

### **Creating a Clearing for your Purpose (during the time of COVID-19):**

Let us imagine taking the next few weeks of this transition period (of social distancing) as a practice of itself. When we think of creating clearings for your purpose, this mandatory period of being alone and isolated can be considered a gift to introspect and work through some inner challenges. Think of all the things in your life that you've really wanted to sit down and work through, both in your job and career but also mentally and emotionally. It seems that on a day-to-day basis we are so inundated with our careers, school, home, and life, we never have the chance to just sit and work through those situations. What a chance we have in front of most of us now, to do just that.

To give you an outline for "clearing", here are three important steps to follow:

1. Acknowledge
2. Let go
3. Open up

**Acknowledge:** the first step in creating a clearing is to acknowledge. We must take the time to acknowledge that we are in a space to clear. Am I ready now to sit down and work through this question, choice, or situation? Is it time to release what no longer serves me or the time/energy that I might be spending on it? If there's something that you've been meaning to work through that you haven't had the time to journal or introspect about, but are ready, acknowledge that the time is now. And what better time then now, during the COVID-19 to transition through these feelings and situations?

**Let go:** I'd like for you to think of this step as an ongoing process. We think of mindfulness as a practice because in order to show up to the game of life in an authentic and more mindful way, you have to practice how to show up first. Letting go or forgiving in this step is working to change the current narrative around the question, choice, or situation that you've chosen to work through. Fortunately, we can use the same steps in forgiving people that we can in forgiving ourselves for holding on to situations we are ready to let go of. This work allows us to move through built-up guilt or rumination that we might have around these questions, choices, or situations – creating a new, fresh pathway or clearing. Try these 3 steps to let go of the hold.

1. Take a deep breath - or two or three.
  - a. Take as many breaths as you need to calm the body and mind by anchoring yourself into the present moment. Remember, we've acknowledged that we are ready to create a clearing.
2. Consider the question, choice, or situation as separate from the feelings or thoughts around it.
  - a. For example, you might make a visual for this thing you are ready to let go of – a bubble, or a basket on the river. Creating it as an imaginary item in your mind but giving it form. When you do this, visualizing letting it go becomes much easier.
3. Realize that you have the power to make a decision regarding your next steps.



- a. Your thoughts, actions, and emotions are your own. You can now choose to let it go if you're ready (understanding that you might have to come back to this practice many times before you are truly ready to set it free) instead of allow it to linger.

**Open up:** Now that you have let go of the question, choice, or situation you have been holding on to – open up! Can you settle into the now for a moment and realize that you have let go of something that no longer serves you? How does that feel? Can you be curious for what will come? How does this new clearing give space for something related to your purpose? Will you replace that energy with something new – something more fulfilling?

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