

Experiential & Writing Exercises from The Transformation Trilogy by Penney Peirce

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THE INTUITIVE WAY: The Definitive Guide to Increasing Your Awareness

Getting the Most from This Book

- Attitude Assessment
- Contract

PART 1: CREATING A CLEAR LENS

Chapter 1: Recognizing the Intuitive Process

- How Has Intuition Appeared in Your Life?
- Identify and Transfer the Intuitive Sensation
- If I Could Increase My Intuition
- Make a “My Successes” List
- Your Sense Preferences
- Seek Guidance from Vision, Voice and Vibration
- Direct Writing

Chapter 2: Choosing the Intuitive World View

- Basic Ideas that Influence Your Perception
- How Does Contraction vs. Flow Feel to Your Body?
- How many Identities Do You Have?
- Shifting from Fear to Love
- Practicing the God’s Eye View
- Extending Your View
- Change Your Perception by Changing Your View
- Direct Writing

Chapter 3: Living in Alignment with the Creation Cycle

- Rocking In and Out
- Balancing Your 2 Worlds
- Activating Phase 1 of the Creation Cycle
- Activating Phase 2 of the Creation Cycle
- Activating Phase 3 of the Creation Cycle
- The Phases of Creativity
- Use Intuition to Rank Ideas
- Direct Writing

Chap 4: Unlocking the Secrets of Your Subconscious Mind

- Seeing Underneath Your Yes, Buts
- Dialoguing with a Subconscious Block
- Discovering What Your Resist
- Your Wedge Experiences

- Changing Your Habitual Reactions
- Transforming a Problem with Love
- Talking to Your Shadow Self
- Tune In to People at a Distance
- Direct Writing

PART 2: ACCESSING SUBTLE INFORMATION

Chapter 5: Becoming Aware of the Invisible

- Becoming Conscious of Your Environment
- Taking Responsibility for Your Own Comfort
- Noticing
- Seeing Similarities
- The Hand Scan
- The Warrior’s Walk
- Stopping the Internal Dialogue
- Doorway Meditation
- Activating the Electromagnetic Center
- Following Your Breath
- Watching an Inner Image
- Giving Attention and Being Attended To
- Balancing Your Body Mind and Spirit
- 3 Power Points Meditation
- Get Impressions about Physical Places and Spaces
- Direct Writing

Chapter 6: Hearing Your Body Talk

- Your Truth and Anxiety Signals
- Validating Your Body
- Your Body’s Key Questions
- How Soon Do You Know?
- Describing Emotions and Sensations
- Let Your Body Decide What You Will Do
- Direct Writing

PART 3: MAKING INTUITION USEFUL

CHAPTER 7: Harnessing Dreams and Imagination

- The Sky’s the Limit
- Expanding Imagination
- Reinvent Yourself
- Varying Your Routine
- Making Up Fantasies
- Symbolizing
- Is It Bigger than a Bread Basket?
- Symbolizing Intuition
- Decoding a Symbol
- The Lotus Petal Technique
- Programming Your Dreams
- Recording Your Dreams

- Receive Symbols and Their Messages
- Direct Writing

Chapter 8: Receiving Superconscious Guidance

- The Dome of Truth
- Feeling a Need and Phrasing Questions
- Releasing Your Request
- Redreaming a Dream
- Introducing a New Dream Character
- Working with Your Spiritual Council
- Meeting a Historical Figure
- Working with a Power Animal
- Quick Body Impressions
- Symbols of Guidance
- Conscious Merging
- Be Aware of Internal and External Guidance
- Direct Writing

Chapter 9: Applying Intuition in Everyday Life

- Spirit-to-Spirit Communication
- Tossing the Ball
- Sense Decisions
- Truth Symbol
- Potential Action Paths
- The Inventors Library
- The Art House
- Making Associations
- Calling the Healing Angel
- Happy Cells
- Mocking Up
- Activate Your Telepathy
- Direct Writing

Chapter 10: Staying in the Natural Flow

- Self-Righteousness
- Releasing Attachments
- Rescue Behaviors
- Vesting Authority
- Watching Your Words
- Ways to Help
- Be Your Soul All Day
- Direct Writing

Appendix: Delving Deeper

- Soul Activities
- Relaxing Your Masculine Mind
- Your Parents' Organizing Belief Systems
- Transforming Your Opinions
- Superconscious Insights
- Mining Your Subconscious

- Who and What You're Not
- Your Primal Emotions
- Cleaning the Energy in a Room
- A Hymn of Thanksgiving
- Mindfulness
- Impeccability
- Making a Holy Sound
- Watching an Outer Image
- Balancing Your Three Brains
- Developing Your Attention Span
- Clearing Your Energy Pathways
- Dialoguing with Your Organs
- Affirmations
- A Prayer
- What's the Message?
- Cultivating Surprises
- Personal Symbols
- Dream Recall Ceremonies
- Interpreting an Omen
- Meeting a Being from the Superconscious Realms
- Picking Up Impressions
- The Four Elements
- Your Hidden Communication Agendas
- Being Entirely Transparent and Honest
- Sending a Telepathic Message
- Public Conversations Soup
- Stream of Consciousness
- Patience
- I'd Be Better If. . .
- Excuses and Double Standards
- Balanced Giving and Receiving

