

CLARITY • SESSION 4

EXTRAORDINARY

DEFINE YOUR EXTRAORDINARY | CLEAR, CONSCIOUS CHOICES

DEFINE YOUR EXTRAORDINARY

*What would make your life
extraordinary?*

EMBRACE TRANSFORMATION

*How to flow with the process
of transformation.*

4 ESSENTIAL PRACTICES

*That will make your life
extraordinary.*

leslie ralph



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EXTRAORDINARY

In this final Clarity session, you're clearing the way for your extraordinary life. This session, we're talking about making conscious choices and embracing the element of practice as you make clarity a way of life.

As much as we'd all like to arrive at a state of clarity and stay that way, no more overthinking ever, no more resistance, clarity is a choice. You don't wake up one day feeling free and clear and then you're set. You choose clarification. You choose consciousness. Centering yourself, loving inquiry, loving action, getting clear in relation to others - this is all deliberate. And by consistently and consciously making these choices, clarity is something you live. It's an attitude, a way of life. It's a way of being with yourself and the world around you. And **THIS** is how we clear the way for an extraordinary life.

My wish for you this session is that you embrace the element of practice with that clarifying attitude of curiosity and compassion. My wish is for you to choose sustainability and meaning, that you build your life on the most loving intentions, and that you watch an extraordinary life unfold starting right where you are.



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...



Sentiments for Travelers

Everywhere.

WORDS FOR FINDING YOUR WAY

You are a traveler in this land, and while you're here, you will be moved.

In the process of your progress, become the ocean wave that rolls with elegance and sincerity. Let your spirit burst into joyous dance as you celebrate the shores.

With an open heart, point yourself in the direction of the things you love. Align your priorities with your values. Make room for joy in your day. Say what you mean, mean what you say, and speak and act from a place of compassion.

May you travel only ever in devotion.

You are a pathfinder now, so dare to trust your feet even when the way has yet to unfold. It will as you do.

While you're passing through this place, become the river. Etch your story into solid rock, and forge a path that bears your signature all the way to the open sea.

With an open mind, remember what it is you intend to do with this life. Be true to your intuition and follow the questions that call you. Make a point of knowing how you want to feel, what engages you, and what you want to offer to the world.

May you travel only ever with curiosity.

You are an adventurer here, called to seek the truth of who you are.

In your quest for knowing, become the blue hole, a cavern of exquisite mystery and so much more than you appear to be. Invite the echo of your beginning and future to rise from your unknown depths.

With open eyes, look for the evidence of your majesty. Investigate your strengths and interests, they are present everywhere. Remind yourself that there is no part of you that you cannot love, even if you don't yet know how.

May you travel only ever in awe.

You are a guest on an extended visit. Be gracious to your host and generous with your love. And pack lightly, you can't bring the treasures of this world with you when you go.

During your stay here, become the rainbow. Devote yourself to the beauty of the journey. Gaze upon the earth with love, for she made you, and you make her.

Savor all you experience, giving thanks to both the sunlight and the showers for bringing you to life.

