

Beyond the Obvious: Part I

By Penney Peirce



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When you look at what's happening in the world, it certainly seems like chaos and insanity are taking over. Life is intense! It can feel overwhelming—at a deeper level, many fears are being stirred up. Our comfortable habits are being challenged, we're losing security, and the ways we identify ourselves—our definitions—are becoming less meaningful. This loss of control produces anxiety. It may seem this way on the surface, but underneath, something else altogether is happening.

For example, I hear many people describe how the “story” of how they came to be the way they are—having a difficult childhood, being the oldest or youngest child, living in a small town, moving around the world with a military family, or being an athlete or a geek—is beginning to sound hollow or “tinny” as they recite it repeatedly to themselves and others. It's almost as if the story is an excuse not to be more of themselves. This is part of a trend I see that relates to the intensity we're experiencing—we want to be more of who we really are. We want to be real, authentic, influential, and more “full-on.” But is this in spite of the negativity in the world, or because of it?

In order to be our full-on self, we must learn to dissolve the clutter of old ideas—many of which are fairly unconscious—that we've used to create meaning and security. To clear the

interfering clutter, we must have courage to look at the layer just beneath—at what scares us. Then we must see through that illusionary stuff to trust that something much better exists in the imagined emptiness beyond our familiar comfort zone.

Frequency Rising!

So what's behind this intensification and increasing disturbance on the planet and in our personal lives? What's beyond the obvious? As an intuitive, my sense is that the energy level, or frequency, of the planet has been rising steadily for many years. There is actually some scientific proof of this, by the way. As the vibration of the planet increases, we experience time speeding up—and the frequency of our body, emotions, and mind also becomes higher and faster. We are living in a higher frequency reality than we did even a few years ago. Information access and communication are nearly instantaneous; results and consequences materialize much faster than ever before.

When the vibration of our body and the reality around us increases, the old fears and negativity that we haven't wanted to face—which we were able to ignore and push down deep into our subconscious mind—now become energized and begin to pop up to the surface. They cannot remain at a low vibration so they become conscious once again. Now we are asked to deal with those things that frustrate

and scare us, to find the reason why they got stuck in us in the first place.


When we find the original cause, the stuckness always boils down to some sort of partial perception, or a misunderstanding, or a paralysis like inhaling and forgetting to exhale. When we feel and see the good reasons why it occurred, the fear seems an innocent and forgivable thing, and the whole pattern can easily dissolve.

So the higher vibration on the planet is causing us to release the negativity that limits who we can be. It's all part of a huge global clearing process. And as frightening and gross as it all seems, shadowy beliefs and behaviors must be acknowledged, understood, healed, and freed. It's no surprise, then, that secrets of various kinds are being revealed, or that many of our leaders are digging in to maintain tight control over a majority of people who are becoming increasingly open, or that things like the “Me Too” movement have exploded into our consciousness.

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”
—Carl Jung

Clearing Our Clutter

If you've been focusing on clearing and developing yourself, you



may find that whole constellations of limiting beliefs and behaviors surface, and instead of frightening you, they make sense and dissolve without a long, linear process. The truth integrates with you more quickly to replace old partial understanding. One of my highly intuitive friends wrote, “I believe it’s time that instantaneous healing becomes accepted as normal. I see people waking up but not like souls did in the past. It’s like we are skipping some of the phases. I feel excited that so many are becoming aware of energy.”

If you are starting to experience a new, more expanded life—if you have that “destiny feeling”—you’ll likely be picked up by a kindly wave and moved into fortunate positions where resources, opportunities, great ideas, and new friends on your wavelength will mysteriously materialize. Puzzle pieces will fit together magically. Things you need in order to get on with your self-expression as a *soul* (not just as a body/personality) will come to you easily.

If you’ve been denying your expanded self by thinking negatively, or if you’ve been avoiding change and fluidity, you will also experience breakthroughs—cracks in your belief systems and habits—but they may be more dramatic. You might have an injury or accident, or losses, difficulties, or sudden changes affecting your comfort level. It’s important to remember that everything that occurs is evolutionary, and that it’s best to engage with it without judgment or protest to see what’s trying to be understood and released. Everything you understand and release helps you express your true self more authentically.

Fluidity is a Key Word

As energy floods our reality, fluidity becomes a powerful word. You may notice this idea because you realize you don’t have it. Perhaps you suddenly feel “stuck” or paralyzed. Or you may experience more frustration or rebellion, or get defensive and angry more often. You might hold yourself back and experience greater anxiety or depression as a result. These states are signals that some fixed belief or feeling you don’t want to feel is trying to rise into consciousness to be cleared, but you’re resisting it. When you enter these states, they feel tight, dense, and almost solid—and indeed, they are the result of contracting your energy and consciousness. This is what creates a “subconscious block.” The density and contraction literally hold back the Flow, and the Flow is your life force.

When you learn to release your various kinds of holding—you *can hold back, hold on, or hold forth*—you are able to experience

fluidity. You allow something new to occur and trust that it will be interesting and perhaps just what you need next. You examine your beliefs and see that you really don’t need them. You enjoy surprise. You let the Flow move you and bring things to you. And, you have much more fun surfing the waves, or riding the roller coaster, allowing every kind of human experience. You realize feeling contracted is actually painful and it’s a waste of time.

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”

—Charles Darwin

One interesting effect of living in the Flow is that you don’t experience so much separation between things. When you pay attention in the moment, for example, and stay with the next thing that arises, then the next, you don’t get distracted or feel fragmented. You don’t think about what isn’t, or what you don’t have. It’s all life. You live more in a continuous stream of consciousness and don’t “go unconscious” or blank out so much. You know the feeling of easy movement with no breaks, specialness, or need for willpower or control. What you want to feel, how you want to be, is right here in the Now. Just engage.

Without locking down beliefs and behaviors for security, you can clear away those contractions that have become the clutter that interferes with your fullest self-expression. With openness and fluidity, you can shift instantly into high gears you’ve not known before. You’ll be able to imagine and create amazing things, and help others do the same. The rising frequency of the planet will carry you if you embrace it, ride it, learn from it, and enjoy it.

Beyond the obvious view that the world is falling apart and things seem hopeless, there is an understanding that something else entirely is going on at the nonphysical level. And it is important because the inner pattern will eventually shift the physical world to match its fluidity and freedom. There is a compassionate clearing process underway, helping us all become our best selves.

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*.

