

Clarity...

Think how much easier, and even more pleasurable life would be if you could see clearly through the clutter. How much more could you get accomplished if you had a bee-line to the outcome? What would you do with your free time if your calendar was streamline to fulfill only your most productive priorities?

The intellectual manifestations of clarity reveal an understanding, a knowing, recognizing something for the first time, getting answers or deciphering that which you've desired to see clearly. All distractions step aside to magnify your awareness when there's clarity.

We're well into spring and the sun is glowing to radiate beautifully through every window of your home. Opening up your home to the warmth of its rays may reveal pockets of clutter. As you allow the sunshine to cast brilliantly throughout each room where are the shadows?

Just as the clutter trails a shadow throughout your home so does the unknowing, and baggage block growth and freedom in your mind. Releasing these blocks allows a clear path for expansion. What magnificent opportunities lay before those gaining clarity!

As you clear space mentally, purpose, freedom and joy can flourish. Clarity makes room for greater visions and clears the path for abundance. As you discard old stacks of newspaper from the corner of your living space, light exposes a new dimension of purpose for that particular area in your home. Likewise, when clarity instills the mind, behold, brighter more purposeful, life giving thoughts can inhabit the space.

If your newly discovered knowledge is tied to a purpose or desire the expansion can be breathtaking! Just as clarity breaks way to expansion for radically *new* awareness, so it also gives way to clearing a path to your desires.

It reminds me of the old adage, "You can't see the forest through the trees." When the jungle is dense how do you carve your way through it?

A client had spent more than 30 years taking care of the needs of her home and family. For what seems to be the first time in her life she needed to seek employment. This was very scary for her. She knew a major shift was necessary.

After every coaching session she saw greater purpose in gaining clarity regarding the peripheral challenges in her life, which overwhelmed her. As she diligently cleared the obstacles we discussed in each session, clarity prevailed. During our fourth session it became so clear that her passion was the answer.

She recognized that developing just one simple area of her life would allow her to make decent income from her own living room. This was something she was already doing and enjoyed very much. Up until that moment, she had never seen clearly the expansion of it.

Isn't that funny, a birds-eye view does have the advantage. Sitting with her, session after session, it was so evident how the surrounding circumstances were blocking her from seeing clearly the beauty of her position. Such a shift required a neutral party to break away the debris blocking her view. This transformation will now bring forth miracles for her.

When there is clarity, or a clear path our vision is magnified. We see it bigger, more clearly. At that moment we engage an energetic focus that becomes our point of attraction. We've all heard the phrase, "What you focus on expands." So, in a nut shell, when the debris is eliminated and you're "clear" as to who, what, where and sometimes why, you have ignited a very powerful magnetic junction that *will* expand.

There is a very freeing sensation realized in every action toward clarity. People ask me all the time, "Do you have a Coach?" I would not be so passionate about my work if I did not also follow suit. My desires, functions, projects and actions are most always ignited by the partnership with my coach. As a result, I too have seen miracles!

This week take the time to gain clarity with these simple steps:

- Physical Space – When we clear the debris from our physical space, like the pile of papers in our office, it has a profound impact on how we view everything around us and within us. Go through those old stacks of paper or files. They're blocking your vision.
- Clear Your Mind – Pick one thing, start small if you like, that's been in the back of your mind, something you think of every once in a while that you know you need to handle. Maybe it's an unfinished conversation, a task you've put off, or a memory you've tried to ignore. Plain and simple; it is clutter that's blocking your view and holding you back from where you want to be.
- Meditation - This is a great way to clear your mind momentarily that has profound effect on your productivity and ability to gain clarity. Meditation expands the space in your mind to bring in new light.

Unfortunately it's much easier to clear the physical space than the mental compartments that have piled up over the years. However, this most difficult task clears the path to your greatest rewards.

Enjoy your week of greater freedom and clarity to accomplish your desires!