



# **FIND CLARITY**

**AN EASY PRACTICE USING SCIENCE AND  
SPIRITUALITY TO HAVE CLARITY**

**By Ana Barreto**

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## AN EASY PRACTICE USING SCIENCE AND SPIRITUALITY TO HAVE CLARITY

Is this the job for me? Am I a leader? Am I afraid of moving? Should I turn down that promotion? Do I want to marry him? Do I trust her? Should I stay? Do I want a divorce? Is this the right career for me? From time to time, we find ourselves looking for answers to questions like these. We ask ourselves, but we don't trust the first answer we get.

I call this state "limbo," that's when we pause right in the middle crippled by doubt or fear to make a mistake. When we are in limbo, it's hard to hear or trust our intuition. Often, we default to the programming we learned when we were 0 to 9 years old. We do what our parents would have done. We may not know that this is what we do because we are not aware of the unconscious program we learned in childhood. This is our default, but may not necessarily be our truth.

Also, when we are in the limbo state we tend to over think, which causes more stress. In stress, even if the answer is right in front of us, our senses are hyper vigilant, doubt and fear clog the ability to receive it at its simple and clear form: gut feeling.

Today, I will introduce you to a process that merges science and spirituality to help you find clarity. When you are clear, you connect with your truth.

The process will take about 15 to 20 minutes. I know it seems to be a short amount of time for finding the truth or answers when you have been battling with it for years. However, you can connect with your inner guidance in less than a minute once you know which voice is your inner voice, intuition or truth, and which voice is your ego protecting you by using fear.

This practice will guide you to use your mind and find where your mindset stands in the subject. Then we will use spirituality and connect with the throat chakra, the communication energy center of the body to uncover our truth. This energy center is how you show

### MY NOTES

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### MEANINGFUL

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up in the world. If you have not heard of the energy centers of the body, you can check my resources page at [www.ana-barreto.com](http://www.ana-barreto.com).

Please don't skip the step three of the process. You want to open your intellect, discard unnecessary mindset, and free space to reprogram the unconscious belief with your inner truth, not someone's else.

## THE PROCESS HAS 5 STEPS:

**Step one: Ask the question**

**Step two: Answer the question**

**Step three: Break the answers apart**

**Step Four: Crack yourself open**

**Step Five: Turn your mindset around**



Note: On page 6, I walk you through an example using the Truth Finding Process. Always work with one question at a time, and if you have any questions, please send them to [ana@ana-barreto.com](mailto:ana@ana-barreto.com),

## TIME AND SPACE

Find a quiet place where you won't be disturbed for 15-20 minutes. Take three long, deep breaths. This will signal your body to relax. Breath in and breath out. You may want to release the air through your mouth by making the Ah sound to help you feel relaxed.

## STEP ONE: ASK THE QUESTION.

(Ask the question out loud a few times)

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## STEP FOUR: CRACK YOURSELF OPEN

Read each of the remaining answers individually. Close your eyes, place your fingers of your dominant hand on the front center of your throat, and ask yourself if the answer is true. Wait to hear YES or NO. If the answer is NO, cross it out and move on to the next question. If the answer is YES, ask "WHY?" and wait to hear the answer and write it down. Then ask a second why to your first answer. Be open to ask the same question multiple times, or more "WHYs" until you feel you got to the core of your answer?

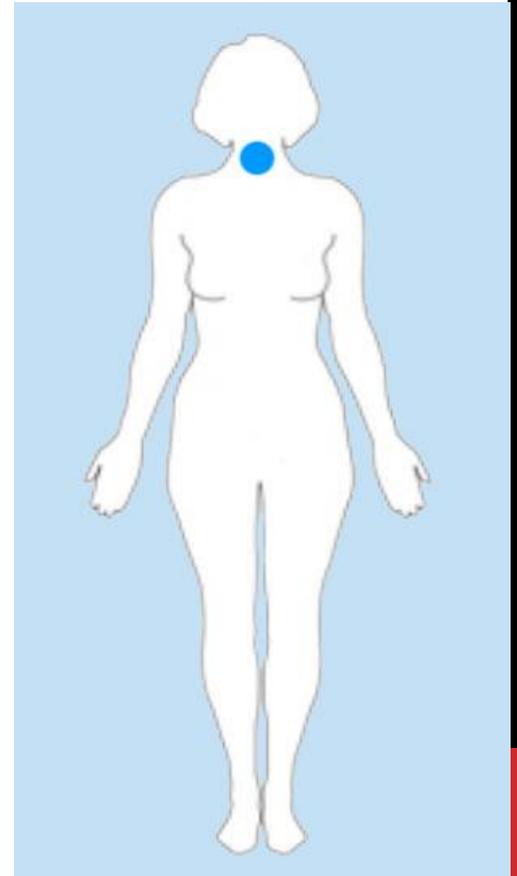


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- 1) \_\_\_\_\_ (Why?)  
a) \_\_\_\_\_ (Why?)  
i) \_\_\_\_\_ (Why?)