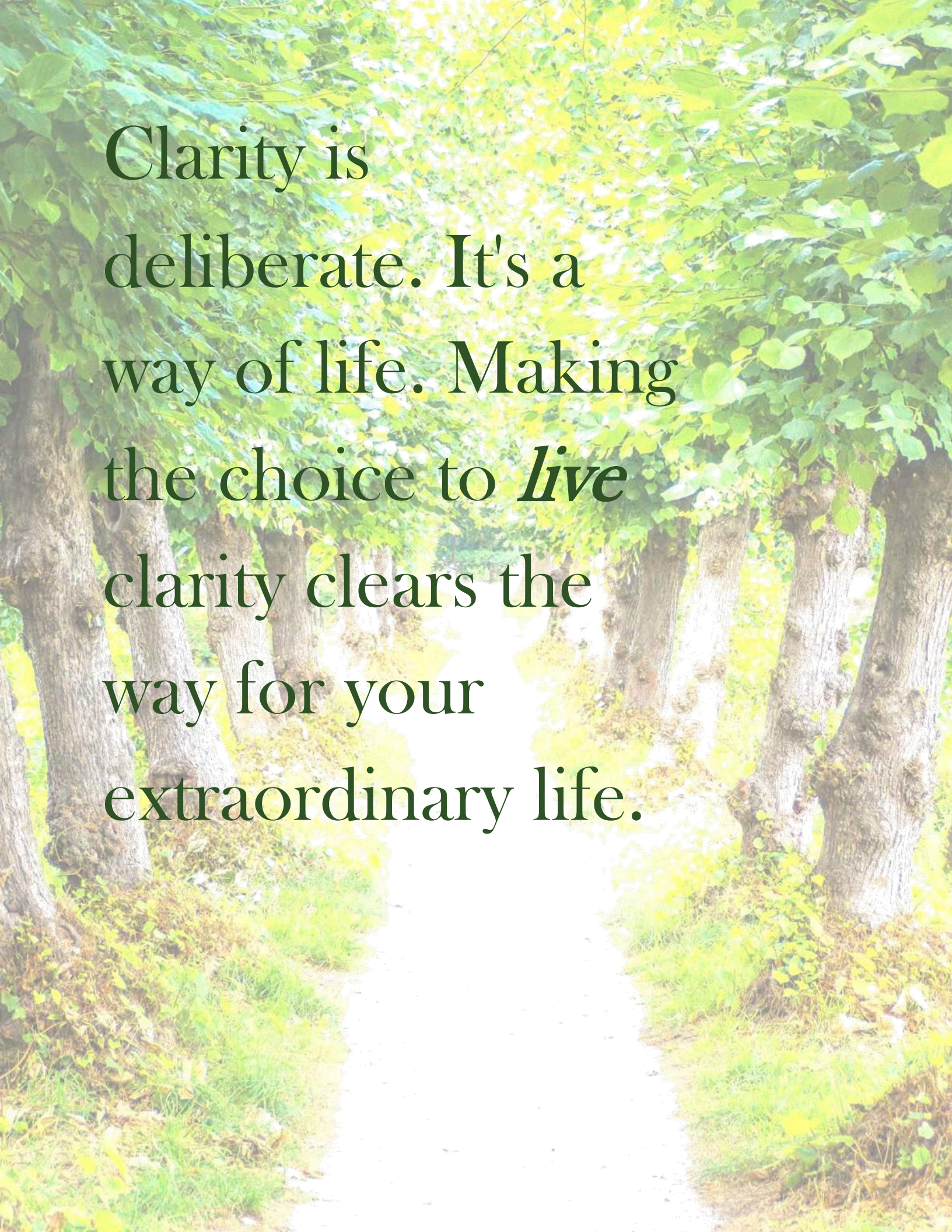
With open hands, do your good work, create with your heart, and leave the most beautiful pieces of you behind.

May you travel only ever with lightness.

FINDING YOUR WAY

With open hands, do your good work, create with your heart, and leave the most beautiful pieces of you behind.



A dirt path lined with trees and greenery, serving as a background for the text.

Clarity is
deliberate. It's a
way of life. Making
the choice to *live*
clarity clears the
way for your
extraordinary life.



4 ESSENTIAL PRACTICES:

Clarity is not a state you arrive at and stay in. It's one you choose. Choose to live with clarity and watch your life transform with these four essential practices:

1. Clearing time, space, and energy. Use the time, space, and energy you need to clarify what you want and take loving action in that direction. Flow with the natural rhythm of your day by using the little moments and spaces already available to you. When is it slow? When is it quiet? When do you have the solitude you need for contemplation? Building on that, create the time, dedicate the space, and reserve the energy you need. Remember, saying yes to one thing means saying no to something else. Be intentional about the choices you make.

