

CLARITY • SESSION 3

CONNECTED & CLEAR

THE PATH TO INNER HAPPINESS | LIVING IN TRUE HARMONY

PEACE, LOVE &
HAPPINESS

Make them your every day reality.

LOVING WITH
CLARITY

And honoring those you adore.

TRUE HARMONY

Be who you want.

Feel how you want.

leslie ralph



04 START WITH HEART.

Grounding and goal-setting starting from the heart.

08 YOU WERE MADE FOR THIS.

A poem and prompts for living from your heart.

**13 BUILD IT THERE.
(INSTRUCTIONS FOR INNER HAPPINESS).**

Get back to the source of happiness and fill your life with wonder.

19 DEAR ONES

Honoring those you adore.

**23 LIGHT OF LOVING-
KINDNESS
MEDITATION**

A meditation for cultivating compassion, inside and out.

26 TRUE HARMONY.

Nurturing the presence you want to have and the harmony you want to feel.

30 END WITH CLARITY.

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



CONNECTED & CLEAR

This session is all about honoring your interconnectedness and your independence. In this week's practice, you'll bring clarity to your love. This means knowing what is yours, what is theirs, what you desire, and how you want to be present. Loving with clarity means holding the love and your desire for harmony together with what you know is truly right for you.

This whole program is about knowing what you want without overthinking it and taking the steps to live your extraordinary life, but this can feel so complicated when you're hardly ever alone or taking care of others, and there's always someone with different opinions and expectations. The more people I talk to, the more clear it is to me that it's not really the case that we don't know what we want, it's that we're afraid to say it, share it, or act on it. To say "just stop caring what people think" is not going to solve this, because that's not how it really works. You care about connection. You love and consider people. So, the way through to clarity has to be more loving and open than that. This week, you'll build the courage to pursue what is right for you in a caring, responsible, and authentic way.

This is my wish for you this week: That you love yourself and others with clarity, that you cultivate the presence you want in your life, and that you release the pressure of pleasing everyone and focus on sharing whatever it is you wish to share with the world. May you find your path to clear loving, inner happiness, and true harmony.



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...

Loving with
clarity begins
with
loving yourself
the way you
wish to be
loved.



The Sweetest Devotion

YOU WERE MADE FOR THIS

I found a little jar in a shop window, clear with blue paint chipped off at the rim.

I carried it home in tissue and twine, rinsed it, and set it in the window to collect sunlight by day, starlight by night. I placed a feather from the yard inside, hawk I think, and a leafy twig. I whispered into it my dreams, and on scraps of folded paper, I fed it my desires and grateful observations.

That little jar soon began to glow, giving back all it held inside. Every night, it grew brighter and filled the room with the most wonderful light.

One night, I knelt beside the window, letting the light warm my face and watching rainbows skip across my skin. The room scintillated. I feared the walls would burst, the light vibrated so.

I poured it all out, spreading the handwritten notes around me and tucking the feather behind my ear. And I basked.

I feasted on the sweetest devotion that night.

"Awe, fill me with wonder," I said, and it circulated through my cells until I glittered gold and silver. "Love, lift me higher," and it raised me off the ground, out of the shadows.

"Hope, free me," and it rinsed me of my striving and clinging, leaving my arms free and open.

I thought of who might find me there, shining from the ceiling, pouring light from my fingers and toes. I must have been breathtaking.

"Desire, carry me home," I said. I am, I am, I am,
my heart beat.

I.....

am.....

breathed my lungs.

"Thank you," said my mouth.

Feast on the sweetest devotion, and be insatiable.

Fill the room with your spirit. Every corner, every shadow, every patch of sunlight until it's absolutely bursting at the seams. And then fill it more.

Want more of what fuels you. Desire more of what elevates you. Not the numbers but the experiences. Not things but meanings. Not the outcome but the process. Want more of what reminds you of who you already are.

Clear a little space for your desires to take root and take the conscious steps that allow them to grow. And remember to say, "Thank you."

Thank you for the push, for the belief, for the courage. Thank you for the friction that lit the fire in you, the drive that carried you forward. Thank you for the dream, the secret smile, the signs that showed you the way. Thank you for the quest and the journey's lesson.

Love that part of you that knows how to want, and the part that wants to have a say. This is the part of you saying, "I am, I am, I am." And as long as you are, you will desire more.

Make that a beautiful, sacred thing.

Protect those dreams and feed them with hope. Let them build over time. Watch them rise, and rise to meet them.

When the time is right, bask in it.

And in the space between now and then, appreciate anything and everything you possibly can, and trust that you were made for this.

I WAS MADE FOR THIS

*Thank you for the dream, the
secret smile, and the signs
showing me the way.*

Trace your hand and fill it with words, pictures, or phrases that represent you.

Tell a story about a time you felt free. What can you learn from this?

What have you discovered about yourself so far in this program? How will you integrate this into your daily life?



BUILD IT THERE (INSTRUCTIONS FOR INNER HAPPINESS)

You are the perfect home for happiness.

Look inside your heart and find meaning. Build your happiness on that. Find a belief that gives you hope and build your happiness there. Build your happiness on the abundant beauty and goodness inside you. Gather up every bit of awe and appreciation and build your happiness on it.

