

Nina (Business Owner)

Clear Inner Focus Table™

EXAMPLE

Topic of concern: My Back

What is it that you do not want to be thinking, feeling or experiencing?	In a magical world, without having to know how, what do you want to be thinking, feeling or experiencing?
<p>My back to hurt</p> <p>It won't go away</p> <p>What if it never gets better and gets worse</p> <p>Fear, dread, anger, frustration</p> <p>I hurt it so long ago and nobody cared</p> <p>I can't get any relief</p> <p>I am so sick of trying and not getting results</p> <p>Hopeless Discouraged Mad, demoralized</p> <p>If I try harder, it might heal</p> <p>I tried everything and worked so hard at this and it hasn't worked</p>	<p>My body is so comfortable!!!!</p> <p>I am so grateful that I my back feels good.</p> <p>I knew there was a way for it to happen and it did!</p> <p>Relieved, grateful, happy, energized, youthful, free</p> <p>We all did our best back when I originally hurt it. I know I was loved. It was okay to make mistakes. Actually, that is when I realized I need to love and take care of myself.</p> <p>It feels so good to do the things I love to do and sleep comfortably at night.</p> <p>Open, relaxed, powerful, loving, loved</p> <p>Respected</p> <p>I got clear on what I wanted and let go. The steps to get here were easy.</p> <p>I am proud of myself for drinking a reasonable amount and waking up feeling fresh.</p>
<p>Drink too much to try to get relief</p>	<p>What is one step you can take in the direction of the above desire?</p>
	<p>Take deep breaths. Breathe, love myself and let go of trying so hard. Take steps that feel right, and stop pushing myself go with the flow more.</p>

Tool: Clear Inner Focus Table Directions

1. Think of a topic you would like to feel better about. Write it down. Then take a deep breath or two and imagine filling your Energy Bubble. Continue to gently breathe as you bring your awareness from things outside you to the things going on inside you.

2. Ask yourself, “What are the things I do not want to be thinking, feeling or experiencing on this topic?” Give yourself time to identify and write them down on the left side of the paper. You might start with thoughts about others. Consider thoughts that start with, “I can’t... I’m not... I don’t know... I don’t have... I do not want to be....”. Be sure to identify and record your feelings. If “want” thoughts show up, you can record them on the right side of the table, too.

3. Continue to breathe and accept the thoughts and feelings you listed. (It is common to want to judge or fight them. Refrain from this. You are giving your tension attention. Good job.) When you first let yourself feel the power of some heavy emotions, they can seem to get bigger. Breathing, accepting and feeling them is what allows you to transform them into clear desired thoughts and fuel for change.

4. When you are ready, engage your imagination. (This part is not about how to make something happen or even IF what you want is possible. That will come later.) Look at each item on the left and start defining and “drawing the picture” of what you want, thought by thought. Ask yourself, “In a magical world, what thoughts, feelings or experiences do I prefer to thinking, feeling and experiencing?”. Once defined, delete or cross off the items on the left. They no longer need your attention. You are returning to your Flow by honing your focus to the thoughts and feelings associated with the picture of your authentic desires/solutions within you.

5. Expand your imagination. Breathe and imagine these things happening. You are not experiencing these results now, but when you focus on them, you can feel good now. Your potential heavy emotional energy is now turning into kinetic light energy of motion. Enjoy these feelings. You deserve to feel good now. You now have fuel for positive change. This energy will help changes come soon. For now, just breathe and enjoy them. You have the power to make yourself feel better by focusing on what you want inside, even without things changing outside of you!

6. Let go of how to make it all happen. Instead, find your authentic, constructive, inspired step. Re-read your WANT column. Then ask yourself, “What is one step I can take today in this direction?”. Breathe and be patient as you become clear on your answer. It could be a thought-step like “Stay in my heart” or “Be kind to myself”. It could be a doing step like “Buy what I need,” or “Call him now”.

7. Take the step and enjoy today. Each small step strengthens your belief and certainty that you are on the right path. Continuing builds momentum. Suddenly you will see you are living your next goals.

Jake (Financial Advisor)

Clear Inner Focus Table™

EXAMPLE

Topic of concern: Brutus – Our aging dog

What is it that you do not want to be thinking, feeling or experiencing?	In a magical world, without having to know how, what do you want to be thinking, feeling or experiencing?
<p>To see him struggle</p> <p>Helpless, frustrated, stressed</p> <p>Him to become a burden</p> <p>To have to put him down</p> <p>To find a dog sitter for him for our trip</p> <p>The kids to have a hard time with him dying</p> <p>To feel bad about his dying and missing him</p> <p>Sad, regret, lonely</p>	<p>He died peacefully at home with my spouse</p> <p>Free, grateful, happy</p> <p>→ He is free. He was such a good dog. My wife, kids and I got over his departure really easily</p> <p>→ It is so easy to travel and leave the house now</p> <p>→ The kids are relieved and moving on, too</p> <p>Relieved, grateful, free</p> <p>His death was so easy, better than I imagined!</p> <p>I sometimes still feel him around. Comforted, happy</p>
	<p>What is one step you can take in the direction of the above desire?</p>
	<p>Enjoy today and reread this list occasionally</p>

Misa (Advertising Executive)

Clear Inner Focus Table™

EXAMPLE

Topic of concern: New Job

What is it that you do not want to be thinking, feeling or experiencing?

In a magical world, without having to know how, what do you want to be thinking, feeling or experiencing?

~~Weird feeling~~

It's a good opportunity

~~Start prior to completion of current project~~

I got it just in time

~~Feel dread~~

Eager

~~I'm not happy with the job from the beginning~~

I have work I enjoy

~~I waited too long.~~

I am paid what I am worth

Nervous

Relieved

Desperate

Respected

Undervalued

I value myself and am valued by the team I work with.

What is one step you can take in the direction of the above desire?

Be curious when I interview.

Clear Inner Focus Table™

Topic of concern: _____

What is it that you do not want to be thinking, feeling or experiencing?

In a magical world, without having to know how, what do you want to be thinking, feeling or experiencing?



What is one step you can take in the direction of the above desire?