

CLARITY • SESSION 2

# ALIGNMENT

LIVING IN ALIGNMENT WITH YOUR HEART | THE ART OF LETTING GO

THE CLARIFYING ATTITUDE

*The Key to Alignment & Healing*

HAVE CONFIDENCE ANYWHERE

*The Simple Secret to Feeling Confident Anywhere*

THE ART OF LETTING GO

*Make Room for Clarity*

leslie ralph





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# ALIGNMENT

This week is all about aligning with your heart. This means doing the things that are authentic, driven by love and openness, and that contribute to your authentic expansion. **Aligning with your heart involves making the plans and setting the goals that contribute to your sense of heartfelt purpose, allow you to be true to your values and unique gifts, and move you toward your heartfelt desires.** I also think of alignment as joining with and validating yourself. This means making the active choice to be on your own side, not really on a side against someone else, but on your own side as a supporter, a cheerleader, a coach, or even a loving presence for your inner child.

This week, you'll learn how to approach any situation with a clarifying attitude, how to build pure confidence and bring it to every situation you encounter, and how to learn the language of your emotions.

But living in alignment is more than just putting your thoughts and feelings into words, it's translating them into action, and there's a very special kind of action we'll talk about this week: loving action. **Loving action is motivated by a heartfelt desire to do the most loving thing.** What that loving thing is depends on the situation and what you need, and it's that motivation that matters even more than the action itself. This week, you'll learn how to use loving action to live more closely aligned with your heart and let go of painful emotions and experiences.

**This is my wish for you this week: That you face yourself with loving eyes and ask yourself the loving questions that bring clarity to any situation, that you meet whatever arises with love, and that through this loving inquiry, the most loving action becomes clear.** May we all live in alignment with our hearts.

An underwater photograph showing clear blue water with ripples on the surface and smooth, grey rocks on the bottom. The scene is captured from a slightly elevated perspective, looking down into the water.

# START WITH HEART

Clarity is Intentional.

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

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...



An aerial photograph of a large number of white sailboats scattered across a vast expanse of greenish-blue water. The boats are small and numerous, creating a rhythmic pattern across the frame. The water's color transitions from a lighter green in the upper left to a darker teal in the lower right.

# THE SEEDS OF CLARITY

Right now, you have access to an unlimited supply of peace. The kind of joyful, steady peace you can dip your toes into on a hot summer day.

In this moment, you can have the fresh air of freedom, like opening all the windows and letting the light pour in.

Whenever you want, you can summon the courage that rolls through the sky like thunder. And whenever you need it, you have the key to a strength that's both solid enough to build an empire upon and giving enough to allow the flowers to break through.

Wherever, whenever, however you are, you can create your own joy. And freedom. And courage, strength, wisdom, compassion, and peace. The seeds have been planted, and it's you who nurtures them.

To begin, give yourself a little space - a little time, a little sacred place, a little room to catch your thoughts and breath. And in that space, practice stillness. Practice acceptance of what you find in that stillness, offering it curiosity and caring.

You can begin with this meditation:

*Breathing in,  
I bring peace to my body.  
Breathing out,  
I share that peace with the world.*





## LOVING INQUIRY

Finding clarity, letting go, and living in alignment with your strengths and values begin with **loving inquiry**, or choosing to pay attention to your internal experience with curiosity and nonjudgment.

This only happens on purpose. Loving inquiry is an action you choose to take, and this action helps you uncover your next most loving steps.

This kind of inquiry comes from a place of sincere curiosity. It's having a genuine interest in finding out what happens or seeking some answer, and while you may hope for things to go one way, you're also open to seeing whatever there is to be seen. Any answer to your loving inquiry is allowed. There is no judgment when you're simply asking the questions.

## COMPASSION

**Compassion** is the heartfelt desire for someone, including yourself, to find relief from their suffering, to be content, to feel loved, and to be at ease. Sometimes, the most compassionate action is taking steps to relieve the suffering in any way that's accessible, and sometimes it's most compassionate to honor and respect that there is pain or discomfort without needing to make it go away. And either way, it begins with the motivation to do the most loving thing, to offer love, and to validate one's honest internal experience.

