

CLARITY • SESSION I

# GROUNDDING

START WHERE THE FEELINGS ARE | RELEASE RESISTANCE WITH LOVE

WHAT DO YOU WANT?  
*A Simple Formula to Clarify*

THE REMEDY FOR  
RESISTANCE  
*(Always, Always with Love)*

leslie ralph



#### **4 START WITH HEART.**

Grounding and goal-setting starting from the heart.

#### **7 HERE & WHOLE.**

A poem and prompts for finding your way back home.

#### **14 BELOVED FLAME MEDITATION.**

A meditation for finding the fire in you.

#### **17 THE SECRET TO TRANSFORMATION.**

It all begins with clarity.

#### **21 THE YES TEST.**

Learn your body's language and how to find your yes.

#### **29 RELEASING RESISTANCE.**

Understand your resistance and learn how to let it go.

#### **32 END WITH CLARITY.**

Where you've been and where you want to go.



# GROUNDING

Clarity is about knowing what you want and feeling confident in your decisions, releasing the pressure of overthinking, and finding happiness on the inside.

No matter how detached or hollow you've felt, no matter how restless, or how unrecognizable you've become - I believe this: you, your spark, your light - you're in there somewhere. And I believe that your body has been telling you so all this time. Your journey inward toward clarity begins there. **Coming back to your body in the present and feeling what it's telling you is the secret to tapping into clarity-whatever the circumstances.**

This week, you'll look for those places where you already do or have felt clear, decisive, engaged, and free. You'll uncover those things you already think and wonder, and the information your body is already telling you. That curiosity, that friction even, these point you to your purpose and your passion. They tell you what you want, what you need, what is lacking, if you're excited, afraid, and they give you hints about your next steps. This week, you're learning how to listen again.

**My wish is for you to feel clear, confident, and excited about your life, starting right where you are.** My wish for you this week is that you reconnect with your body and its inherent wisdom, rediscover the things that light you up, and lovingly heal and release the resistance keeping you stuck.



# START WITH HEART

Clarity is Intentional.

The idea, project, or presence I want to nurture this week:

I INTEND TO...

In my body, this intention feels...

The words, phrases, or sayings I associate with this intention are....

The actions that feed this intention:

Coming from this place, the world looks...





*Welcome Home*

## HERE & WHOLE

Not so very long ago, I thought I was just fine. I lived without the pieces lost along the journey between childhood and now.

And though I thought I was okay, things never felt quite right.

In my quest to be someone, I forgot to be myself, acting a part that I made up with what I would allow.

In my quest to fill what lacked, I shattered my wholeness till I was left a tiny part of who I was meant to be.

In my quest for freedom, I flung my heart from mountains, as if that would make me fly.

As I searched for happiness, I jettisoned my wild dreams, fearing they would pull me under.

And as I chased down wisdom, I shot my knowing into space. Because someone else always knew better.

It worked well enough to think it worked. I was close enough to happy, approximately free, achieving my dreams more or less, fine enough that it was almost true.

I could have gone forever just about but not quite me. Acting through my life, pretending to be here and whole, while disappearing inside out.

But then there was a yearning I could not explain away, breaking through my consciousness, sprouting from the remnants of myself buried left deep beneath my skin.

Finally, I awoke from the spell I'd been under and saw what I'd missed so far:

**Fine isn't what I came here for.**

Those fragments of me spoke a truth I'd forgotten how to hear, with a clarity I'd forgotten I could see.

"Look at all you used to be! All those pieces you forgot."

"They're no good now anyway," I said to ease the pain of seeing who I'd left behind.

"I'm fine."

But it wasn't true, and I knew it. And it wasn't enough to go through the motions of my life.

So, standing on shifting ground, balanced on dizzy feet, I did what seemed impossible: I called my lost parts one by one and asked them to come home.

