

Introduction

To recharge themselves, individuals need to recognize the costs of energy-depleting behaviors and then take responsibility for changing them, regardless of the circumstances they're facing.

—Tony Schwartz, Author, Speaker and Consultant



Do you have *clarity amnesia*? Most people do at some point in their life: it seems to be part of the human condition. Sometime during your life you may have lost the awareness of your purpose and your passions. You lost sight of what gives you joy and energy every day. Yet somehow you have never lost a deep, innate knowing that it's critically important to wake up and know why you are here. What is your contribution to the world? How can you make a difference with your own unique expression?

No one wakes up in the morning saying, "Today, I am going to behave and act in ways that exhaust

my energy, and I'm going to do whatever I can to drain the energy of everyone I come in contact with."

Sounds absurd, doesn't it? And yet, that is the net effect of what happens day in and day out in homes and offices everywhere—people living and working with their energy and their enthusiasm drained and exhausted, having performed at less than optimal levels. This is an impact of *clarity amnesia*.

However, at some point, triggered by an illness, perhaps, or a loss or other personal crisis—even just a vague sense of dissatisfaction—something stirs within clarity amnesiacs. They become seekers on a journey to recover what they've forgotten. Clues appear; they can be baffled about which ones to follow. Then they begin to notice that following some clues seems to energize them, while following others exhausts them. As they pursue more of the energizing clues, their curiosity quickens. The process of remembering speeds up; they feel vibrant and alive. The spell of amnesia is broken, and a vision of how they want to live their life unfolds before them.

Nurturing that vision and taking it into action is what *Get Clarity* is about. It offers a guided remedy for *clarity amnesia*—a step-by-step solution to aimless wandering that will lead you on an accelerated journey to a fulfilling life of peak experiences.

Separately and together, we've spent almost forty years guiding people in aligning themselves with

their purpose and direction. Even though many of our clients have come to us for help with something specific—discovering what’s next in their lives, becoming a better leader, changing careers, perhaps, or finding their soul mate, we find as often as not they’re in search of something larger and more enduring—living a lights-on life.

What does it mean to live *lights-on*?

- Lights-on living means that when you wake up in the morning you know you will be doing work you love.
- Lights-on living means that every day your relationships are vibrant, energetic and filled with grace and ease.
- Lights-on living means that you are conscious and aware—in every moment, of following your energy so you can live each day fully.
- Lights-on living means that you have the ability to see when your thoughts and behaviors are not working and to shift your attention to more effective ones. It’s living with passion, purpose, and deeply connected action.



Practically speaking, living lights-on means following your own energetic signals, moving toward what inspires and revitalizes you—what “lights you up”—and away from what drains and demoralizes you. Energy, in this sense, is the invisible force that animates life; some call it chi, ki, prana, or élan vital.

Although energy itself is invisible, its effect on the human system is obvious. Lights-on is a twinkle in the eye, a spring in the step, a glow around someone. Lights-off is equally apparent: dull eyes, drooping posture, a listless dragging through life. And you don't just live in your own, individual energy bubbles; you're part of a vibrating, pulsating, electric, energetic world—a biofield, a matrix of all the different energies of the people and natural forces around you.

One of our clients, Daniel, tells us that learning to live lights-on saved his marriage. Prior to learning how to read and follow energy, he had been frustrated with his wife, and for years had suffered a chronic discontent which took a toll on their relationship. He constantly thought of leaving. But with his focus always on that, he didn't focus on what made his marriage great. When he began to concentrate on what truly energized him, his perception of his marriage

changed. Learning to discern *his own energy* is what saved his relationship, and his marriage.

Living lights-on means literally “going with the flow”—the energetic flow of the universe and your own life. It comes from honoring the process of life and the energetic feedback from your surroundings and your own physiology. Learning to discern whether people, places, or events are energizing or draining will quickly become second nature. We call this “cellular learning,” because it happens at a visceral level: energy is experienced as a shift or feeling in the body. Your lights-on or lights-off response to daily happenings acts as an internal GPS—an energetic global positioning system to keep you on course living a life with clarity.

The *Get Clarity Visioning and Operating System* we teach our clients is grounded in making choices on an energetic level: taking apart the jigsaw puzzle of your life and seeing which pieces have energy in them—which light you up—then reassembling them in a configuration invested with more vibrancy and passion. A vision, as we define it, is that cluster of lights-on clues.

Get Clarity Journey Map

Our approach is action oriented: we use the image of sailing down a river as a metaphor for the journey to a lights-on life. For years, as Cathy worked with clients, the river image kept appearing to her as they

talked about their life and their visioning process. She could visualize where a person was on the river and where he or she needed to go next. The image was so strong that eventually Cathy drew a rough sketch of a river on a long piece of paper stretched around the walls of her office, and marked on it the twists and turns, setbacks, and challenges that her clients encountered.