Whatever your experience is, it's an opportunity to say, "I see you, I hear you, I am willing to understand and do the most loving thing."



# LOVING QUESTIONS LOOK LIKE THIS

Many of us were taught to push emotions aside, numb them out, bottle them up. And this means that we might not have experience with asking loving questions. Use this list as a guide as you begin to practice loving inquiry. Remember, it's the intent to speak to yourself with love and the attitude of curiosity, compassion, and nonjudgment that makes these loving questions.

What emotions am I experiencing? When have I felt like this before?

What thoughts am I having? Do these sound like anyone I know?

What words stand out to me in my mind?

What actions do I feel the urge to take? When have I taken these actions before?

What story am I telling myself? Is it possible that this is not the whole story or the true story?

What part did I play?

What does this remind me of?

What feels threatened? My worth? My identity? My connection?

I'm afraid that...

My body feels...

What pieces are missing from this puzzle?

What questions can I ask to clarify this situation?

What part of this is solvable?

The thing I want most now is to... What is it that I need?

I'm worried other people will think...

I'm afraid this means I'm...

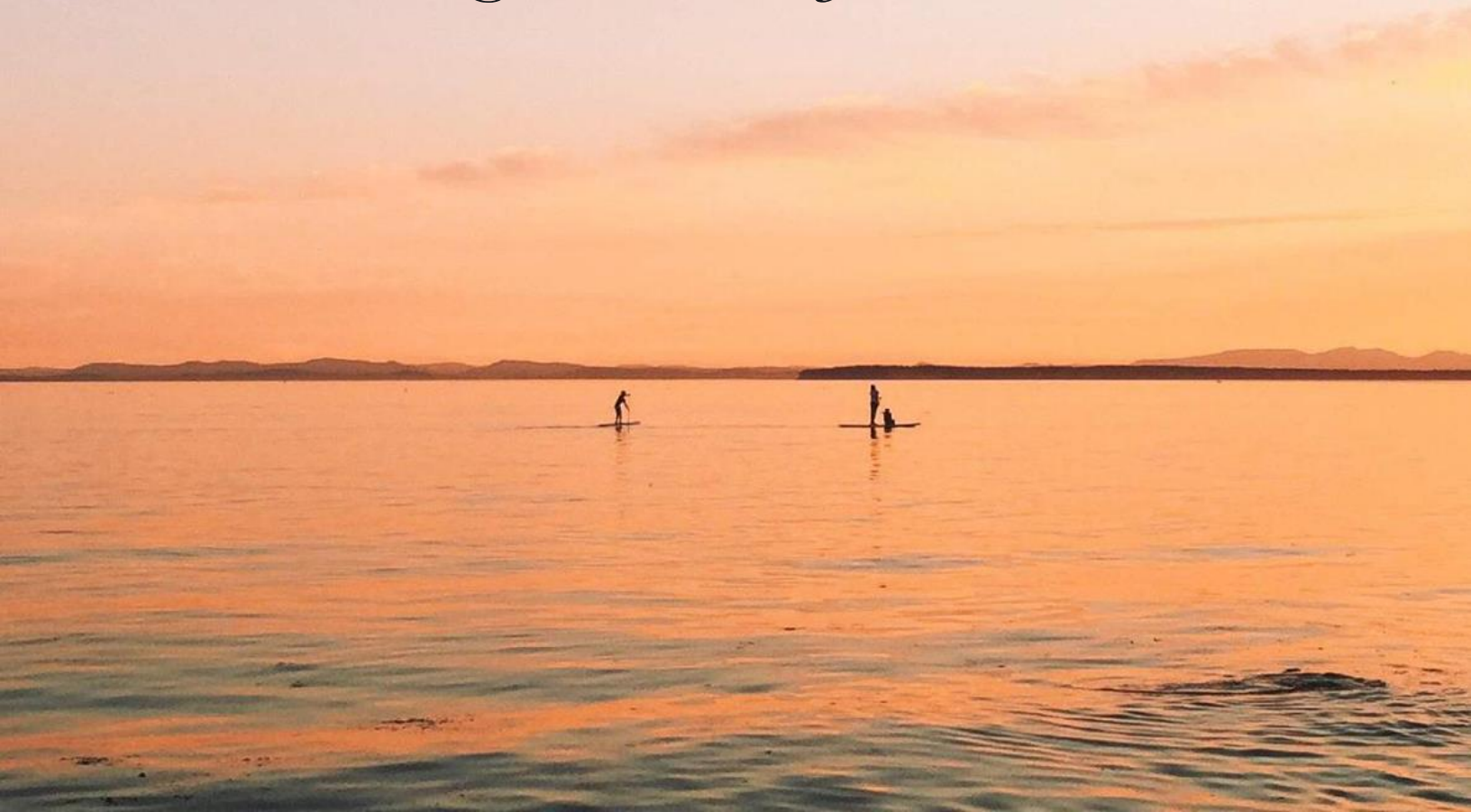
What would feel freeing right now?