**It was then that I discovered they were already on their way. All this time, waiting, watching, until I was ready to welcome them back in.**

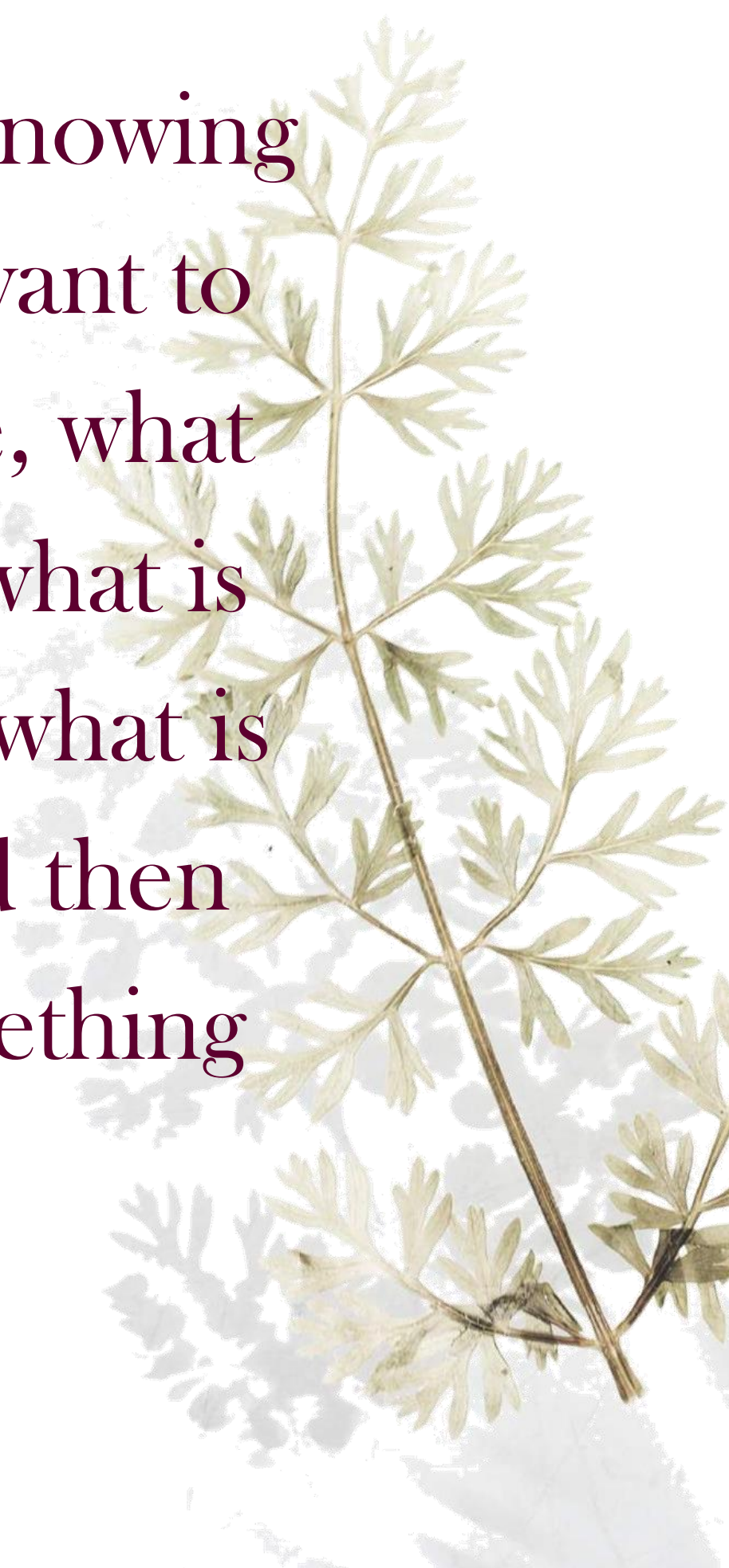
## HERE & WHOLE

So, standing on shifting ground, balanced on dizzy feet, I did what seemed impossible: I called my lost parts one by one and asked them to come home.





Clarity is knowing  
what you want to  
experience, what  
you trust, what is  
yours and what is  
theirs - and then  
doing something  
about it.