Build your happiness on the inside, with hopeful, loving hands. Let your words and your deeds be the bricks. Take it slowly. Make it a joyful process.

Build your happiness so big and strong that it can withstand the winds of sorrow, anger, fear. Make it so vast that it becomes your bigger picture. Leave a space for your dearest ones and invite them inside often. And add to the happiness you've built so often that it overflows. Let it spill over into the world to touch the hearts of all you encounter.

AFFIRMATION FOR INNER HAPPINESS

*"I create my own happiness.
My heart overflows with meaning
and appreciation. I share my
happiness through my joyful and
loving words and deeds."*

GETTING BACK TO THE SOURCE OF HAPPINESS

NURTURING
POSITIVE
FEELINGS

FEELING
ENGAGED IN
WHAT YOU DO

DOING
MEANINGFUL
THINGS

AWE &
APPRECIATION



HAVING THINGS
TO LOOK
FORWARD TO

REACHING
MEANINGFUL
GOALS

TAKING CARE
OF MIND, BODY
& SPIRIT

HEALTHY
RELATIONSHIPS

"My life is filled with meaning, beauty, and wonder."
The clear path to happiness begins in your own heart.

Reflect on where your inner happiness comes from. What does it mean to you to feel awe and appreciation? How do you like to take care of your spirit? In the space below, create your own grid mapping out the source of your inner happiness.

<p>What positive feelings do you want to nurture in your life?</p>	<p>Where do you already feel engaged in your actions?</p>	<p>What areas of your life are most meaningful to you?</p>
<p>Where do you feel the most awe or appreciation?</p>	<p>What words or phrases describe inner happiness for you?</p>	<p>What are you most looking forward to in the next week? Month? Year?</p>
<p>Name your most meaningful goal(s) right now. How do you support these?</p>	<p>What do your mind, body, and spirit need to feel aligned?</p>	<p>Describe your most cherished relationships. What makes them thrive?</p>

What can you learn from your responses?

The most beautiful thing I see right now is...

Beautiful acts of human behavior I saw today:

I SEE THE BEAUTY

DO SOMETHING ABOUT IT.

How I will appreciate and add to this beauty I love:

Large light purple rectangular area for writing.

The thing I wish people really understood about life is...

I wish everyone had...

DO SOMETHING ABOUT IT.

What do your responses say about what you value? How can you align your actions with your values?

The most amazing things in my life are...

It was a miracle that...

DO SOMETHING ABOUT IT.

What actions do these reflections inspire you to take?



DEAR ONES

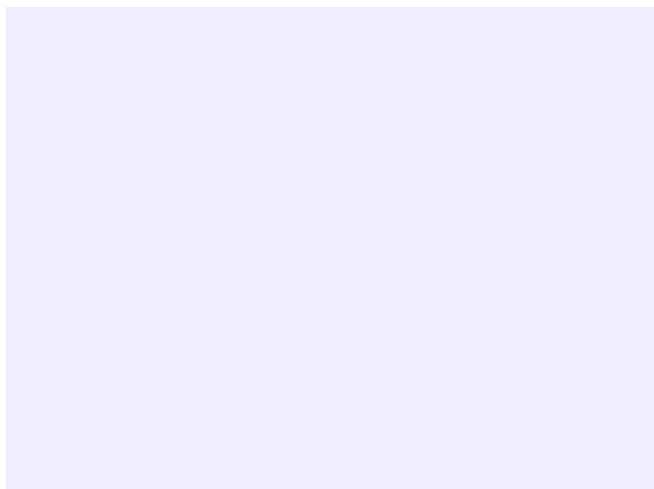
Honoring Those You Adore

Dear Ones are your people, your tribe. These are the people closest to you. The ones you trust. They're safe to be vulnerable with. They have your best interest at heart. When you're present, they're present. When you speak, they listen. They see you. They're honest, always from a loving place. And when the serious conversations happen, they happen without the conflict.

Your Dear Ones are those you love dearly. They may be your family, friends, colleagues, a romantic partner. It's not the identity of a person that makes them a Dear One but your experience of the relationship.

Before you go any further this week, you're going to clarify who these people are, what you appreciate about these relationships, and how you show or would like to show that this relationship is dear to you.

Fill this box (yes, just this box) with the names of your Dear Ones and, in a few words, what comes to mind when you think of your relationship. It may be a small box, but that doesn't mean this will be easy. Take your time on it.



Of course, you care about more people than this, but this box gives you an idea of who your most cherished people are. Refer to this box often when you're worried about what people will think, how they will react, or feel like you're not enough.

3 ways I show/can show that these are my dearest ones:

- 1.
- 2.
- 3.

AFFIRMATION FOR CLEAR SIGHT

"When I'm afraid that I'm not enough or worried about other people's opinions, I remember those I most adore and see clearly again."

Name someone who has profoundly impacted you. Tell a story about how this happened. How has this changed the way you see the world? How has it changed the way you see yourself?

Tell a story about someone *you've* made a profound impact on. How did this happen? What did you learn in the process?