AN AFFIRMATION FOR ALIGNMENT

*"I am willing to ask the questions that help  
me understand.*

*I am willing to listen, no matter what arises.*

*I am willing to take the loving actions that  
align me with my heart."*





When I look in the mirror, I see...

What were you like as a child? How do you see that child in you today?



The title of my biography would be...and this is why...

Right now, I'm in the chapter where...

## DO SOMETHING ABOUT IT.

How I can own my story:



## SELF-CONFIDENCE STARTS WITH LOVE.

Self-confidence stems from knowing and trusting in your abilities. This kind of knowledge and trust comes from the same loving inquiry and loving action you've already begun practicing.

**Knowing** your abilities requires the willingness to ask questions and pay attention to how you approach the world. What makes you *you*? And how do you navigate the world?

**Trusting** your abilities requires the willingness to apply what you know to your actions. Compassion is key here. Compassion is what helps you take the actions that bring you closer to alignment and see yourself through the discomfort of trying something new or challenging.

**Confidence can only exist when you have both the knowledge of your abilities and the willingness to act in alignment with them.**

AFFIRMATION FOR PURE  
CONFIDENCE:

*"I believe in myself and my abilities. I take the actions that feel right and true. Each loving action I take fills me with more confidence in myself. I know that I am strong and capable."*



The thing that's different about me is...

My most important values are...and this is how I show them...

Tell a story about a quality or skill you possess.

How did you use it? How did it feel?

Tell the story of something meaningful you did alone/by yourself. How did that moment change you?

## DO SOMETHING ABOUT IT.

3 ways I can apply what I know about myself to my actions moving forward:





You have so many answers  
available to you right now. The  
key to unlocking them is your  
own curiosity.

**ASK & ALIGN**

# FINDING STRENGTH

## *The Art of Listening*

Have you heard that little voice? The one that wants to figure things out, see how they work? That's the voice that helps you solve problems. That little voice leads you down the paths that add meaning to your life. How do you show that voice you're listening?

Your personal strengths and values come out in most everything you do, and the more willing you are to ask the questions and take the steps to align with them, the more clear they become.

### **Your strengths are in your solutions.**

Look for ways that you already solve problems. Do you reach out for support, research it, tinker? Do you look for creative workarounds? Bring people together? Your solutions tell you where you are already strong.

### **Your strengths are in your defining moments.**

Think of any meaningful or defining moment in your life and ask, "What is it about me that made this possible?" How did the idea to do, make, or achieve this even come into existence? What was it motivated by? What did you do to help it materialize? Have you approached any other situation in the same way?

### **Your strengths are in your perceived flaws.**

Your strengths can be the things that got you into trouble, the part that never fit in, and even the very thing you wished would disappear. Embrace these parts of you and learn how they would like to be expressed. They may turn out to be your superpowers.





This week, pay attention to your solutions, explore your defining moments, and embrace your perceived flaws. Jot down any words or phrases about your strengths that come to mind:

3 ways I can align with my strengths:

1.

