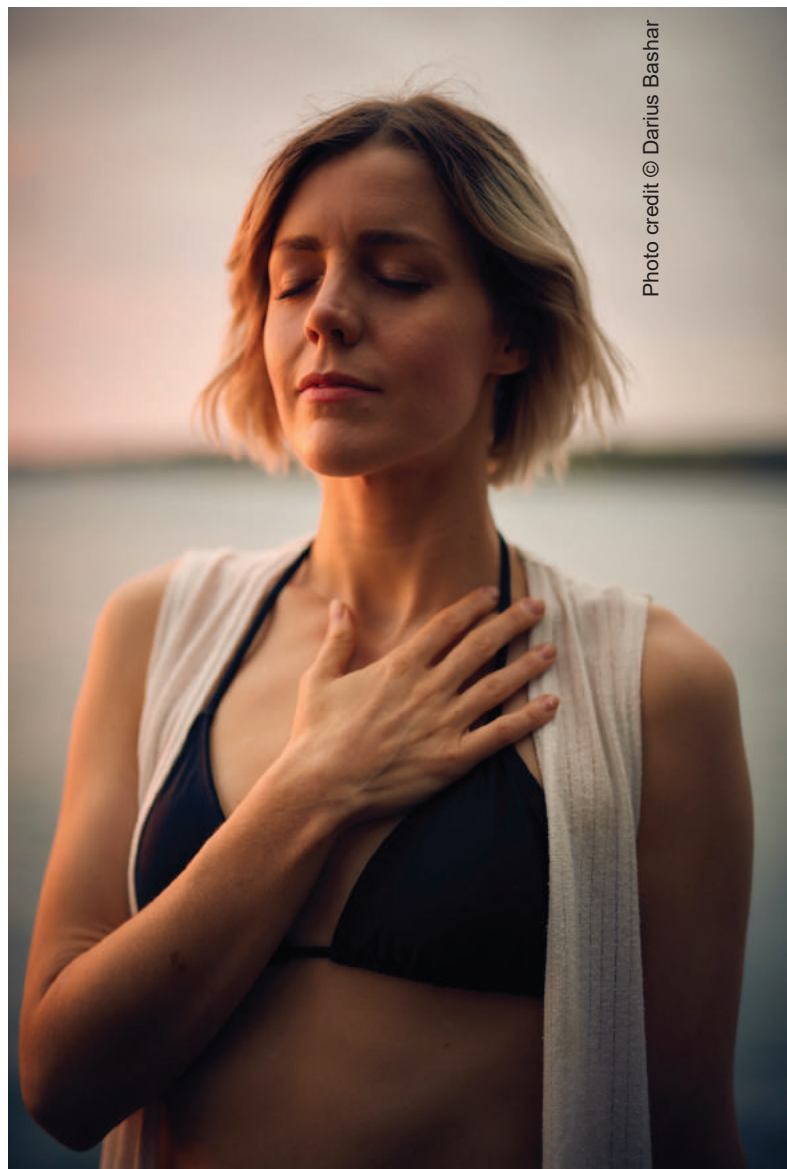


Photo credit © Darius Bashar

new people, situations, places, and ideas, you'll discover an important truth: *Your body never lies to you.* "First thoughts," as writing teacher Natalie Goldberg calls them, are fresh, accurate, and full of genius.

**As you open your "direct knowing,"  
the first messages always come  
from your body's instinct.**

## TRUTH AND ANXIETY SIGNALS

How do you know when something is really right for you? Or when you hear the truth? How do you know that you want to do something, and that you're actually going to do it? Conversely, how do

you know when someone's lying to you? Can you tell when timing is off? When a situation is being forced? When there's a high possibility of failure or danger?

Your body communicates with you constantly, giving you feedback about the relative safety and appropriateness of every option you consider. Its messages contain either survival information that comes from the body's rapport with the natural environment or higher guidance about your optimal self-expression that comes from your soul and the collective consciousness of the planet. Our bodies are speaking volumes—just not in a language we immediately recognize. To develop intuitive skill, we need to decipher our body's information cues, to know quickly and directly.

The body's language is a simple binary one—there are only two modes, two “words”: *yes* and *no*. You can recognize these messages through feelings of expansion or contraction in your body. *When a choice or action is appropriate and safe, you'll experience expanding energy:* you may sense energy rising, becoming active or bouncy, or perhaps you'll “warm” to an idea, get “light-headed,” or feel flushed with enthusiasm. Have you ever had the “hots” for someone, or had “butterflies” of anticipation, or been “up” for a new adventure? Perhaps you've felt magnetically drawn toward a new situation. Have you ever said, “I'm leaning toward this option”? The body's *yes* often feels like health and vitality, even good luck: “I'm rarin' to go; let me at it!”



Photo credit © Brooke Cagle





Photo credit © Markus Winkler

↓ When I ask people how they know something is true for them and exactly where they experience the feeling in their body, many describe a warm, spreading sensation across their chest. Others feel energy bubbling up from below their diaphragm into their chest, or from their chest into their throat. Some even feel it bubble up further, resulting in tears of happiness. Some feel the blood rush to their neck and face, making them blush. Still other people describe a variety of “clicks and clunks” as if something out of alignment suddenly snapped or dropped back into its rightful place. These feelings most often occur along the vertical center line of the body and seem to be related to that other oft-described sensation of something “ringing true,” where the body silently “gongs” like a huge reverberating bell. One of the other most

common truth signals is the sudden movement of energy up the spine or along the arms and shoulders, giving the sensation of “chills” or gooseflesh.

**Most of us never take the time  
to know how we know or  
what we know; we just act.**

But what about when something is not true or not appropriate for you? When the body answers *no*, the message is unmistakable. In fact, most people are more aware of their anxiety signal than their truth signal. *When an option or action is unsafe or inappropriate, you'll experience contracting energy:* you may feel energy drop, recoil, darken, or tighten. Maybe you'll act coolly, even coldly, to

someone, or get a sinking feeling in the pit of your stomach. When something is not true for you, your body will try to withdraw and back away. You may feel repulsed, or become “leaden” or “turn to stone.” Instead of blushing, you may blanch as the blood drains from your face. You may get tired, feel gray, blue, even depressed. You may actually feel pain in a specific area of your body. Common anxiety signals are stomachache or nausea, a “pain in the neck,” chest pain, headaches, or a feeling like a tight fist in the solar plexus area. Yet another anxiety signal is a prickly feeling of the “hair rising” along the upper spine and neck.

### YOUR TRUTH AND ANXIETY SIGNALS

1. Write about the different ways you know when something or someone is true, safe, or purposeful for you. Where in your body do you experience the signal? Does the signal move from one area of the body to another?

2. Write about the different ways you know when something or someone is false, unsafe, or not purposeful for you. Where in your body do you experience the signal? Does the signal move from one area of the body to another?
3. Notice the truth and anxiety signals you get today, about even mundane things, like what to eat or when to do something, and write about them.

Why is it important to know your truth and anxiety signals? First, you need a fail-safe way to discern which options in life are best for you and to be able to make authentic choices, straight from your soul’s wisdom. Second, by learning to discriminate clear answers quickly and directly, you won’t waste so much time, energy, and so many opportunities for happiness. Third, by learning to trust your body’s first response, you will soon find the guidance you get is of a very high quality. Goethe said these deceptively simple words: “Just trust yourself. Then you will know how to live.”



**Penney Peirce** is an articulate and accurate clairvoyant empath, visionary, and author of 10 books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, *Be the Dreamer Not the Dream*, and *The Intuitive Way*. Her website is [www.pennypeirce.com](http://www.pennypeirce.com).