

THE CLARITY PROCESS

WORKBOOK



 Serenity Raven-Wolf.com



Serenity Raven-Wolf

Serenity is a radiant beacon of light who embodies pure universal love. And, like a warm embrace from an angelic mother, she freely shares it with others to further open their hearts and foster healing in their lives.

For decades, this healer, teacher, mentor, speaker, and bestselling author has provided a guiding flame for many thousands of people worldwide.

Being in her presence raises the vibration of everyone Serenity encounters. She is a divine conduit who generates an unstoppable force of love, which penetrates space and time to reach people near and far.

This *Universal Love Activator* has created an extraordinary tool for supporting individuals and groups in their quest for emotional tranquility. *SoulSync* is a succinct, gentle, spiritual, and quantum-healing process that allows you to swiftly accelerate toward creating the life of your dreams.

As founder of the *Love Heals Humanity* movement, Serenity is also contributing to the emergence of peace on earth by awakening, empowering, and activating the power of love in humankind. You can join her at facebook.com/groups/LoveHealsHumanity and LoveHealsHumanity.com

Serenity shines an illuminating pathway for you to experience the blissful, awe-inspiring, and infinitely compassionate blessing of understanding and healing in your life.

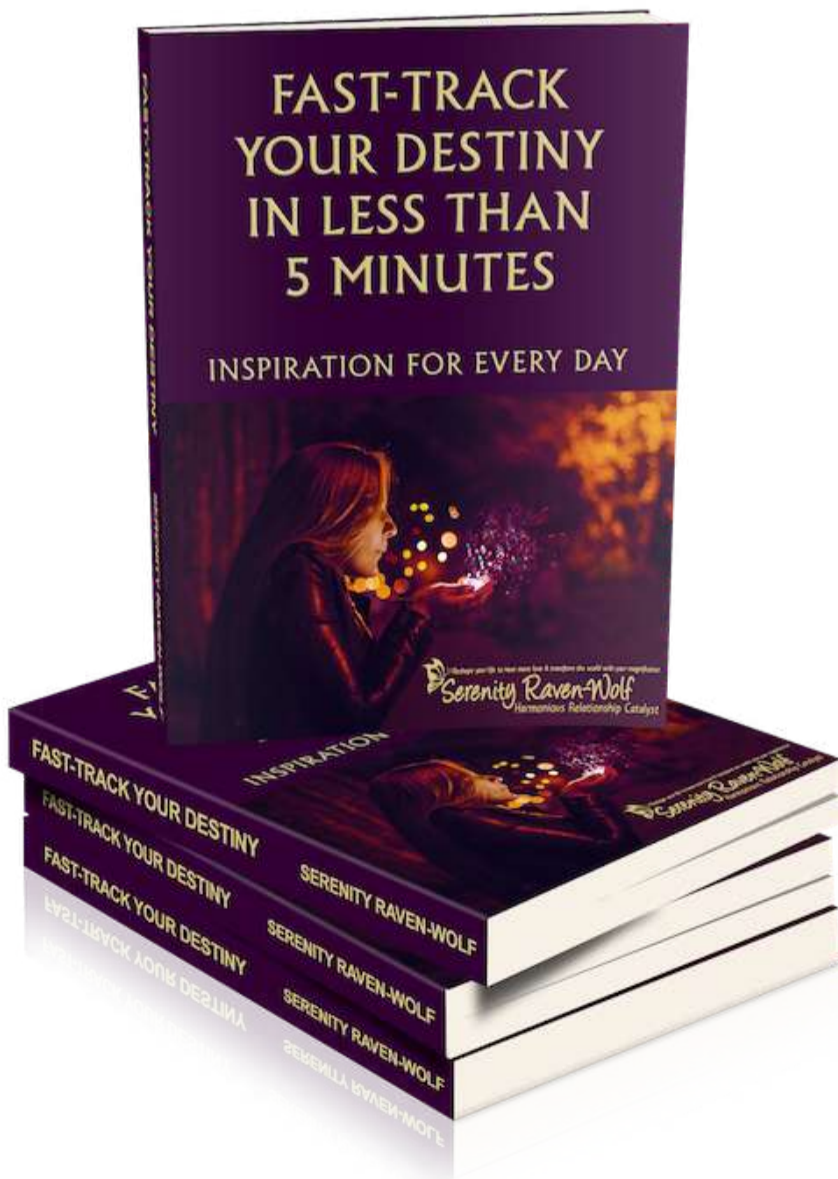
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My Personal Experience Using The Clarity Process

In 2009 my husband, Andy, and I started playing with “The Millionaire Game.”