2. Make consistent conscious choices. Choose to use the practices we've covered in this program. Connect with your body and listen. Align with your heart. Stay mindful of the power you give other people's opinions and the way you show up with your dear ones. And above all, choose the loving inquiry and loving action that brings you more clarity.

3. Inner reprogramming. It can take some time for your inner programming to catch up with your new clarity. Show it patience and remember that clarity comes from an open, compassionate heart. Where there is fear, sorrow, anger, or resistance, ask yourself how you can bring love and relief to that area and then practice moving through in a new way.

4. Calibration. Check in on yourself regularly. Set intentions to start the day, week, month, or season. Notice how your goals feel to live. Give yourself time to reflect, no matter how busy it gets, and use whatever methods speak to you to stay aligned with your intentions throughout the day.

EMBRACING TRANSFORMATION

Flow with the Process

Perhaps you've already felt something extraordinary happen during this program. Maybe you've had realizations, small shifts, moments of knowing what you really want. Maybe you've already made a decision. Or maybe you've felt peace blossoming in your heart, just a little wider. Build on that! Do it again! Clarify, clarify, clarify, and practice.

The key to transformation is embracing the process of transformation. Transformation can be slow, messy, confusing. The pain is part of the process. The only way through is to keep practicing.

It's in the practice that transformation really occurs. It's holding on to the hope of progress without attachment to exactly how or when it's going to work. It's trying your best even when you're not performing at your best. And then doing it again and again and again. It's saying - this here and here and here and here and here is another moment to practice

Practice the small, daily decisions to notice how you feel and where your mind is going, notice what's working and what's not, notice the little nudges inside and out, notice how you're responding to it all, and then bring yourself back to the present with compassion. Over and over and over again.

It's not bright and shiny or glamorous, but it works.



Use words and pictures to depict what you would like to remember most about this time in your life.

Today won't feel complete until...

Today, I feel hopeful about...

I promise my future self that...

DO SOMETHING ABOUT IT.

How I will honor my tomorrow:



AN EXTRAORDINARY LIFE IS A LIFE *LIVED*.

Have you noticed it yet? Your extraordinary life has already begun, long before you even started this program.

I know, we want to transform our lives into something better, we will always want more. Really, we should always want more - of the things that help us thrive. But I know this, too: **transformation begins right where you are.**

Part of living an extraordinary life, then, is recognizing and appreciating what's already extraordinary. What are the miracles present before you right now? What are the incredible things you've seen, felt, experienced, done? And of course, I mean incredible by your own definition. The incredible little moments of your life. The funny little moments that still make you smile. The people you've met that still make you think. The brief moments of beauty and meaning, the lessons learned, the hills climbed. **Those are your lived experiences, and this is what amounts to an extraordinary life.**

AFFIRMATION FOR LIVING LIFE:

"When I look at my life, I see how many experiences I've lived. Isn't it extraordinary?"

So far, the biggest surprise in life has been...And this is how it's impacted me...

CLEAR ON YESTERDAY.

Grab a pen, your calendar or planner, and take a moment to remember the last year - always, always with love. Go through your calendar month by month and take notes in this space on what was a yes, what was a no, the highlights, and the big lessons learned. Use as much extra paper as you desire.

What aligned with my heart:

What didn't:

What stretched me most sincerely:

What didn't:

What worked:

What didn't:

What I want to do again:

What I don't:

The highlights of the last year were...

The lessons of the last year were...

What would you like to go back and tell yourself this time last year?

INTO TOMORROW WITH CLARITY.

Take a day or so to let all of that sink in before completing this foresight exercise. Once you've had a bit of time to process, apply your new insights to your extraordinary future.

What will work for my
extraordinary life:

What won't:

FORESIGHT

I'd like to have more experiences like this:

How I can apply the lessons learned to my life now:

What would you like to go into the future and tell yourself this time next year?

DAILY SPARK MEDITATION

There is a spark in you. Let it grow through daily intention and conscious choice. Clarity is not a state we arrive at and then stay that way. You don't wake up one day feeling free and clear and then you're set. No more overthinking ever. No more resistance. You choose clarity - every day. Practice making this choice every day with this short but powerful spark meditation.

