

# Clearing the Mind

Though your brain is a complex organ, your mind is actually not difficult to declutter and clean out, even from shadows of painful past events.

## Clearing the Mind and Instilling Well Being:

1. **Breathe:** take a few deep breaths, and then just focus on your breathing for a few minutes. This calming effect allows thoughts to settle and float away.
2. **Journal:** when things are racing around your mind, write them on paper which frees your mind of the past and future to be clear and to focus in the now.
3. **Sleep:** good sleep is vital to healthy functioning - sleep deprivation is a form of torture that greatly affects your well being
4. **Walk:** being outside and exerting your self clears your mind and refreshes the body
5. **Natural Balance:** life is meant to be enjoyed and experienced - we push to do more and achieve outcomes - our schedules run our lives and we forget to live and just 'be' in life - focus on priorities and let the rest go - life will its way
6. **Clear Life:** life is a reflection of your inner world - clear out your mind by clearing out the rest of your life - try Feng Shuing to declutter and focus your surroundings
7. **Find Meaning:** identify your gifts and your calling by realizing what is most important in your life, and focusing on these things
8. **Be in Nature:** reconnecting with nature - ocean, a river, some trees to help us find our center and removes all the distractions from our lives – the experience is calming and focusing
9. **Slow Down:** walk slower, talk slower, drive slower and even work slower - stop hurrying and live – your mind will slow down and become clearer
10. **Do One Thing Well:** multi-tasking busies the mind without much more productivity - instead focus on just one thing at a time and being clear

adapted from Zen Habits

Carol Tuttle is a master energy therapist who is particularly renowned for helping people to identify, and clear, the blocks and patterns that are causing destructive habits of living.

“Our minds form habits of thought that can interfere with our ability to calm them down,” she says. “We can easily overrun our minds with too much information and not allow enough stillness.”

So, whenever you begin to notice your mind feels stressed, worried or cluttered, here is what she recommends:

“Place your fingertips on your forehead, above each eye. Press firmly for three to four minutes while taking some deep breaths. Repeat aloud or in your mind:

***"I am okay no matter what happens. Everyone else is going to be okay no matter what happens."***