This, I know to be true:

Deep in my bones, I know it's right to...and wrong to...

Tell a story about the last time you laughed really hard:



In this lifetime, I want to see:

In this lifetime, I want to learn:

## DO SOMETHING ABOUT IT.

How I will honor these desires:

## BELOVED FLAME MEDITATION

Your beloved flame is that spark in you, the little voice, the little light. It's the place where your heart sings. It's where you feel alive, engaged, present, free. This is the thing in you that tells you what you want to see, what you want to do, what's really important, and the direction you want to take your life.

Nurture it with this meditation. You can use the prompts to practice at your own pace or listen to the recording included in the materials for this session.



# NURTURE



# SHED

Dedicate your meditation to something you value, and focus on the feeling of this dedication more than the words.

Visualize a ball of light beginning at your heart. It glows blue as you inhale and gold as you exhale. With each breath, the ball grows and extends until you are inside it. Let it fill your body.

Touch your hand to your heart as a physical cue to remember the feeling of your intentions at any point during the day. Say to yourself, **“May I keep my beloved flame alive today and every day. May all beings find their own beloved flame.”**





## BELOVED FLAME MEDITATION

“May I keep my beloved flame alive today  
and every day. May all beings find their  
own beloved flame.”





## REFLECT

Each time you complete the Beloved Flame meditation, reflect on it with these questions:

Describe the beloved flame you visualized. What words, images, colors, or feelings came up for you?

How do you see this beloved flame show up in your everyday life?

What are your biggest takeaways and aha moments from the Beloved Flame meditation?

What is one concrete thing you can do to nurture your beloved flame today?





## TRANSFORMATION IS POSSIBLE WHEN YOU NOTICE & ACCEPT WHERE YOU ARE.

Clarity begins with noticing and naming your thoughts and feelings. Really, talk to yourself about it. Give yourself validation, show your understanding, even if it feels like an exaggeration or you're being "silly."

**The more often you can sit with your experience without judgment, the more clear it becomes to you that your experience, what you think and feel and desire, always makes sense.** Even if you don't want to stay there, you want to change it, or it's different from everyone else's.

Beneath the details of the situation: who you're with, what you're doing, what just happened, is your story. Your experience is never really about the details. It's about that story. Things like who you are, what you believe, the crucial moments in your past and how you made sense of them, what you value and what you want to do in this lifetime.

### AFFIRMATION FOR CLARITY:

*"I am open to understanding my own experience because I know that it always makes sense. And I know that it is only through accepting where I am that I can take the steps that are right for me."*



On the next page, write a letter to yourself affirming something you know to be true, acknowledging an important part of your history, naming a very real pain, and reminding yourself of your most sincere intentions. Here are a few prompts to get you started:

I know you've felt...


I know you've seen...

I know you're here to...

I've seen you...

I offer you my most sincere words of.....which are...

Dear



The relief of finally  
saying, “No,” was  
the most amazing  
thing.

MAKE SPACE FOR YES.





*Learn Your Own Language*

## THE YES TEST

Reconnecting with your body and learning your own language begins with simply feeling the difference between yes and no. **Not analyzing your way to yes and no. Not being advised to yes or no. But *feeling* them.**

You can think of your body's signals as existing along a spectrum from fear to love, contraction to expansion, no to yes.

**Fear, no, contraction** feels just like it sounds: closed off, tight, tense, smaller. It feels like no, danger, wrong. Treat this like a red flag. It doesn't mean don't do it, just pay attention to how it's influencing your decisions and actions.

**Love, yes, expansion** is open, lighter, aligned, resonant. It feels like yes, this is home, this is right. This doesn't mean this is what you need to do, just pay attention to how it influences your decisions and actions. Notice how it feels to suspend judgment and let yourself feel this way.

**This is what I call the Yes Test: when you're facing a decision, feeling stuck, overthinking - *feel* where there's a yes.** Your yes may feel very clear to you, or it may be mixed in with feelings of no. This is usually the case when we're overthinking or used to acting from a place of fear or pressure.

