



Free Article

MINDFULNESS FOR CLARITY

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Mindfulness for Clarity

I think it's safe to say that we would all like to know what to do in every situation. I believe that the information we need in order to make the best decisions for ourselves and others is always available. However, we don't always have access to the information. In order to access it, we must be clear. This article provides a few tips and practices to help you to clear yourself so that the information you seek is readily available.

Tip #1: Trust the process. Try not to second guess the process, just allow it to unfold and be patient.

Tip #2: First, I would like to say that it's okay to be uncertain. Our world is full of uncertainty. Uncertainty is not a bad thing. In fact, it can be beneficial because uncertainty (not knowing) allows an opening for new information. If we are certain, there is no room for insight.



“The more uncertain things seem to be, the more secure I will feel, because uncertainty is my path to freedom. Through the wisdom of uncertainty, I will find my security.” Deepak Chopra

So... How do you know what to do? How do you know how you feel? How do you know what you want?

As stated previously, the information is already there. You just need to:

Listen

“Prayer is talking to God, Meditation is listening.”
From the book, *Eat, Pray, Love* by Elizabeth Gilbert



Clear space is always there. It just gets covered up by the distractions of the world and by the distractions of your mind. Being quiet and listening helps to let the “dust” of your life settle so that you can hear and see clearly.



“God's Voice speaks to me all through the day.”
From *A Course in Miracles*

Or you could say: **My voice speaks to me all through the day**

How do you allow your/God’s clear voice to come through?

The voice comes through easier if you are:

1. “Home” - present in your body and in the present (not in the past, for example, feeling guilty or in the future, for example, worrying).
2. In a positive state of mind (no static – no negativity).
3. Open – no resistance (don't know mind).

How do you become present in your body and Listen?

- Ground yourself and be still – sit in a comfortable position and feel your body and your breath. Feel your feet or your legs in contact with the floor. Keep focusing on your breath.
- Let the “dust” settle – When thoughts arise, notice the thought (you can say “thinking”) and come back to your breath. Keep doing this over and over.
- Pay attention to *feelings* (thoughts can be deceiving). If a feeling arises, just let it be. Notice if you want to go into thoughts and create a story about it or if you want to “escape” from it or figure it out. Try to let the thoughts go and just feel the feeling without any labels or judgments. Allow it to be there in clear open space.
- Just notice whatever comes up and don’t try to hold onto it. Trust that whatever insight or information you get will be there when you need it.



“The truth of a thing is the feel of it, not the think of it.”
Stanley Kubrick

How do you point yourself in a positive direction?

- Notice negative thoughts, such as thoughts that create stress or anxiety and consciously point yourself in a positive direction by bringing your focus to something positive.
- Come back to your breath and smile.

How do you stay open?

- Don't know practice.
- Sit quietly and focus on your breath and ask the question: "Who am I?" and answer, "I don't know."
- Sit quietly and focus on your breath and ask the question: "What is this?" and answer, "I don't know."
- Notice resistance. If you have resistance, see if you can let it go. If not, just be with the resistance. Notice how it feels. Notice where it is in your body. It's just a feeling.

How do you know when it is your true voice? Or a Divine voice?

"It is calm, always at rest and wholly certain."

