

Powerful Intentions: *Tips to Clear Your Mind*

REMOVE DISTRACTIONS: If your clearing your mind to set your intentions you will want to remove any distractions. Let those in your household know that you need some uninterrupted time, make sure you eliminate physical distractions like hunger and find yourself a place that is as free as possible from things that will take your attention away from your goals.

CLOSE YOUR EYES: Remove visual distractions that draw your attention to thought strings that lead you away from what you want to accomplish.

BREATHE: Focus on your breath. Breathe in through your nose and out through your mouth, taking long deep breaths. Within four full breaths you should start to notice a change in your body. Follow your breathe, paying attention to the sound and rhythm. As you breathe in imagine the oxygen traveling in threw your nose into your mind, neck, shoulders, and down through your body until you can feel it in your toes as you exhale. There is evidence that focusing on our breath causes our bodies and our inner selves to relax and calm.

BE AWARE: Take stock of how you are feeling, acknowledge it, accept what it offers you, and release your attachment to it. As different things cross your mind, honor them, give gratitude for them then dismiss them. We are all human and always have a variety of things on our minds. Clearing them can be challenging but with some practice gets easier. When I first tried to purposefully clear my mind it took some time to work through this stage of all the thoughts coming into my mind. Be patient with yourself, this is a good thing and is a part of the process.

Now go set some powerful intentions for yourself!



Why Said I