

Go For Clarity

Victoria Boutenko in her book “12 Steps to Raw Food” gives us some insight into dealing with change—be it a diet or a career. She differentiates between clarity and knowledge by suggesting that clarity is “the ability to see things as they are” and knowledge is “someone else’s opinion.”

With clarity, the potential to make and sustain productive change is great. Instead of adding to our knowledge base (which may or may not result in new behavior or possibilities), we can opt to “see life events as they are without the distortion of knowledge.” We can access and move from the ever evolving, wildly creative field of consciousness.

Go for clarity by doing the following exercise.

1. Think about a challenge you are facing or a resolution you are bound to keep this year.
2. Come up with a specific what, where or how question such as “What is going on with ___?” or “Where can I best contribute to ___?” or “How can we ___?”
3. State your question out loud and graciously. Then pay attention as you do one of the following:
 - Go for a walk with a digital camera or cell phone and take pictures
 - Open to one page of a magazine or book (any will do) and note where your eye lands
 - Get a blank piece of paper with some crayons and draw
 - Journal or Meditate
 - Pick a tarot card from your own deck or www.tarot.com
 - Walk a labyrinth
 - Click on www.vevo.com and listen to John Mayer’s song “Clarity”
 - Go to www.youtube.com and search your favorite guru
 - Play with a child
4. Consider what you created or experienced and apply what inspires you. **Knowledge isn’t power, clarity is!**

PS- Laughter is a good clue you’re on the right track. As I was writing this I received a triple whammy in answer to my question of the moment. I received an e-mail message that said, “Believe in a Magical New Year”, a video clip from Deepak Chopra called “The Wonder of You” and an inspiring video of healing injured owls and raptors from Birds of Prey Foundation. All meaningful to me. HA. It works!

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