Remember that the part that feels open, expansive, is yes. Yes is based in love and intuition. The other feeling, the tension, tightness, contraction, that's no. Notice how you feel when you make decisions. Notice how your life feels overall.

**And when you're stuck or confused, ask yourself:**

How do I want to feel as I take this next step?

Where is there a yes, and what does that tell me about what I value and desire?

Where does my body feel like “no,” and what does that tell me about what scares me or what I want to avoid?

In this case, where does my decision need to come from, love or fear? Where do I want it to come from?

Is there a real danger? Something I want to learn, strengthen, or experience? How can I move toward yes and take care of realistic concerns and obstacles?

# YES/NO INVENTORY

You can complete this worksheet all in one day or add to it little by little over the week. Write out the actions, situations, and experiences that are a yes or no, including any descriptions about what that feels like in your body. When your experiences are mixed, try to separate the yes and no elements and include those in your inventory. Use as many extra pages as you like.

YES

NO

In my body, love, yes, inspiration, devotion feel like:

In my body, fear, no, force, red flags feel like:

How do I typically feel in my daily life? Yes or No? Love or fear?

Where do my choices typically come from? Yes or No? Love or Fear?



**Apply the Yes Test to a decision you're facing.**

**Instructions:**

For the next few minutes, give yourself permission to suspend judgment and disbelief and align yourself with love. You're allowed to be a dreamer in this exercise.

Name a decision or situation that you've been overthinking:

How do you feel while thinking about this decision or situation? Open or constricted? Love or fear? Describe what you notice in your body and mind:

Now, *feel* where there's a yes. Not where there should be a yes or what people have told you is a yes. **FEEL** it, in *your* body. List all the aspects of the situation that leave you feeling open and all the ideas you've had that feel open or expansive. Remember, you're suspending judgment here. Just list where you feel a yes:

What does this tell you about what you value or desire? What have you been doing about this?

Now, feel where there's a no. Not where there should be a no or what people have told you is a no. *Feel* it. List all the aspects of the situation that scare or concern you. Name the parts that feel like pressure or urgency. Remember to suspend judgment here, too. Just feel where you feel a no:

What does this tell you about what you don't want?

What does this tell you about what you want to avoid?

What does *that* tell you about what you value or desire? That is, how does your no inform you about your yes?

What have you been doing about this?

My biggest takeaways, surprises, and aha moments from this exercise are:

## DO SOMETHING ABOUT IT.

How I will honor this clarity:

