

Clarity ~ Intention ~ Focus

Clarity activates and awakens your creative life force, infinite intelligence, and the divine blueprint, which puts you at cause as a conscious creator who is able to choose in every moment.

Intention and curiosity are more powerful than fear.

Creative intention and clarity is a muscle to build. We get good at it by practicing it.

Clarity harnesses the creative life force and becomes the bridge between where you are and where you wish to be, or what you wish to have or do.

Reasons we may not be clear (which are all 'release-able' ☺):

- Too busy and distracted
- Care what others think more than we care about staying connected and centered
- We react to life more than being at cause; don't realize it's ok to create more for ourselves
- Haven't practiced moving between comfort and the edge of our comfort zone where creative expression lives. When we do, we teach ourselves that it's safe to explore, play, inquire, ask, command, transform, make mistakes, and create our health and life as we choose.
- Fear will always pop up when we attempt something new, knowing that makes it easier to take steps toward our desire anyway.

Some core truth about clarity:

- Even if it feels like you don't know what you want, you do. If this is the case, it's perfect to start with the intention of "becoming clearer".
- Be strong (vs. wimpy) in your words to yourself. I AM, I can, I'm willing to discover, It's possible for me... vs. oh, I don't know, maybe, I'm not sure, we'll see.
- You adjust your intention along the way as more clarity arrives.
- Curiosity gives clarity a way in.
- Clarity arrives in our willingness to keep moving forward.
- Clarity is heard and felt best when we settle our mind.
- It is a muscle to build.