We rang real estates agents, put on our posh accent, and asked them to show us through \$2.8 million houses. We entirely became the Millionaire character, which was fun. An important thing to remember was to make sure we took pictures of ourselves in these lush environments and houses and remembered how it *felt* to be in a beautiful place like this.

The images were for our vision board. When we give our attention, energy, and focus, to our desires, it draws to us like vibration.

The contrastive analysis was phenomenal because we had already written our *Clarity List* for our dream home. These overly expensive houses fell way short of meeting the essential things on our list.

We hadn't considered moving for another three years, though, we were on holiday at the Sunshine Coast, Queensland, Australia, and it was raining with little else to do. Once you start playing “The Millionaire Game” and have written your dream home “*Clarity List*,” that which you deeply desire is on its way.

Then, out of the blue (nothing is ever a coincidence), Andy decided he needed to go to the local laundromat to wash our oversized bed doona cover in their larger washing machines one day. While waiting for it to wash and dry, he read a local newspaper sitting on the table.

Inside were two houses he circled, local and in our price range. One was over \$600,000 and the other \$875,000. We wondered what local homes would meet our “Clarity List.”

We rang the real estate for a walk through the cheaper house. They had sold it that morning, and we could not view it. The \$875,000 home was still available to walk through so, we did.

When we walked in the front door, it felt like “*home*,” and it ticked off EVERYTHING on our “*Clarity List*,” and then some, including the local state (public) school is in the top few percent around for the arts, academic achievement, and resources. The housing estate it is in is beautiful. We have kangaroos on our front lawn now and again, koalas that walk the streets at night, and prolific native, colorful birdlife.

This house is enormous and backs onto a large lake, and I walk out my back gate - take approximately 20 steps, and I am on the deck which overlooks the large lake. There also is a park next door. It truly is my dream home.

As we had not been planning to move, quick action to put everything in motion was vital.

We so desired to be in this new home sooner rather than later because it was a palace compared to the dump we lived in.



It is incredible what you can bring about, magnetize to you, when you have a burning desire, are persistent, and vibrationally on your high-flying disk. We moved in within four weeks. Also, four weeks before the actual planned settlement date and before the bank went unconditional on the home loan.

The conveyancing solicitor said she had never seen this happen. Not ever! I'll save the HOW of that for another process. We all know what happens when we are on our high-flying disk. Right? We also talked them down in price from \$875,000 to \$825,000. Woo-hoo, a \$50,000 saving. How does it get even better than this?

I share my experience with you, not to impress you, but to impress upon you; to stay vibrationally on your high-flying disk; to magnetize your burning desires to you. All things you desire already exist in your vortex of creation, just as you planned it.

What is your next inspired action step toward attracting your dream life?

It assists the Universe to bring us our deepest desires when we are CLEAR on what we desire.



What Is A Clarity List?

A Clarity List is just that, a list that gives you clarity on exactly what you do desire, what feeds your soul. It is also a tool to give your attention, energy, and focus, magnetizing your desires.

Why Do I Need A Clarity List?

The key is to be specific about what makes you happy, feels good, and feeds your soul, making it easier to attract that exact thing to you.

NOTE: This process works to attract people and things into your life. When attracting a person or a Soulmate, if you are trying to attract a specific person, this process won't work; unless they are in vibrational alignment with the Clarity List, you create. Better to attract a particular TYPE of person. The Clarity Process works for all types of relationships, friends, soulmates, business partners, etc.

The Clarity Process is like walking into a store,

and the clerk asks how they may help you. You state that you are there to buy a gift for a friend. The clerk asks what you desire. You have ZERO ideas.

Long story short, after a series of clarity questions from the clerk, you still have zero ideas of what you desire other than a gift. The clerk, a metaphor for the Universe, informs you they cannot help you at this time, and they will be just over there if you require further assistance. You leave the store with no gift and are disappointed.

When you are clear on what you desire, the more specific you are - the better the energetic match.

This process has worked insanely well for me. I have used this process to create phenomenal relationships, my dream home, my Soulmate - "perfect partner," best friends, you name it. It works. And, each time, the Universe moved (metaphorically) mountains to bring me my burning desires.



THE CLARITY PROCESS

The Process – Step 1

1. *Use the Clarity List worksheet - Step 1.* First, do a brain dump. Empty your mind and being of all its likes and dislikes in relation to what you desire to have in your life. Make sure you push through at least two “brain blocks” (a brain block is when you hit a blank and nothing more comes up). When you reach a brain block, just take a break and return to it a little later. I find that behind each brain block are “gems.”