2.


3.



AFFIRMATION FOR FINDING STRENGTH

*"My strengths are always available to me if I choose to align with them."*



An aerial photograph of a beach. The left side of the image shows clear, turquoise water with visible ripples and sandy bottoms. The right side shows a wide, white sandy beach. The text is overlaid on the water and sand.

Let the  
motivation to  
love yourself  
wholly and  
unconditionally  
be your guide.

THE MOST LOVING THING

## HEALING LIGHT MEDITATION

Approach both joy and pain in your life with curiosity and compassion. Look at them with open eyes and hold them with an open heart.

Whatever arises in you, meet it with your own unconditional love. This is how you become your own source of joy, peace, and healing.

Practice 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.



# HEALING



# LIGHT

Set the tone with an affirmation.

Starting at your toes and moving through your entire body and mind, notice the sensations, thoughts, and emotions that arise.

Shine a light on whatever arises, bow to it, say, “I see you, and I am here. What do you have to tell me?” and listen with an open heart. Whatever you find is allowed and valid.

Say to whatever arises, “I offer my love and this light for healing.”

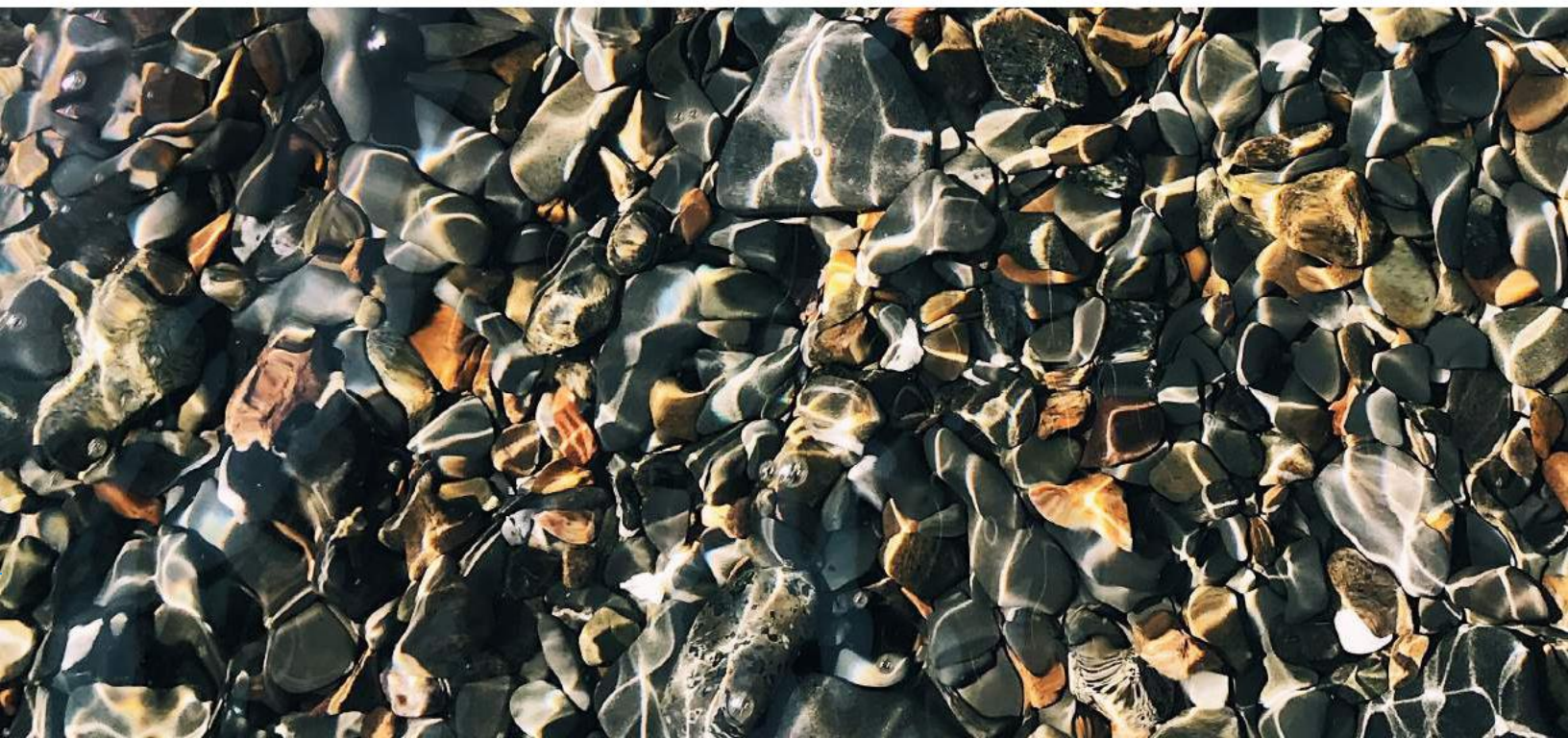
After you've moved through your entire body and your mind, turn your face toward the sun, smile, and repeat your beginning affirmation.





