



## How to Set Your Life on Fire with Clarity

### CLARITY OF MIND

*“The wisdom of your mind will come to your assistance.”* ~A Course In Miracles

**Be specific about where in your life you need clarity.** This becomes your target area and point of focus for thoughtful attention. There’s no need to choose more than one area at a time because clarity in even one small place in your mind opens the flood gates of insight into all other things that need greater transparency. Mental clarity is essential for making good decisions and taking appropriate actions for your own wellbeing. It starts by getting specific about where you want a stronger sense of direction and more confidence in your life choices.

**Name whatever you think may be blocking clarity for you right now.** It could be hesitation because you suspect getting clear could also mean it’s time to make new choices and take some kind of action. It could be fear that you will be opening a Pandora-like box of secret pain or unrealized dreams. It could also be a habit of procrastination and avoidance; hoping that things will get better by themselves. Name the block so you can finally address it, remove it, and move forward.

**Stop settling for less than what you really want or need.** Wherever you feel stuck or in some kind of pain in your life is a place that is signaling a need for more of your attention. It is often a signal that you’re merely settling for things as they are instead of reaching for what you really, really want. Settling eventually leads to increasing levels of dissatisfaction and regret.

***The whole universe will back you up on whatever you choose,  
so be clear, be honest, and speak your true needs, desires, and goals.***

## **CLARITY OF HEART**

*The heart never lies and it cannot be fooled.*

**Tell the whole truth.** Be honest with yourself about everything related to the area of your life where you are wanting more clarity. There is no peace of mind without truth telling. There is no sustainable happiness without the truth lighting the path before you. Whatever limits you, whatever makes you feel small or unworthy or inadequate in your own eyes, whatever confuses or repeatedly frustrates you, this is a place that needs the illuminating power of truth and nothing less than the truth.

Truth telling is the ultimate self-care.  
It can be your greatest super-power because it is an immediate antidote to resistance and self-sabotage.

**Take 100% responsibility for your life and your happiness all the time.** No one else on the planet is ever responsible for making your choices. When you take full accountability for your life and the consequences of your actions, you release the intelligence of your heart, an awareness and intuitive insight that can guide you to the best possible choices, decisions, and actions for your wellbeing. The power of taking this level of ownership is absolutely life-changing, because it puts you in charge of your destiny.

**Assume you already know your answer and trust your intuition.** Your heart never lies. It is the source of first intelligence within you and is always leading you to your highest good. Intuition is the voice of your heart, mind, and soul working together in seamless coherence, and that voice is always speaking to you from the quiet within. Say to yourself, *"My heart knows the answer and it is coming to me now."* Then remember that your heart never lies and trust what you hear.

You alone  
are the knower of your truth  
and the chooser of your destiny.  
Trust your heart first.

## **CLARITY OF SPIRIT**

*Your soul knows your purpose and destiny.  
Let it be your guide.*

**Go within yourself for the clarity you seek.** The truth about who you really are and what you really want to be, do, and have in life can be found nowhere else but within yourself. It is there in your quiet mind when you finally let your mind be quiet. It is there in your beating heart when you listen without any distractions. It is there in both your waking and sleeping mind because the truth is with you always.

There is no mystery or trick to finding clarity.  
Just be still and let it come to you. Let it bubble up from within.

**Forgive, let go of the past, and move forward.** Any place in your mind where you are holding on to a painful memory or negative emotions from a past experience is a place where your vision is limited. Old unhealed pain can be a major block to clear thinking, and holding on to that pain puts you in a self-imposed prison. As soon as you decide to release yourself from the past, you literally open the door of your heart to freedom.

To forgive is simply to choose peace of mind above everything else. It is the sanest, healthiest thing you can do for your own happiness and wellbeing. It frees your spirit so you can move on to a greater good.

**Trust the Good.** Think about the word “trust” for just a moment. Who do you trust in your life? What do you trust? Who and what do you put your faith, belief, and conviction in? When you decide to trust the *Good* in life, you are putting your wellbeing into the care of your Creator and the Universe around you. That means you are entrusting your welfare to the unseen energies of life and to the love that underpins all creation. It also means having faith that somehow all things will work out for you. This is a most spiritually sound way to live.