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



LET IT



GROW

Take a few grounding breaths.

Dedicate the next few minutes to an affirmation, an intention, goal, or mantra. Find the feeling that goes with it in your body.

Offer yourself a simple physical cue that wherever you are today, you can reconnect with this spark to ignite it.

Repeat this intention, “I have a spark in me, and I must let it grow.”

Hold the feeling of the spark and your intention as you breathe for as long as you'd like.

When you're ready, return to your surroundings lit up by the spark of your intention for the day.



DAILY SPARK
MEDITATION

*“I have a spark in me,
and I must let it grow.”*

PAUSE & THINK

REFLECT

Each time you complete the daily Spark meditation, reflect on it with these questions:

What was the feeling you called upon when practicing this meditation?

What was your biggest aha moment in this meditation?

What is one concrete thing you can do to help this spark grow today?



WHEN NOTHING
ELSE IS IN MY
CONTROL, I
WILL CHOOSE
THE WAY MY
LIFE FEELS.

My Extraordinary.



MY EXTRAORDINARY IS UP TO ME

Everything before you right now, right down to the very device you're reading these words on, grew from a desire. Desire is wonderful if you know how to use it.

Desires can diminish your enjoyment of life when they get funneled into striving, chronic dissatisfaction, and goals that lack substance. These are the goals that feel superficial. They're about the reputation, the deadline, the dollar value, the size. They may feel rigid, urgent, tense. There may be pressure to make it happen just this way that closes you off to the extraordinary possibilities before you. And the process of reaching these goals takes you further away from who you really are and what you really want.

The desires that help you create an extraordinary life are about the meaning and the feeling. These get funneled into goals that feel expansive, exciting, and vibrant. They have depth and align with your values. There may be a sense of urgency and anticipation, and they may involve a lot of hard work to make them materialize, but the underlying feeling is one of YES.

On the following pages, you'll explore the desires that feel extraordinary and the desires that diminish your extraordinary life.

Desires that feel extraordinary:

Desires that diminishes my
extraordinary life.

And how can you tell?

Goals that feel extraordinary:

Goals that diminish my extraordinary life:

And how can you tell?

When I notice my desires that are already met
I feel....

When I focus on what I don't have yet, I feel...

When I am free with my desires, I feel...

When I am forceful or controlling with my desires,
I feel...

DO SOMETHING ABOUT IT

Looking at this list, I am inspired to...

DOMAINS OF EXTRAORDINARY LIVING

MIND, SPIRIT &
LIFE FORCE

TIME

EARNING &
SPENDING

MY WORK &
SERVICE



HOUSE
& HOME

DEAR ONES,
COMMUNITY
& THE WORLD

BODY &
WELLNESS

CREATIVE
EXPRESSION,
AUTHENTIC
EXPANSION

An extraordinary life is calling out to you.
Go where the love takes you.

Reflect on these domains of extraordinary living and complete the grid below to describe what would be extraordinary to you.

Mind, Spirit, Life Force:	Time:	Work & Service:
Dear Ones, Community, and the World:	My extraordinary feels like...	Body & Wellness:
Earning & Spending:	House & Home:	Creative Expression & Authentic Expansion:

How closely does this match the live you're living now? And what does this tell you?

What domain are you already intentional about nurturing? What does this tell you about what you value?

What domain of your life is currently thriving? What does this tell you about what's important to you and what's working?

3 ways I can apply this knowledge to the other domains of my life:

1.

2.

3.



AFFIRMATION OF
WHAT'S WORKING

*"When I feel lost, I can always find
clarity in what's working."*

What domain of your life feels underfed, underappreciated, or misunderstood? What does this tell you about what's not working and what you need?

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

1.

2.

3.

AFFIRMATION FOR
LOVING ACTION

"When something isn't working, there is always a way to bring relief to that area through loving action. Through my own loving attention, my life can be extraordinary."





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...