

# Nine Tools for Clearing Mental Clutter



# 1. Surround Yourself with Positive Energy

- Feng Shui your home

Make sure that your space is one that nourishes and supports you

*Balanced Environmental Energy*

*= Balanced Personal Energy*

*= Improved Life Success*

- Focus on uplifting music, positive books, edifying TV
- Display positive artwork and photographs of happy events in your life



## 2. Be Conscious of your Thoughts

- Realize when you are thinking negative, critical things
- Stay focused on positive energies – love, beauty and kindness
- Shift from ‘What’s missing in your life’
  - *To what you intend to have*
- Shift from ‘What’s wrong with your life’
  - *To the positive circumstances you intend to create*
- Shift from ‘What has always been in your life’
  - *To what you want your future life to be*
- Frequent negative emotions carve a pathway in the brain



- The more positive you are, the more positive you become
- Your brain restructures itself at a physical molecular level

### 3. Live in the NOW

The only time  
that you have  
– is NOW

- You don't have anything that happened before - it's gone.
  - And you don't have anything that hasn't happened yet.
  - If you are not entirely present right now, then you have nothing.
  - Learn to live in the NOW. Be present with your loved ones  
– with your friends, your partner, your children.
- It is the only true thing that you really have.





## 4. Live Well

- Love yourself,  
be kind to yourself and see beauty in yourself
  - *You cannot attract beauty, kindness or love into your life  
by hating yourself*
- Only positive energy can grow into more positive energy
  - *Negative thoughts/energy will create negative circumstances  
in your life*
- You will attract more of what you think about.



## 5. Notice the Effect of Other People's Energy

- Be conscious of the effect that other people are having on your energy
  - *Choose to participate in positive activities*
- When you start to notice how other people make you feel, you will be able to make decisions about whether to be with them or not.



## 6. Start a Regular Meditation Program

- **Meditation uses**
  - **breath, and**
  - **a mantra (sound), and**
  - **a mudra (hand position)****to reach a place of stillness within**
- **Choose any school, any teacher ... but start somewhere. Start to make meditation part of your life.**



## 7. Use Visualizations

- Visualizations are a guided tour through a series of thoughts that will help change your negative thoughts and instil a successful belief system
  - *Athletes use Visualizations with huge success*
- Mentally envision the end game





# About Meditation and Visualization

- It has been found that the part of your brain (front left) that is affected by meditation and visualization is the same part stimulated by happiness
- People who practice mind-body therapy, live longer and are significantly less likely to die from heart disease

*Source: American Journal of Cardiology 2005*



## 8. Use Affirmations as a Tool

- Affirmations are a great way to change negative thoughts to positive thoughts
  - *Write down what you want in your life*
- Affirmations are always positive
  - *Should be written as if the goal has been achieved (act as if you are who you want to be)*
- Start and end your day with a positive affirmation
  - *Place your affirmations in strategic places (home, car, office)*



What do you want in your life?

## 9. Have Faith in a Power Bigger than Yourself

**Our World has been created with purpose!**

**Believe in yourself!**

**You are part of the incredible energy of the Universe**

**Believe in God!**

**The Universe, the Source ... keep the connection**

**Believe that the Universe is abundant!**

**Have everything that you want**

**If you think you can ... if you think you can't,  
you're right!**



# Summary of 9 Steps

1. Surround Yourself with Positive Energy
2. Be Conscious of your Thoughts
3. Live in the NOW
4. Live Well
5. Notice the Impact of Other People's Energy
6. Start a Regular Meditation Program
7. Use Visualizations
8. Use Affirmations as a Tool
9. Have Faith in a Power Bigger than Yourself

