

Tips from Penney Peirce on Intuition Development

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When You Want to Reconnect with Your Intuition

- Identify your prevailing beliefs, judgments, and attitudes about the way the world works and who you think you are, or how it "should" be — and suspend those ideas temporarily. Maybe there are other ways to be! Maybe life could teach you something new if you let yourself be innocent, like a child again — with "beginner's mind." Make space for surprises.
- Be friends with your feelings. Just as there is no such thing as failure — there's only feedback — there are no "bad" emotions. Emotions are simply energy and information coming from your body. Be willing to experience every feeling that emerges in your body, without labeling it (I'm angry) or putting a value judgment on it (anger is bad). Just notice and describe the physical sensations of expansion or contraction, hot or cold, density or lightness, and let them move through your body and evolve to their next level of expression. Intuition percolates up from the body via sensation and feeling — nonverbally. Don't block or distort that flow in any way. Eventually it will turn into an Ah-ha!
- Consciously pause between actions. Throughout the day, remind yourself to drop into the here-and-now and feel the world from your body's simple perspective. Be with what's happening in each present moment, without needing to shape, change, or vote on it. It is the way it is. Life is proceeding in harmony. There's something "just right" about each situation. Life is comprised equally of masculine (doing) and feminine (being) energy and awareness. Make sure you have a balance of both.
- Appreciate and acknowledge yourself and others for good deeds, successes, uniqueness, and beauty. Speak words that benefit others and the world — what you're interested in rather than what you dislike, what you're actually doing instead of what you don't want to do, how you choose to be rather than how others prevent you from being. Notice what's right with the world. Intuition flows when you see the glass half full rather than half empty.
- Develop the "warrior's attention." Like a great samurai, be alert and present 100%, in each moment, and 360 degrees around you. Be ready to act, without any biases. Practice "engaged indifference."
- Check with your body and your "reptile brain" to see what you instinctively want to do next. Don't assume that once you've decided, the choice will last forever. The currents of insight and creativity can shift and weave into new pathways in the twinkling of an eye. Check in many times throughout the day, "Now what feels right? Am I totally comfortable, at the deepest level, with this course of action?" Intuition occurs in the NOW, in the body, and what's true always has "juice."
- Let go of needing things to be nailed down in advance. You can still have a vision and goals, you can still make plans, but let it all be fluid. Visions and plans evolve constantly. Affirm to yourself: "I know what I need to know exactly when I need to know it." In any given moment, there's just one piece of information, one urge, one action, that's a perfect fit. Develop trust in your own higher awareness to bring you pertinent and accurate insights in a timely way. Act on the information you get and thank yourself for planting the right curiosities, motivations, insights, and physical reactions in your mind, in a way that directs you effortlessly to your next step.

When You Need to Make a Decision

- Feel for your body's subtle truth and anxiety signals. *Do you feel contracted, cold, repulsed, off-center, or dense? Do you feel expanded, warm, bubbly, leaning forward, or perfectly aligned?*
- Trust your "first thoughts" and pay closer attention to events and commentary that arise unsolicited from your own mind and in the environment around you. *What is the slightly cloaked message that's trying to get through to you?*

- Practice “direct writing,” pretending to be someone you admire, an expert, an old wise person, or your 5-year-old self. *What do these aspects of you have to say about the situation? How do they feel about various solutions? Ask for their opinions.*
- Think about your need to solve the problem and program yourself before sleep to have a dream that will give you insight. *What does your deeper consciousness associate with a successful resolution and the experience that would come as a result?*
- Use your nondominant senses to find hidden aspects of the issues you’re dealing with. Pretend the various solutions are kinds of odors, sounds or music, tastes, textures, or temperatures. *What visceral experience does the response generate in you? Which ones do you lean toward?*
- Invite your colleagues to try any of these techniques with you as a group. When the results are in, ask them to help interpret, too.

When You Need Personal Guidance:

- Practice “direct writing” by phrasing the question carefully, then answering from your Soul’s point of view, or imagining a spiritual teacher is addressing you. *What does the higher part of you already know about the issue?*
- Keep a journal to explore and track the meaning of your dreams and waking reality. *What is the deeper meaning in the daily events in your life?*
- Look to your night dreams and daydreams for underlying themes. *Is your inner consciousness preoccupied with something that your waking mind overlooks?*
- Watch for synchronicity and omens as a sign of flow or blockage; learn to correlate your inner and outer realities. *How can you dissolve the boundaries between yourself and the world, and thus become One?*
- Stop trying, shift out of your head and will power, and do something involving your senses. *How do you feel when you let yourself “indulge” in and be absorbed by a physical experience where your mind isn’t in control and where you lose track of time? What comes to mind right after that?*
- Ask for help—from the unseen realms, and from those around you in the physical world. *What comes to you soon after you ask?*
- Form a council of people and ask for their first thoughts and gut impressions. *How do they interpret their cluster of answers as parts of a more comprehensive response?*

When You Need to Stay Open:

- Meditate and practice BEING in the present moment, instead of DOING. Drop into the “feminine mind” and see what’s already known and happening. Appreciate, notice, be with, and “feel into.”
- Let yourself have some sort of action that is nongoal-oriented and focused on beauty, amusement, appreciation, and enjoyment (F-U-N: ever heard of it???!).
- Look for similarities and connections instead of differences.
- Listen and pay attention ENTIRELY; receive entirely without defense or need for immediate action. Let yourself be affected, even changed, by what comes into you.
- Cultivate surprise; vary your routine.
- Be defenseless; share yourself spontaneously and honestly. Invite others to share safely with you.
- Give without expectation of return or acknowledgement; give for your own pleasure, and to feel your true self in action.
- Eliminate negative, limiting, and ugly language and thoughts.

