

Unclutter Your Mind! What's Underneath?

By Penney Peirce

Bear with me! For just a minute I'm imagining back into times past, trying to get a feel for how our minds worked then. I see the farmer patiently driving his team of horses to plow the fields, then plant, then harvest them. His kids, little and big, often work alongside. So much of the day is spent in silence. He's smelling the dirt, what's coming in on the wind, sensing how the seasons might unfold. He's noticing when his animals are thirsty, when the vibration of his plow means that something is about to break. His kids are doing the same, with occasional short amounts of conversation. Their minds are open; their bodies are connected to each other, the livestock, the land, the crops, the weather.

*Instead of walking in the woods,
we click open our meditation app.*



We may think the people in those days were relatively ignorant compared with the amount of data and information we process daily. But what would they think about how addicted we are to checking email, texts, and cell phone messages? To living by watching tiny screens instead of being immersed in the super-alive environment around us? Their minds were much more uncluttered and aware of fairly deep things—like survival and responsibility—while ours are full to the brim with superficial information that evaporates upon reading, watching, or listening. Their senses were alive

while we have this wonderful new dysfunction someone has labeled “Nature Deficit Disorder.” Instead of walking on the beach or in the woods, we click open our meditation app.

I recently met some families where the kids don't watch much television or play much with smartphones, iPads, and laptops. Without the clutter of the superficial, they naturally turn their attention to their internal playground—their imaginations and heightened senses. Nico and Marshal, four-year-old twins, couldn't be more different. Nico constantly builds amazing architectural shapes with his Legos, and Marshal dreams artistic visions while lying on the sofa. Nico loves to bake stuff; he gets out the flour, eggs, milk, etc. and makes “cakes,” with no recipes, baking them often into a flat, dark brown glop. When they're done, Marshall gets off the sofa, comes over, and says, “That looks great!” and they sit down and eat the whole thing together. Their slightly older sister, JoJo, writes graphic novels.

Michaela, eight, and Little B, five, create skits together, often about politics, in costume, all scripted out in pencil on a yellow pad. Or they do Michael Jackson concerts, taking turns being the backup dancer. The performances are hysterical. One day they decided to open a Pet Store. “Opens at 9, Closes at 9, Pets No Longer Available After 8:30!”

When Little B was even littler than he is now, he used to look up at the sky and tell his mother things like how his aunt, who had tried forever to conceive, was having a baby. And then, the phone call came, and yes! She was indeed pregnant. He explained, “I see a sparkle in the sky, it tells me, then I know, but I forget.” His father, when young, grew up on a farm with extensive woods.



He frequently spent all day wandering and exploring, in silence, and says he learned to “smell” snakes. Every time he “smelled” one, it proved to be close by.

When the mind is uncluttered, the creative process really gets a chance to work. And the flow of the creativity that emerges from the “void” relates to the kind of person your soul is crafting you to be. You may be naturally industrious like Nico, a visionary like Marshal, a story-teller like JoJo, or totally fun-filled and funny like Michaela and Little B, but you’ll be surprisingly authentic. This kind of creativity doesn’t emerge unless you can be at peace with a lack of screen stimulation from your handy-dandy devices. Let yourself have a bit of a “visionquest” every now and then. Spend a day in nature without words. Feel your own attention moving and pausing. Expand your bubble to include new forms of aliveness.

It’s important now and then to push “Pause” on the input from other people, and other people’s imaginations, and develop patience and *interest in* what’s going on under the surface of the superficial reality you see. I call it: Stop and drop! Drop into your body, into your animal senses. What are you aware of down deep, under the internal dialogue and self-talk? Do you think the people who imagined *Game of Thrones* into being, in all its amazing detail, were just sitting around watching other people’s TV shows? What wants to come out of you? Not in response to something someone else said or did, but just because it wants to come through *you*? It wants to be original through *you*! You won’t be able to feel it bubbling up if the clutter of the superficial is creating a layer of static electricity above it.

Not only does clutter block your authentic creativity and self-expression, it also blocks your natural intuition. Just as Little B had a connection to a wise light

source he saw above him, his father developed a heightened sense of smell from spending long quiet hours in the woods. My own highly sensitive niece used to read people unconsciously when she was four or five and say what they were hoping someone might say to them, as though she were some messenger of the Divine Mother. We are all born empathic and intuitive, yet it gets covered over and fades early because of our linear way of learning in school and the addiction we develop to the dopamine rush that comes from anticipating someone texting us (and therefore “caring” about us).

An article I read recently had a huge impact on me. It was about a nine-year-old girl in Europe who says she can “heal” water through “star languages,” using specific words in this higher vibrational language. She said she and many others like her are here now to help people wake up. “Everyone is sleeping!” she said. The girl finds this world and its rules quite difficult. She receives messages from higher beings, helpers who are present all the time. Part of her message is that schools program kids—like computers—with information that’s inaccurate. “We lose access to information we had at the beginning.” We’re covered over by the superficial.

She says, “Everything is possible. People need to know we can do anything we desire. When children play by using their imagination, it’s not just imagination. When we stop them by saying they can’t do this or that, it stops them from making it a reality. What they are imagining *can* be a reality. When we rediscover what we can do, we can achieve our full potential.” She said her spirit teachers give her knowledge so she can teach adults.

She also says that our inner core can be destroyed by too much stress, multi-tasking, and not sleeping enough. We need to increase our energy, or vibration,

and we can do that by not getting angry about small things, not speaking on cell phones for a long time, not watching too much TV, not eating white sugar, and not using too much wireless internet or microwaves. Who knows how the subtle energy waves we can’t see actually affect us?

I know in my own work and life that clearing the clutter from my mind results in a fresh perspective and accurate intuition. Clutter can be the daily To Do list, the ideas you’ve adopted from others that don’t match your own truth, the belief systems you’ve formed to feel strong and safe, your worries and negative thoughts, or the constant net (or sticky spider web?) of communications from friends, family, and colleagues. We might say that clutter is the language-oriented content of your left brain. It really can seem like static electricity, skewing your true thoughts through distraction, fragmentation, and buzziness/agitation/anxiety. When you shift to your right brain, though, you enter silence and a direct immersion into the moment, life, all knowledge, all possibilities, and an experience of belonging.

When negative thinking stops us from using imagination, we can’t create new realities.

You might make time throughout the day to unhook from communication and information

networks. You can listen to the silence, drop into it, and *rest*. My sister calls this her “staring-into-space-time.” At first it may seem boring, but with practice, that velvety silence reveals your true self and authentic creative urges. Before your originality can express itself, it must have permission and space. If you’re steeped in other people’s ideas, messages, creations, and opinions, you may end up copying them. So clear the clutter and see what arises spontaneously! There’s no limit to what you can create and know. Play with this a while and there’s a good chance you’ll unearth your forgotten powers and genius.

Penney Peirce is an articulate and accurate clairvoyant empath, visionary, and author of ten 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* (out 10/10/17), *Leap of Perception*, *Frequency*, and *The Intuitive Way*.

