

Clarity Meditation

Objective

To increase your ability to be clear by using the Clarity Meditation technique.

What to Know

This 10-minute audio will help you practice clear thinking by reducing your mind clutter.

[Click here to listen to this audio.](#)



Clarity Meditation
Use QR Code to Listen on Your Phone

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time with clarity.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

This audio was produced by Between Sessions Resources. Copyright 2023. All rights reserved.

Welcome to this powerful meditation to access clarity. Make sure you are wearing comfortable clothing, and you are in a place that allows you to find peace and calm in the busy world around you. You are embarking on a quest to clear through the noise of your life and mind, to uncover the clarity you deserve to see.

Gently close your eyes.

Breathe deeply, and as you exhale imagine that you are blowing out any old, stale air that has been sitting in your lungs.

Again, breathe in slowly and fully. Exhale as much as you can, imagining you are cleaning out stagnant air.

Once more, inhale fresh, clean air. Exhale any last bit of stagnant air.

Notice the clarity you have started to cultivate in your lungs.

Let your breath return to the natural, automatic rhythm, observing it flowing in and out.

How many thoughts are passing through your awareness right now?

Notice what things are cluttering your mind.

Can you easily see those thoughts that are distracting you? Are your thoughts pushing you toward excellence and success?

Perhaps your mind is busy thinking about what you did today. Or maybe something that happened years ago. Maybe your mind is traveling to the future to the land of possibilities.

Invite your thoughts to settle a bit more, by watching them slow down, little by little.

Thoughts are coming in, and thoughts are leaving, as they always do.

Next, imagine the mind as if it is a storage space. Picture a very large garage door in front of you, painted in your favorite color. What lies behind this door represents how clear you have kept your mind through the years.

In your hand, you hold the garage door opener, and with a click of a button, the biggest garage door you have ever seen begins to slowly open.

As the door squeaks into its fully open position, you are surprised by what you see. Packed to the brim with stuff, including old lamps, boxes, a bicycle you had when you were 10 years old. You see knickknacks you've held on to through the years, items you hoped to use in the future. There are objects you can't even tell what they are used for! On top of all this stuff is a thick gray layer of dust.

This is how you have been taking care of your mind.

Take a big breath in as full as you can. Breathing is what gives you the energy to take on this mess.

Breathe in again, and within your mind imagine you are standing before your mind's storage space. Take a moment and become aware of everything you have stored here.

Extend appreciation to all the things you have collected here, and what you have held onto that they represent, including old memories, plans for future use, heirlooms connecting you to your ancestors. Have gratitude for all the material things you thought needed a home. But you don't need a single item here. All this stuff covers up something very special within your mind.

Appreciate that you are here now, ready to dig through the depths of your consciousness to get rid of the mental clutter.

As you reach toward the first item, a dusty book, you realize that as soon as your hand makes contact with it, the book disappears, leaving behind floating golden particles.

Wow! You don't even need to know what the book is about or even if you should keep it. It's gone! This is very exciting, because you might not need to take too much time to clean up this mess.

You touch an old rusty pot, and it vanishes.

This is going to be much easier than you thought. That is how clearing the mind works. All you need to do is face the clutter.

There is a huge box, and you place your hand on it. It disappears. Nothing but dust remains, falling to the ground.

You start clearing through things one after the other until it seems you have gotten through half the space.

Even though this is instant, it is still taking you a long time to touch each thing. Yet you feel so much lighter and clearer as you go. It's really fun!

You even clean away small things on the ground as you go along by tapping your toes on them.

You have made your way through almost everything, and you see there is one last thing, a giant mirror that remains. It is old and dusty just like everything else. You touch the frame, but instead of disappearing, your touch makes the mirror return to brand new condition.

In the mirror, you see yourself at about age 5 or so. You are pure, radiating good health. Your younger self smiles at you, then says, "Always remain in childlike wonder and awe." The younger you slowly fades from the mirror, and a version of you appears that is very old and very wise yet radiates the same purity that you did when you were a child.

Your older self smiles a loving smile, looking deeply into your eyes and says, "Meditate and create." Then they too slowly fade from the reflection.

You deeply understand the messages you received today.

Now, gently allow the clean room of your mind to drift away from your awareness, never to be forgotten.

You have successfully cleared your mind to hear the messages your inner child and your wise older self had to tell you.

You can return to this room anytime to make sure your space remains pristinely clean and clear to receive messages from your younger self and older, wise self.