Tips from Penney Peirce on Raising Your Personal Vibration

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Make sure you're "In the Flow."

- Stay in the moment, don't project into the future. Keep your intuition open.
- Engage with what comes; everything you need will be provided by the unified field.
- What comes will either look like a thought in your head or an event coming from the world; do what produces the greatest happiness and be happy about what you do.
- Forgive others and yourself by returning both parties to a state of innocence in your own mind; we are all universal beings and this world is just a dream anyway, so why does it matter so much? Love holds no grievances. Others are inside you; work on yourself to create change in anything or anyone you're connected to.
- Appreciate and use what you have right now; digest it and get all the food value; this is what you told Us you wanted and needed. Nothing new can come until you use what you have. Why is your reality as it is now? Notice how what you ask for with clarity and conviction comes quickly.
- Learn to be quiet and deeply attentive on a regular basis and often during the day, to listen for the soul's urges. How do they differ from the mind's shoulds? Hint: Listen for a difference in tone; notice if there's tightness — if there is, the idea probably originates with the mind.
- Cultivate neutrality and softness: clear yourself of the negative, release holding, tension, soul-blockers, suspend negative self-talk, transform negatives to true expression (find the gifts in the garbage).
- Unlabel things, experience directly, say to yourself: Maybe I don't see the whole picture yet; Maybe there's a different way that works better; Maybe I don't need to define this at all.
- Do whatever you can to dissolve fixed belief and thought structures; vary your routine, question everything you take for granted, reinvent what you know. Be new!!

Choose your preferred vibration, the way you love to feel.

- Whenever you can remember, shift from will power (linear, doing, feeling separate) to Heart awareness (being with, spherical, interrelated, cocreative); recognize the struggle or duality reality (pushing, pulling, rushing, stalling, anxiety, snags, lack of cooperation, conflict, punishment/vengeance thoughts, how can I GET this to happen? How can I MAKE this person change?). Instead of struggling, let things be the way they are and look for the good reason, *in yourself*, that this is occurring, *in your reality*.
- Monitor your moods, your internal state; choose to be happy; prefer a level of awareness that is closest to your "home frequency," and thus allows guidance from your soul to flow to you. Enthusiasm, even mild enthusiasm, cheerfulness, sincerity, innocence, and curiosity work best.
- Open and attune yourself to the highest frequency you feel comfortable with; invite the next higher level of yourself into you thru every particle opening.
- Recognize your true self; Who ARE you under the labels and ideas? find your core vibration (original tone) and center into it. The true self never says SHOULD.

- Merge consciously with superconscious unified field, the "heart field" and feel the kinship with all things in the field, communicate intimately with those who are "far away" or even "on the other side"; let them send motives and messages directly into your cells and notice what surfaces and seems like your own thought.
- Pay attention to the integrity of your light body; imagine your perfect light body steps inside you from behind and takes over all the parts of you; you fall into the light and trust it totally. Let it educate you, clear you, inform you. Let yourself identify as the Light, not your small personality or ego.

Choose your "home frequency" again, every time you notice you've forgotten it.

Finding your home frequency is really the big turning point in the transformation process. It's one of the best-kept secrets in life that when you think you're falling into the void, you're really returning to yourself, that what you think is going to be empty is actually full, that when you stop the old, the new immediately begins. It is when panic and complexity peak, when you're using will power to control yourself and life, that several things need to happen:

1. Hit the pause button and suspend your internal dialogue. Shift from the I-have-a-problem state of mind to feeling even the tiniest bit of pleasure in yourself.
2. Enter your body more deeply, calm yourself, listen for the silence, spread your energy out, and take up more space. Breathe. You're home.
3. Focus on qualities of soul, like cheerfulness, sincerity, innocence, or playful creativity. Look for and sense your core vibration — your home frequency — that's existed since you were a radiant baby. Think of the *you* that you love, the way you feel when you're being loving, happy, and generous. Sink into the pleasure of your own being. Let your home frequency saturate every part of your body, emotions, and mind.
4. "Once you've filled yourself with your home frequency, imagine it as a tone, and in your imagination, "strike the tone of your own tuning fork" and let ripples of your home frequency radiate through you and out through the field around you. Give freely to the world.
5. Imagine that your home frequency is reprogramming and retraining your cells while you're enjoying the experience of it. When something fresh and authentic arises from your calm, open space, it will match your home frequency. Whether it's an emotion that relates to your deeper issues, or a curiosity, idea, opportunity, or person — follow the urge and engage with it fully.