As she developed the *Get Clarity Journey Map*, it became clear that it represented a universal journey that all clients experienced. Clear patterns emerged, and clients began using the map to help them plot the next leg of their journey. With the map—and their energetic GPS for guidance—they could navigate rapids and ride out storms as readily as they sailed over calm waters.



When setting out on any journey, it is helpful to have a map leading you to your destination. The *Get Clarity Journey Map* is located in the back of this book, where you can simply unfold it, envisioning your own “lights-on” voyage. Both are designed to work together, with the stations along the river corresponding to concepts outlined in *Get Clarity* that can be referred to throughout your journey.

How to Use This Book

Get Clarity is divided into five parts, each covering a different stage on the lights-on journey.

Part I: Preparing for Departure, introduces you to the visioning concept and outlines the fundamentals of energy, the foundation of our work. **Chapter One: Understanding Energy** explains energy fields and energy patterns in detail. **Chapter Two: Holding Your Own Energy Field** shows you how to retain your own energy under all circumstances—a critical step in staying aligned with your vision. **Chapter Three: Looking for Lights-On** gives you an understanding of how energy manifests itself in the human system. **Chapter Four: Using Your Whole Brain** highlights the effect your thoughts have on your physiology.

Part II: Setting Your Course covers the essential work of defining your vision and removing obstacles—internal and external—to moving toward it.

By **Part III: Casting Off**, you're no longer at your mooring, in preparation mode, but sailing in open water. Here you will experience the power of intention in creating reality; you will explore the push-pull of attraction and resistance in following guidance. You will also learn how to fine-tune your vision and align it with effective action, as well as how to navigate difficult choice points without being paralyzed with indecision.

Part IV: Correcting Course guides you through rough waters—the inevitable challenges and setbacks any visioning journey encounters. There is advice on recognizing when to push forward and when to drop anchor and stay still.

Part V: Sailing Home brings the visioning process to fruition, with Gary’s story as inspiration. Here, you will discover the magic of synchronicity and the importance of living in the present moment. You will also learn when it’s advisable to adopt a Plan B. You will get a taste of the “whoosh effect”—the exhilarating acceleration that occurs near the end of the vision journey, speeding you to your goal. We end with a recap of the inner transformation that signals a lights-on life.

In **Appendix 1—Peer Coaching** there are instructions on how to form a small feedback group of “strategic allies” to assist you in discovering and refining your vision. **Appendix 2—Get Clarity for Leaders** gives guidance on using *Get Clarity* principles to inspire a shared vision and create a lights-on culture in an organization. Since some of the terms we use in our work may be unfamiliar, we’ve also included a **Glossary** that supplements the definitions provided in the text.

Each chapter offers insights and strategies to reconnect you with your passion and true calling. At the end of each chapter are two summary sections to aid you in your journey. *Clarity in Action* contains

real-life stories of people who have used these tools to create a new reality for themselves. In *Navigational Tools*, we suggest specific steps to help you move toward your goal.

Taken together, the strategies and steps and personal stories in *Get Clarity* are designed to help you:

- discover what lights you up and what's next in your life;
- attract what you want and release what you don't want;
- create powerful relationships energetically;
- recognize choice points and use them to create your optimum reality;
- understand “shadow behavior” so it won't stop you from reaching your goal;
- eliminate self-criticism, judgment, and other debilitating patterns; and
- find the lessons—and silver lining—in detours and setbacks.

Our culture seems to endorse struggle and effort as the most effective means to achieve success. It

continually reinforces messages like “Life is hard” and “Do it even if it kills you.” But that is not the true path to success: diligence is one thing, but excessive stress and pressure lead only to exhaustion.

We propose an alternative—a “loving what you do and doing what you love” lifestyle. It begins with an inspired vision of what you want your life to look like, and then draws on your lights-on energy to achieve it. Passion and enthusiasm will help you create a vision. And having a clear vision to hold on to will keep you from getting knocked out of the game by others’ well-intended opinions and advice, or your own doubts and fears.

The system and practices in the book are all time-tested by our workshops and individual coaching. We’ve found that people who’ve awakened to their destiny and are living a lights-on life invariably report the same thing: that regardless of the obstacles they encountered, they never lost sight of their vision. They simply adjusted their strategy, timing, or financing until they were able to see their dream come true.

In the pages that follow you’ll find the tools and encouragement you need to overcome obstacles and complete your visioning journey, guided by the lights-on wisdom of your heart.