

Riches Within

Coaching for an Extraordinary Life
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Three Steps to Exceptional Clarity

How to quickly shift from *stuck* to *clearly directed*

Building an extraordinary life calls for exceptional clarity – a bright certainty that can be tapped into whenever it is needed to **envision your future**, to **define the goals that will form the pathway to that future**, and to **make the best possible choices for ever greater happiness and success**.

Without clarity of purpose or intention, life is a struggle and a puzzle that never seems to be solved. Aimlessly moving from job to job or from one relationship to another, there is no chance for a sense of meaningful connection and deep satisfaction. Forward movement and true joy about your life evolves from clear vision and from the direct evidence that the vision is achievable and worthy of your efforts.

There are three steps that can bring almost immediate clarity when applied to any situation or area of life. Mastering even *one* of these steps can dramatically change your life for the better. Using all three of them can create a quantum shift in whatever area upon which they are focused.

STEP #1: **ASK POWERFUL QUESTIONS**

Clarity is achieved most quickly by asking very powerful questions of oneself and answering them with as much honesty as possible. Examples of questions that evoke deeper thinking are:

- What do I really, really want from my life?
- What have I been tolerating that repeatedly drains my energy and blocks my joy and life satisfaction?
- Who have I been blaming or using as an excuse for my own unhappiness?
- In what area of my life do I want to see the biggest shift or change?
- What am I really willing to do right now to have the life of my dreams?

The greater truthfulness one brings to this questioning process, the more the soul responds. New ideas begin to flow and old resistance gradually falls away. As a clear picture is allowed to form in the mind, one's inner spirit immediately offers the support of intuitive guidance.

STEP #2: **CLEAR THE CLUTTER**

Removing the confusion of clutter is another powerful way to achieve a higher level of clarity. Anything that repeatedly **blocks your thinking** or **drains your energy** is probably caused by some form of clutter.

Clutter can be physical/material, emotional, mental, or spiritual. It can be anything from an accumulating overabundance of possessions to an outdated filing system. It can also manifest as emotional baggage carried from year to year and as outdated belief systems that have never been questioned.

Most people simply grow an exaggerated tolerance for the clutter they allow in their lives instead of seeing to its removal before it gets out of hand. Like anything else that promotes greater maturity within a human being, this step requires some self-discipline and personal accountability.

There is no such thing as a magic wand when it comes to clearing away clutter, but there are a few tricks you can use to make it more manageable and even fun.

- **Start small.** No matter how insurmountable the clutter feels within you or around you, taking it down to the smallest components will greatly speed up the process.
- **Move it on a Monday.** Set a certain day of the week in your calendar as an agreed upon time for clearing whatever area of your life is most in need of order and harmony.
- **Ask for help.** Sometimes the best approach to a big project is to ask for another pair of eyes to assess the situation and another pair of hands to help with the work. The smartest people on the planet ask for assistance when and where they need it, and so they consistently move ahead while others lag behind or never get started.
- **Celebrate your progress.** Give yourself a party or at the very least a big round of applause when you have removed some clutter from your path. Acknowledge how good it feels to have accomplished the task; take a moment to reflect on the space you have created for new good to come into your life.

Clearing clutter is not just a physical activity; it is also a spiritual practice. Where simple order is restored, uncommon clarity can be revealed.

STEP #3: **PRACTICE INNER QUIET**

Do you need an immediate solution to a problem? GET QUIET.

Are you searching for greater certainty about a choice that is before you? GET QUIET.

***Nothing so stimulates clear thought as does a little time of
simple, sustained silence.***

Our world is noisier by the day. It is filled with the sounds of busy people coming and going in traffic, the visual and audio chatter of the media grabbing for our attention, the constant onslaught of distractions from cell phones, computers, ipods, and games. We are a thoroughly plugged-in and hooked-up society.

As a result of all this over-stimulation, few people know how to completely turn off the outer world and immerse themselves in a quiet mind. When everything outside of us is turned off, the voice of spirit can finally be heard within. This is the voice of reason, sanity, wisdom, intuition, and peace.

Anyone can learn to access this amazing center of exceptional clarity that is often called the I.G.S. or Inner Guidance System.

Here is the simplest way to practice inner quiet:

- **Unplug.** For 5 to 15 minutes a day turn off everything that could distract you and just sit in the quiet. No phones, no email signals, no computer hum, no TV or radio – just the sound of your own breath and whatever sounds of life reach you from outside your home, car, or office.
- **Ask.** Whatever you really need to know, whatever you are attempting to better understand, ask the inner quiet for a clear and specific answer. Just as in the outer world you have a much higher chance of receiving what you need if you ask for it, so too in the inner world.
- **Listen.** Listen more deeply. Stop the chatter of your own thoughts by letting a little gap of silence grow between them. You will hear the answer you are looking for and you will recognize it by its simple clarity. Sometimes the answer will come immediately and sometimes it will come later in the day. Learn to listen more and talk less in your quiet time. The results will astound you.

Exceptional clarity is within your reach today!

You need only decide that you are willing to do what is needed to call it forth.

To help you apply these *Three Steps to Exceptional Clarity*, I encourage you to check out the Life Coaching options at www.RichesWithin.com.

Joyfully yours,

Louise Dunn, Professional Life Coach

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