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- 2) \_\_\_\_\_ (Why?)  
a) \_\_\_\_\_ (Why?)  
i) \_\_\_\_\_ (Why?)

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- 3) \_\_\_\_\_ (Why?)  
a) \_\_\_\_\_ (Why?)  
i) \_\_\_\_\_ (Why?)

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- 4) \_\_\_\_\_ (Why?)  
a) \_\_\_\_\_ (Why?)  
i) \_\_\_\_\_ (Why?)



## STEP FIVE: TURN YOUR MINDSET AROUND

Your last answer to each question is a core thought. To turnaround your thought about this core belief, you will need your brain to cooperate and work with you on dismantling them. To do that, you need to turn the thought around and then find three incidents to break down an old thought.

If your core thought/belief is “No one will hire me,” you change it to “Anyone will hire me” or “I will hire me.” Search your memory and find three people who hired you the past, even if it was to cut the grass when you were 13 years old. Also, find three times when you didn’t hire anyone, and did yourself. You are someone. It could be a time when you cooked for a party instead of hiring a caterer.



Make sure you find three events. When you recall one moment in life, it becomes an incident. When you recall two events, it becomes a coincidence. When you find three, it has a validity and the brain has enough reason to change its mind. You are now ready to be conscious of your truth.

### *Example:*

**Step One:** Find the emotion or thought I am not happy – (*Why I am not happy?*)

**Step Two:** Answer the questions. Because...

- 1) I don't have a job,
- 2) I don't know what to do,
- 3) I don't have a boyfriend,
- 4) I don't have any money

**Step Three:** Break the answer apart – “Is this answer beyond any doubt and absolutely true?”

(cross the answers that are not true beyond any doubt)

- 1) I don't have a job
- ~~2) I don't know what to do,~~
- ~~3) I don't have a boyfriend,~~
- 4) I don't have any money

#### Step Four: Crack yourself Open

*I don't have a job. Why?*

- a. I don't apply for jobs. Why?
  - i. I am afraid of being rejected. Why?
    - **People don't like me. - Core**

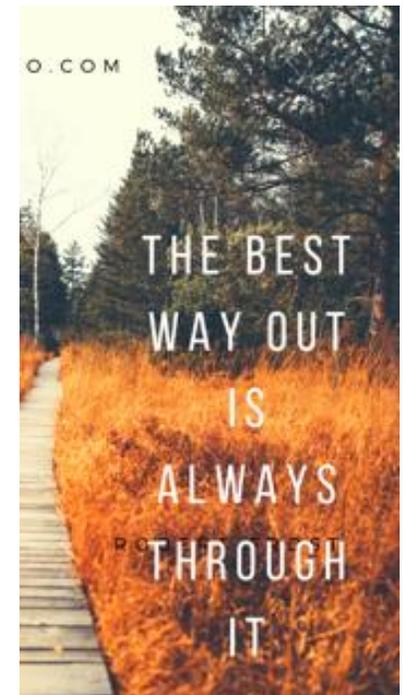
#### Step Five: Turnaround Your Mindset

➤ **People don't like me – People Like me**

- 1) My best friend loves me (Incidence)
- 2) My neighbor gave me flowers (Coincidence)
- 3) My aunt sent me a birthday card (Validity)

➤ **People don't like me – I don't like people**

- 1) I am an introvert and like quiet time (Incidence)
- 2) I didn't like my boss from the last job (Coincidence)
- 3) I don't like the cashier of the local supermarket (Validity)



During the process you will receive insights about yourself. Mostly, you will soften your belief or thought that is holding you back from taking action towards the life you want to live. Mostly, you will uncover your truth, not someone's else. You will also discover that is easier to move forward when you are aligned with your truth.

For more tools, meditations and classes visit [www.ana-barreto.com](http://www.ana-barreto.com)

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