LIGHT OF LOVING-KINDNESS MEDITATION

This meditation helps you cultivate unconditional compassion and love for all, including yourself. All beings are included, regardless of their status or actions and without any expectation for them to respond in a certain way. Practicing this meditation allows for a softening and releasing of resentments, barriers, and pressures in our relationships, and it allows us to share our love from a place that overflows with our own love first.

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



LOVING



KINDNESS

Dedicate this meditation to a feeling you'd like to spread throughout the world.

Visualize these people and groups under a loving, healing, nurturing light:

Love one(s).

Someone on your mind lately. A group of people.

Someone who challenges you.

You.

Notice the look on their face and how you feel seeing them in that light. Listen for anything they have to say to you and tell them anything you need to say. You may wish to share your intention with them.

Say goodbye as they fade back into your mind. Pause and find the feeling of the light of loving-kindness in your body before moving on to the next person or group.



LIGHT OF LOVING-KINDNESS

“May all beings be happy, healthy, and free of suffering. May we all bask in this healing light.”



REFLECT

Reflect on these questions each time you practice the Light of Loving-Kindness meditation:

What was it that you wanted to share with the world during this meditation?

For each person or group you visualized, what thoughts, sensations, or emotions arose as you placed them in the light of loving-kindness? What was your biggest takeaway from this experience?

What is one concrete thing you can do to bring the light of loving-kindness with you into your day?



Cultivating the Presence You Want to Have

TRUE HARMONY

We are interconnected, yet each of us is on a journey within ourselves. We all begin the same and end the same, and along the way, we face similar challenges, similar desires. All of us want to feel happy, loved, and free of suffering, yet we also have our own personal histories, desires, and fears. Each of us is a unique expression of universal truths.

Harmony is a paradox, and living in harmony with others means embracing its paradoxical nature. You have a role to play on this planet, and your actions are part of a collective whole **BUT** having a sincere to live in peace and harmony with others does not make you personally responsible for making that peace and harmony happen.

Cultivate an intention of goodwill toward others, hold in your heart the desire for you, your loved ones, the stranger on the street, someone who challenges you, for all to feel happy, at ease, and free of suffering. **AND** accept that this harmony isn't entirely yours to manage. You only have control over your intentions and how much energy you spend on needing someone to respond in a certain way.

For most of us, letting that desire for harmony breathe a little, giving it some space, and surrendering some of that control is the first step toward living harmoniously.

So, let's begin here. Cultivate the harmony with yourself and trust that when you honor yourself, you honor all. Each time you speak to yourself with love, practice loving inquiry, and take loving action, you spread that love with the world. Your inner harmony overflows and contributes to outer harmony. It changes your interactions, soothes the parts of you that can become inflamed, and expands your capacity for loving inquiry, loving action, lovingly letting go, and compassion with others.

BY HONORING
MYSELF,
I HONOR ALL.



ME, CONNECTED

Grab a fresh pad of paper and take all the time and space you need to reflect on these questions. Make observations throughout the week, collect data, really look, listen, notice you in connection to others.

MY DEAREST ONES

- The most important people to me are...
- How I consider and serve them:
- How they support me:
- The presence I want to have in those relationships:
- How taking care of myself and cultivating my own clarity is good for all of us:
- One concrete thing I can do to honor myself, knowing that it's good for my Dear Ones, too.

MY SOCIAL WORLD

- The people I regularly interact with on a casual, professional, or friendly manner are:
- How I consider and serve them:
- How they support me:
- The presence I want to have in these interactions:
- How taking care of myself and cultivating my own clarity is good for all of us:
- One concrete thing I can do to honor myself knowing that it's good for my social world, too.

THE WORLD

- How I feel connected to the world as a whole:
- How I consider and serve the world, in whatever small way I can:
- How I feel supported by the actions of others:
- The presence I want to have in my life:
- How taking care of myself and cultivating my own clarity is good for the world:
- One concrete thing I can do to honor myself knowing that it's good for the world, too.

CHALLENGING RELATIONSHIPS OR PEOPLE

There are many kinds of challenging relationships. The first time through this exercise, choose a personally meaningful and current relationship but not the most deeply painful or challenging one.

With practice, you can work with more deeply challenging relationships.

- A person I have a challenging relationship or interactions with:
- How I consider and serve this person:
- The ways I feel supported/unsupported by this person:
- What's my role in this challenge?
- What's theirs?
- And what presence do I want to have with them?
- How taking care of myself is good for both of us in the long run:
- One concrete way I can honor myself, knowing that it is ultimately good for both of us:

MYSELF

- Describe your relationship with yourself. How do you spend your time with yourself? How do you listen to yourself?
- How I consider and serve my own well-being:
- How my actions support my values, goals, and desires:
- The presence I want to have in my own body and my own mind:
- What area of my well-being is calling out for attention and healing?
- How honoring myself and cultivating my own clarity benefits the people around me:
- One concrete step I can take to nurture my relationship with myself:

Breathe.

What ideas, observations, revelations, fears, feelings
anything came up for you during this exercise?

Remember, loving inquiry leads to loving action.



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...