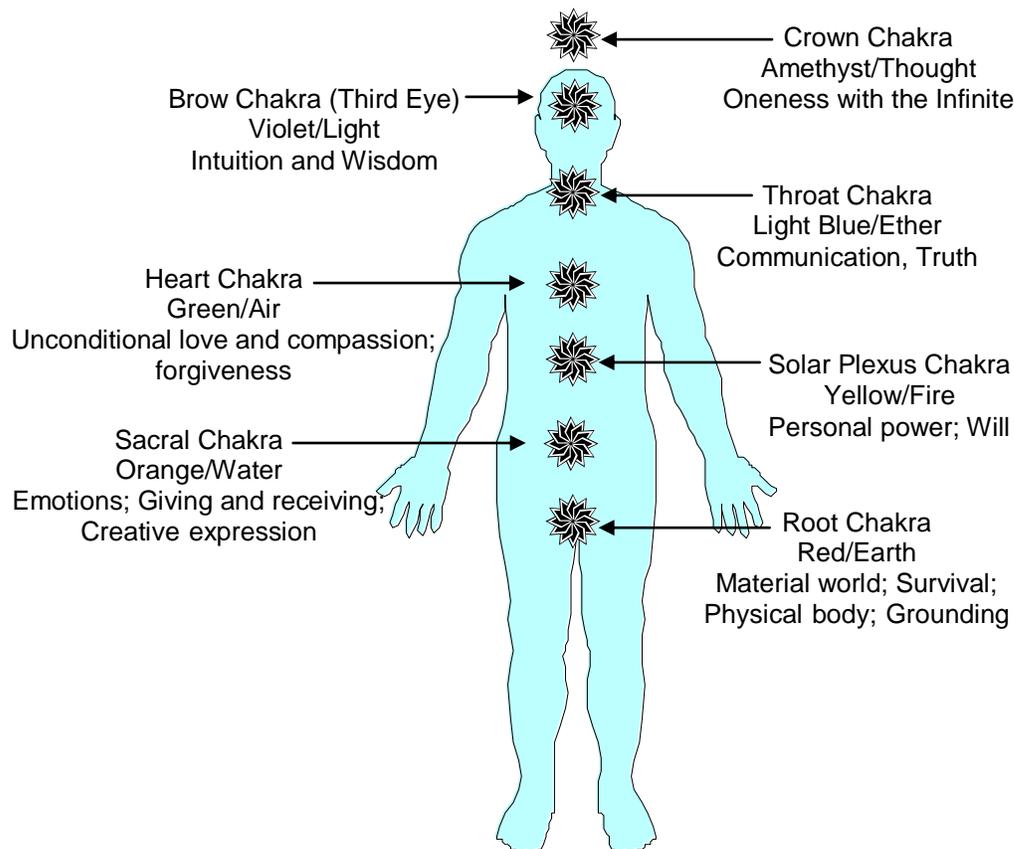
From A Course in Miracles



Chakras – Energy System

We can pick up energy from other people and situations. For example, have you ever noticed when someone you know is upset, you might “take it on” as your own upset? Or when people are angry, you feel sick to your stomach? It is very helpful to actively clear yourself out regularly so that you can be in control of your own emotions. One way to do this is to clear the energy centers in your body. These energy centers are called Chakras. You can do this once or twice a day and see if you notice a difference. After I began doing this practice twice a day, I noticed that I had previously been getting my own emotions mixed up with other people. I was able to identify and stay in my own space and not let other people’s emotions carry me away.

The following picture shows the location of the chakras in the body. Each chakra is associated with a color, element and specific quality in the overall health of the body. For example, if you have recurring sore throats, you may want to look at how you communicate with others or how others communicate with you. Meditating on the color of the chakra, and wearing clothes or eating foods of that color may help. Also, being in contact with the chakra's element, such as water, can aid in the clearing process.



Clearing Your Energetic Body

To clear your energetic body, as you are sitting in meditation:

- Focus on each of the areas of your body where the chakras reside. Notice how they feel and how they “look” in your mind’s eye.
- If they seem out of balance, dingy, dirty, entangled or anything else, you can use your hands to clear them out or just visualize them being cleared and cleaned.
- Then focus on the color of the chakra, for example, red for the first (root) chakra and visualize it being a clear, clean, vibrant red. Visualize the color going into the chakra and the chakra spinning clockwise, being perfectly balanced. (Optionally, say an affirmation about the chakra to yourself. See affirmations below.)
- Do this with each of the chakras. (You can clear the front and the back of the chakra.)
- When all chakras are cleared, visualize all of the chakras functioning in perfect harmony and balancing and clearing your whole body. Notice how you feel. Imagine all the chakras working efficiently and communicating with each other clearly. Imagine all their lights are uniform in color, shape, size and vibrations so everything is balanced. If you need to go back and clear one, do so.

Chakra Affirmations

1. First (root): “I am safe in my physical body.”
2. Second (sacrum): “I am safe in my emotional body” or “I trust my emotions.”
3. Third (solar plexus): “I am responsible for my own power and I use it wisely.” or “I am powerful and I am sacred ground.”
4. Fourth (heart): “I am.” or whatever is your truth in the moment, such as “I am love.”
5. Fifth (throat): “I speak my truth with integrity and compassion.”
6. Sixth (third eye): “I trust what I see and I see the truth.”
7. Seventh: (crown): “I trust my information.”

There are many books and teachings on Chakras. If you would like more information on Chakras, you can do a search on Chakras, Energy, and/or Healing.