At this early stage, it’s very OK to write what you dislike (don’t desire) on the list because it is easier for what we dislike to surface. The things you dislike are simply contrastive analyses, guiding you to what you desire and

like. Give it little of your attention. Just write it on the list, in the “*Contrast*” column, and move on to the next point. Write all the things you DO like and desire in the “*Clarity*” column.

2. Go through the list, one statement at a time, and if it is worded in the “what I don’t desire” way, simply ask this question for each point:

“So, what do I desire?”

Then reword this statement in the “what I do desire” way and add it to the “*Clarity*” column (cross out the “what you don’t desire” statement). Keep moving through your brain dump list until you are complete.



The Process – Step 2

1. Use the *Clarity List worksheet - Step 2*. Go through the “Clarity” column of your “Clarity List – Step 1” and decide how important the point/quality/trait is to you and add it to the appropriate column on the “Clarity List – Step 2” (see page 9 for further explanation of these three columns):

- ♥ Not Negotiable
- ♥ Negotiable
- ♥ Wish List

2. Continue until you have completed the list.

3. Read your list twice daily if you desire to give more attention, energy, and focus on

magnetizing your desire to you faster. As soon as you wake in the morning and just before you go to bed at night are good times to do this.

NOTE: There seems to be an invisible power that when we hear our own voice read our desires aloud, it creates a stronger magnet to bring our desires even faster. Therefore, reading aloud is strongly suggested. If you have more time and want to have your desire more quickly, you can read it more often, or record it and listen to it over and over.

4. You can keep adding and tweaking your list while waiting for your desires to show up.



The Clarity List

The list is 3 columns:

1. **Not negotiable** (deal-breakers): These have to be present, or it's "not on" - totally unacceptable. Knowing what your deal-breakers are is very enlightening. Violating our deal-breakers is a recipe for future unhappiness.
2. **Negotiable:** These are the things that are pretty important to you. Though, if some are missing, you are very ok with that. You are a happy camper as long as approximately 75% of this list (column) is met.

When all your "not negotiable" list (column) is present, you are ecstatically happy. When most of your "negotiable" list (column) is present, this is just added the icing on an already phenomenal cake.

NOTE: If you care which items on your "negotiable" list (column) are missing, then you may have misjudged how important that point is to you, and you may desire to renegotiate it up to the "not negotiable" list (column).

3. **Wish List:** This is anything you thought might be nice to have (in relation to the desire you are creating the Clarity List about). When you are on your high-flying disk, you will be surprised at how much of your "wish list" is included in the end result.

Have FAITH in the process and BELIEVE you truly can HAVE your desires. Know it, believe it, and it is so!

*I LOVE YOU
MAY YOU BE BLESSED WITH
INFINITE LOVE, ABUNDANCE,
WELLNESS, SERENITY, SUCCESS,
GRACE AND JOY!*



CLARITY LIST



STEP 1

Contrast	Clarity
List of things I DON'T like / desire	List the things I DO like / desire



CLARITY LIST



STEP 1

Contrast	Clarity
List of things I DON'T like / desire	List the things I DO like / desire



CLARITY LIST - STEP 2

My Ideal _____

NOTE: The more specificity, the easier it is to bring about a perfect vibrational aligned match

Not Negotiable	Negotiable	Wish List
<p>(This column is the DEAL-BREAKERS. ALL of this list must be present or there is a miss-match in vibrational alignment)</p>	<p>(This column is the things that are important to me. As long as 75% of this list is present - I am open to what is missing. If I do care what is missing I may require to upgrade that point to a Not Negotiable)</p>	<p>(If ANY of this list is present, this is icing on an already perfect cake)</p>



CLARITY LIST - STEP 2

Not Negotiable	Negotiable	Wish List



Google Sheet Digital Version - Worksheet 1 & 2

Create Your Own Personal Copy Instructions

1. Open in a browser the Google Sheet “Clarity Process Worksheet 1 and 2 - SRW” by clicking the link to the button to the right

OPEN GOOGLE SHEET

2. In the URL bar delete the last part of the URL

32G00sUPm_u0/edit#gid=0

3. Replace this with the word copy and then press ENTER

vF3or362G00sUPm_u0/copy

4. You will then be asked to “Make a copy” - press this button.

 Google Sheets

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Would you like to make a copy of **Clarity Process Worksheet 1 and 2 - SRW?**

Make a copy

5. Easy-peasy, you now have a copy of the document in your google drive and the only person that has access to this document and all you write in it is you.