2. FREQUENCY: The Power of Personal Vibration

Chapter 1: Our Phoenixlike Transformation

- Where Are You in This Process?
- Home Frequency Message: Start by Being Present

Chapter 2: Living Among the Frequencies

- Journey through Your Body's Vibrations
- Realms of number Vibrations
- Track Your Daily Vibrations
- Home Frequency Message: Moving Smoothly through the Vibrations

Chapter 3: Becoming Aware of Your Feeling Habits

- How Have You Experienced Sensitivity?
- Practice a Healthy Feeling Habit
- Reverse Your Basic Misperceptions
- Home Frequency Message: Ending Suffering in Yourself

Chapter 4: Freeing Yourself from Negative Vibrations

- Where Are You Holding?
- What Areas of Your Life Need Equalizing?
- Raise Your Vibration by Breathing Deeply and Slowly
- Clear Away Other People's Overlays
- Home Frequency Message: Become Transparent and Porous

Chapter 5: Feeling Your Home Frequency

- Enter Your Body in a Deeper Way
- Feel Into Your Body to Sense Your Personal Vibration
- List Your Negative Preoccupations and Worries
- List Your Positive Experiences
- Rock Back and Forth Between the States
- Activate Your Diamond Light Body
- Home Frequency Message: Merge with the Heart-Field

Chapter 6: "Feeling Into" Life with Conscious Sensitivity

- Feel Into an Object, Machine, or Plant
- Feel Into an Animal or Another Person
- Feel Into a Power Spot
- What Are You Most and Least Sensitive To?
- Feel Into Dissonant or Resonant Vibrations
- Describe Subtle Sensations
- Home Frequency Message: Attune to the Truest Feeling

Chapter 7: Mastering Relationship Resonance

- Ready Yourself for the Ones You Want
- Sense a Closed Heart vs. an Open Heart
- Home Frequency Message: Remember the Soul's Kind of Love

Chapter 8: Finding Upscale Solutions, Choices, and Plans

- Relax into the Solution
- Update Your Inner Blueprint
- How Does Conscious Sensitivity Help You Decide?
- Feel the Path of a Timeline
- How Do You Sense Change Brewing?
- Find an Upscale Solution
- Home Frequency Message: Flow So Your Problems Dissolve

Chapter 9: Creating a High-Frequency Life

- Materialize and Dematerialize Three Things
- Zero In on Your High-Frequency Life
- Home Frequency Message: Grow in Innocence

Chapter 10: Accelerating Toward Transparency

- What More Can You Include in Your World?
- Focus on Your Heart
- Flow Compassion and Love through Yourself
- Bless Someone or Something
- Home Frequency Message: Enter the Simple Life Often

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LEAP OF PERCEPTION: The Transforming Power of Your Attention

PART 1: REDISCOVERING PERCEPTION

Chapter 1: Acceleration and Transformation

Chapter 2: The Path to Expanded Perception

—Open and Close Your Eyes, and Breathe

Chapter 3: How Do You Know?

—Light Up Your Brain to Help It Change

—How Does Your Reptile Brain Tell You What's True or False?

—Do You Use All Your Senses Equally?

—Where Does a New Idea Register?

—Find Your Center, Feel Your Field

PART 2: SKILLFUL PERCEPTION FOR TRANSFORMATION

Chapter 4: Unlearn Old Habits of Perception

—Find Your Reptile-Brain, Old-Perception Habits

—Find Your Left-Brain, Old-Perception Habits

Chapter 5: Recognize new Perception

—Shift from Your Left Brain to Your Right Brain

—Balance the Left and Right Sides of Your Brain

—Feel Your Heart's Spherical-Holographic Nature

Chapter 6: Navigate the Transformation Narrows

—Dissolve Anxiety and Depression Energy

PART 3: NEW ATTENTION SKILLS FOR THE INTUITION AGE

Chapter 7: Practice Direct Knowing

—What Do You Already Know?

—Know Directly as Your Cells

Chapter 8: Practice the Spherical-Holographic Reality

—What Do You Project or Postpone

—Reabsorb What Was Previously in Your Donut

—Expand Your Sphere by 50 Percent

Chapter 9: Practice Undivided Attention

—Activate Presence with Attention

—Be the Spoke of a Wheel

—Understand Your Distraction Habits

—Do One Thing at a Time with Full Attention

- Attend to Many Things as Part of One Flow
- The Great Eye of the Diamond Light Dome

Chapter 10: Practice Flow Attention

- Feel the Turn in the Flow
- Become Transparent
- Continuity Meditation

Chapter 11: Practice Unified Field Attention

- Read Personal Fields
- Let Your Heart become Your Field
- Read Your Reality

Chapter 12: Practice Collective-Self Attention

- Become Your Collective Self
- Call Forth Your Soul Group
- Join the Collective Consciousness at Night

Chapter 13: Practice Shaping the Imaginal Realm

- Take an Elevator to the Imaginal Realm
- Imagine a New Invention
- Ask Good Questions to Find a New Vision of Reality

Chapter 14: Practice “New Human” Abilities

- A Day Without Technology
- Read the History of an Object
- Play with Telepathy
- Shape-shift into an Animal
- Travel through Space and Time

Chapter 15: Practice “Pretend Dying”

- Loosen Up Your Viewpoint
- Have a Near-Death Experience in Your Imaginal Realm
- Release Your Earthly Attachments then Bring Them Back