

A DAILY PRACTICE: HOW TO ACHIEVE CLARITY IN MINUTES

OUR CLARITY -- OR LACK THEREOF -- MAY HAVE TO DO WITH MORE FACTORS THAN WE REALIZE. IN PART, CLARITY MAY BE A FUNCTION OF THE PURITY OF INTENT THAT GUIDES US TOWARD OUR DESIRED GOALS. OUR CLARITY CAN BE CLOUDED BY FEELINGS OF OUR OWN SELF-DOUBT, FEAR, AND UNCERTAINTY. THE FEELINGS OF OTHERS AROUND US CAN ALSO AFFECT OUR CLARITY. WE CAN USE THE FOLLOWING PROCESS IN ORDER TO RETURN TO A PLACE OF TOTAL CLARITY IN THE MIDST OF OUR OWN SELF DOUBTS AND FEARS, AND THOSE OF OTHERS AROUND US.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, “if 0 = feeling nothing but total clarity, how much un-clarity do I feel considering all that is happening in my life and in minds of all others around me”

Ask: “Compared to a sparkling beautifully clear day, with crystal blue skies and unlimited visibility (pause and feel this) in sharp contrast, how much un-clarity do I feel considering all that is happening in my life and in the minds of all others around me?” Then rate how much un-clarity you feel.

Step 2: Ask ... “Instead of total clarity, what am I feeling now, considering all that is happening in my life and the minds of all others around me?”

Ask: “What am I feeling instead of the total clarity of a sparkling crystal clear day?” Put this feeling into a simple sentence, e.g., “I feel frustrated”. Or, if you can’t identify the feeling, then use a number instead, such as “I am feeling a ‘6’ un-clarity”.

Step 3: Repeat over and over what you are feeling using this sentence ...

“I’m feeling frustrated... I’m feeling frustrated... I’m feeling frustrated...”

Stay connected with the feeling -- repeating it over and over, until either at least a minute passes or the feeling fully subsides.

Return to Step 1: Continue with these steps until you’re happy with how much your un-clarity has subsided, or until you return to a feeling of total crystal clarity in your life.

... It may be helpful to remember the adage ...

“What I am willing to feel will heal ...

What I am not willing to feel stays real!”