## HEALING LIGHT MEDITATION

“I see you, and I am here. I offer  
my love and this light for healing.”





## REFLECT

Each time you complete the Healing Light meditation, reflect on it with these questions:

What was the affirmation or intention for your meditation today?

How did this feel in your body?

What sensations, thoughts, or feelings arose as you practiced this meditation? Describe how they felt, how they sounded in your thoughts, and how you responded to them.

What are your biggest takeaways and aha moments from the Healing Light meditation?

What is one concrete thing you can do to bring that healing light with you through your day?



# ANSWERS FROM YOUR HEART

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*Join with your feelings & listen with love.*


Once you approach your experiences with loving inquiry you'll discover that **how you feel always makes sense**. There is always a back story, a value, a hope, or a fear that accompanies the way you feel in any situation.

This is the key to understanding and validating your own experiences, and this cuts out so much of the overthinking and overcomplicating that's trying to do the right thing and keep you safe. When you join with your heart and validate your own experiences, you discover that you don't have to be afraid of or ashamed of your feelings anymore. They will show you the way to the most loving action.

When you join with your feelings and listen with love, you'll find that your heart has been giving you answers all along.

# WHAT DO YOUR FEELINGS DESIRES?

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FEELING SECURE	MEANING	FEELING FREE
SOLUTIONS		VALIDATION
YOUR TRUST	YOUR LOVE	FEELING HEARD

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*"I hear you, you make sense, you matter, what do you need?"*

Loving inquiry leads to loving action.