# CLARIFY YOUR RESISTANCE

---

TRUE  
OBSTACLES

OVER-  
STIMULATED

FEAR

EXHAUSTION &  
BURN OUT



OVER-  
COMPLICATED

DOUBT,  
UNCERTAINTY  
& AMBIGUITY

PRESSURE

INTUITION &  
CLARITY

---

*Shine a loving light on resistance,  
and ask it what it needs.*

# RELEASING RESISTANCE

*Only Ever with Love*

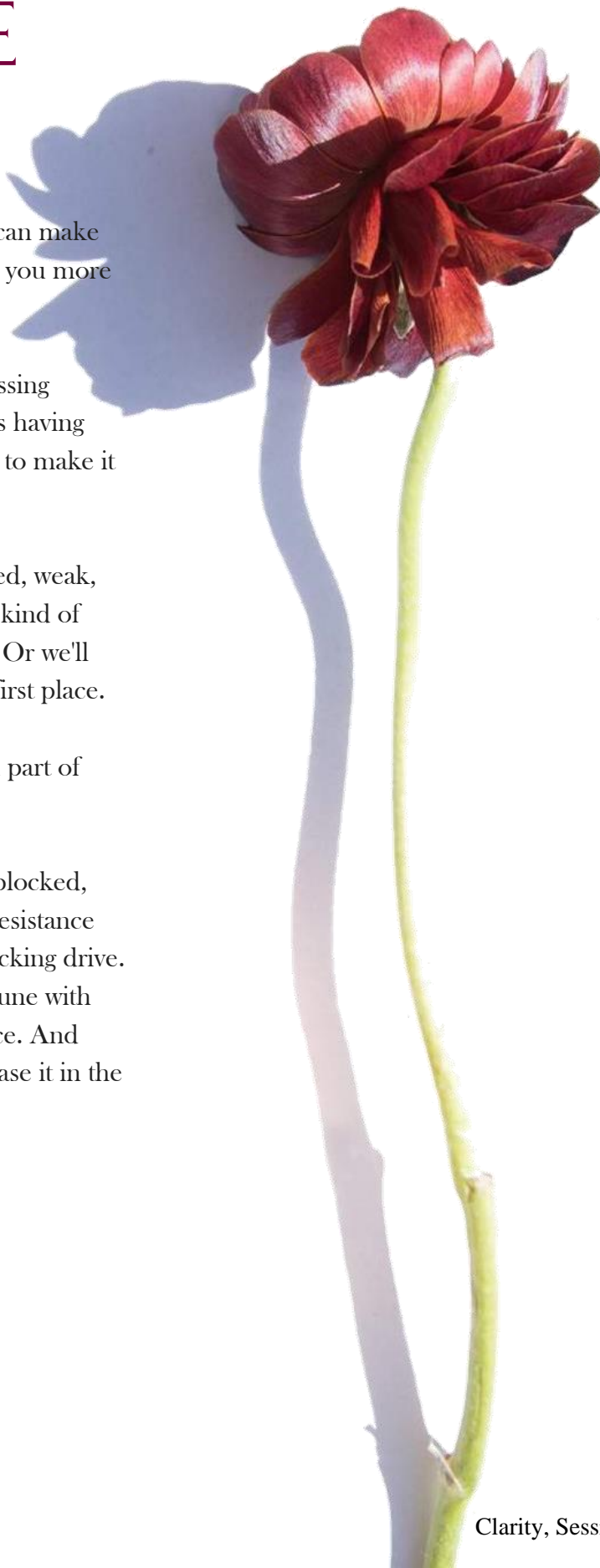
Getting stuck can be so disheartening. It can make you question your very essence and leave you more confused.

If I want this, why am I stalling? Am I missing something? How is it that everyone else is having these epiphanies? And how are they able to make it all work?

Sometimes we'll call ourselves unmotivated, weak, or lazy. We'll say we don't have the same kind of drive or willpower as those other people. Or we'll doubt whether we really wanted it in the first place.

This is **RESISTANCE**. And it's a normal part of change.

When you're feeling stuck, mysteriously blocked, exhausted, distracted, this is resistance. Resistance is **NEVER** about being lazy or weak or lacking drive. Grounding yourself and getting more in tune with your body helps you understand resistance. And when you can understand it, you can release it in the most loving way.







# WITH ONLY EVER LOVE

---

*The Remedy*

Once you understand the root of your resistance, you can make meaningful choices about where to spend your energy. With love, you decide if you need to slow down, take a baby step, solve a problem, ask questions, find solitude, save the money, rest.

If it's lack of time, choose where you'll make the time. If you're exhausted, choose how you'll renew and reserve energy for this new thing. If you're afraid, choose whether it's important to face that fear and how you'll do it sustainably. If you're overwhelmed, choose where you can simplify. If it's intuition saying, "This isn't right for me," choose if you're going to continue on this path or change course.

You have unlimited wise and valid choices before you in every situation. Make the choice that comes from a loving place, that feels like yes, that frees you. And trust that your body will know it when it feels it.

Where are you experiencing resistance in your life? Any particular goals, projects, areas of exploration?  
For each one, answer these questions:

My resistance is trying to tell me...

3 ways I can bring love and relief to that area:

1.

2.

3.



AFFIRMATION FOR  
RELEASING RESISTANCE

*"My resistance means I'm  
approaching something new. I thank it  
for telling me what I need, and I release  
it with love."*



# END WITH CLARITY.

Where I've been &  
where I want to go.

My favorite thing about this week:

This week, I was most surprised that...

This week, I learned...

This week, I lived in alignment  
with my intentions by...

Next week...