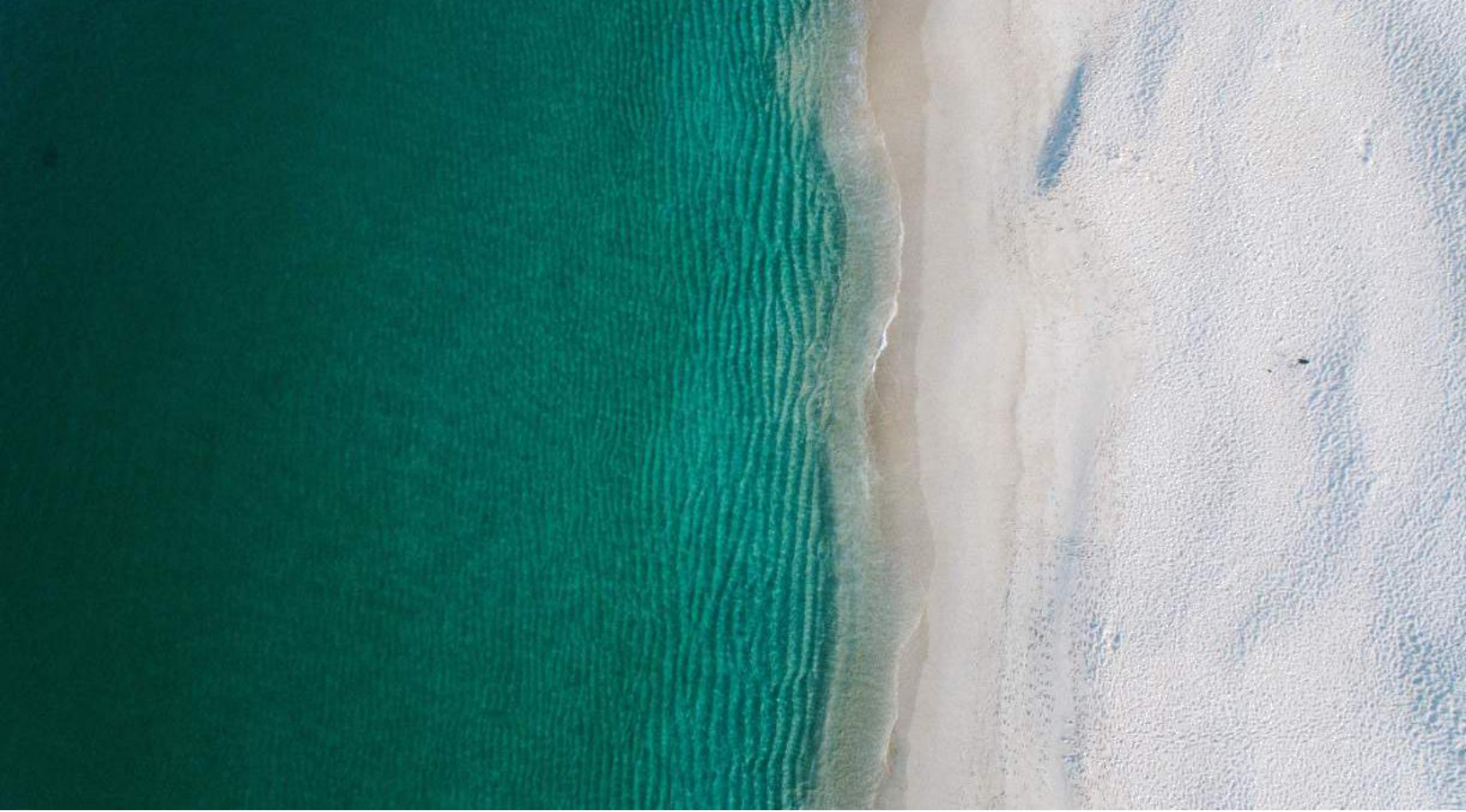
My fear needs:

My sadness needs:

My anger needs:

## DO SOMETHING ABOUT IT.

How I will honor these needs through loving action.



*Letting Go the Loving Way*

# THE ART OF LETTING GO

Letting go isn't one action but a process, and it's one you have to feel your way through. It's pleasure, relief, and pain. Getting through it requires your patience and understanding.

While the end result may be one of liberation, the process of letting go can be painful and confusing. Being present, making progress, moving on, getting over it...it's all a dance between holding on and letting go. And there's a reason this is hard.

Overwhelming openness, resistance to freedom, fear of starting over, pain, confusion...these are the signs of change. Whatever arises in your process of letting go, validate it.

**Love is the secret to letting go.** Letting go motivated by eradicating something from your life becomes forceful and heavy-handed. Letting go cannot be rushed or mandated, and the pain and confusion of it cannot be avoided. Sometimes even our attempts at soothing are really a way of saying, "This pain is not allowed." All of these approaches can bring you even further out of alignment with your heart.

Approach letting go with the same loving inquiry and loving action that any other part of your life deserves.

Ask yourself the questions that help you understand, and listen to whatever answers arise. From there, the most loving actions gradually become more clear. And with each loving step you take, you are aligning more closely with your heart and making room for something new to grow.

What are you trying to let go of? A relationship? Belief? Pattern? Expectation? Write it out here: I am ready to lovingly let go of...

To make room for...

Now, ask yourself the question, "How can I bring more love to this process? What simple ways can I show myself love?"

Brainstorm 10 ways to let go with love here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# 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...