

Opening Space

DECLUTTERING THE MIND CLASS THREE

A Three Part Webinar

REVEREND DOCTOR TONI PETRINOVICH SACRED SPACES

What you will learn

- What fears keep you from hearing your heart
- Why you would incarnate into mental clutter
- Living without a cluttered mind
- Why mindfulness is heartfulness
- Opening the space of your mind/heart



There is only one reason your mind is cluttered and that is fear of the unknown.

When you release the anxiety of what you don't or can't know and accept what is, your mind quiets down.

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Fears

- Fear of losing yourself in meditation
- Fear of losing your practiced path
- Fear of not attaining your spiritual goals
- Fear of being seen as less
- Fear of all of earthly stuff

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Fear In The Mind

Because fear lives only in your mind and does not exist anywhere else, you have an opportunity to unclutter its grip.

For example, a person said they were afraid of losing themselves in the void. So there has to be a belief that the void can harm. This belief lives in the mind. It does not exist in the void, which is the center from which we all emerge.

Each fear is a creation of the mind's clutter.

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Fear = Clutter

You only believe your mind is cluttered when you are thinking of situations, unfulfilled expectations or future anticipations.

If you are in a moment of peace, joy, love, harmony or enjoyment (no matter the cause), you do not feel cluttered.

It is the fear of not receiving or achieving that creates the clutter. And you create it.

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Mind and Consciousness

The mind is a form of consciousness. It is not its only form, simply one of them. It is connected to your ego personality and is driven by the brain's desires for the three chemicals we have been talking about.

When you sequester yourself within your mind, you cannot hear your heart. Your heart whispers. Your mind demands. And because the demands are based on fear, your fear that you will not receive becomes louder than your heart.

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How?

So, how can you really hear your heart.

It takes silence. It takes time. And it takes your willingness to step away from the mind's pain and fear that you may not be in control.

The heart is not concerned about control. It is already in control of your physiology so it has no need to try. When you focus upon your heart and listen to its urgings, your mind is invited to follow along – sometimes to its utter joy!

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Sit

Sit in silence

Think of something pleasant so your mind has something to do

Then, focus upon your heart

What is it saying? What is it telling you?

Stay in that silence until you feel the connection you hold with your heart

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Why Am I Here?

◦ It's hard



- Experience
- Beliefs create perception
- Life is very short
- You are a creator
- You are a gift

What did you expect?

Your heart already knows.

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Coherency

Do you feel coherent?

If not, why not?

Coherency is your right

Connects with the heart



Take a breath

Allow your heart

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Focus On What You Are

Since you are Source in form, when you focus on what you are rather than on what you believe yourself to be, you move into an instant state of coherency. This is the feeling that creates the dopamine referred to previously. And coherency aligns you with others resulting in the flow of oxytocin, which then feels like success – serotonin.

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Be Your Best Friend

You can be your best friend or your greatest enemy simply by the way you allow yourself to think. The feelings that create a sense of “all is right in the world” can propel you to recognize what coherency feels like. When you feel that all is “cluttered and a mess”, then you know what it feels like to be incoherent. You are in control of those two states – always!

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Choose Where You Are



**Walk through the door
into your life**



**Choose to live from a
coherent viewpoint**

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Desire And Fear

The clutter in your mind, as has been demonstrated in this course, is due to the fear you have that your desires won't be fulfilled. When you stop wanting things to turn out a specific way (expectations), you open the door to allowance, which removes the fear of what might happen if you don't get what you want. (Fear of no dopamine!)

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Nature Of Beliefs

Where do your beliefs originate?

Why would you believe that coming to earth is/was a difficult choice?

What would have been better?

What are you basing your responses on?

Which belief brings fear, which desire and which fulfillment?

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Chemistry

The belief holds out the hope of reward – dopamine

The belief is held by others and you are socially connected through belief – oxytocin

The belief allows you to feel a sense of achievement as you act out its ideology – serotonin

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The Basics

When you get down to basics and realize that the noise in your mind is clamoring for dopamine, oxytocin and/or serotonin, you can evaluate what belief or belief system is driving your fear that either of these chemicals is not present. Why would you choose to come to a planet where you could not receive that which is natural to your body? You wouldn't!

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Why Believe?

Ask yourself that one question:

Why believe in anything? Does the belief clutter your mind? Does it uplift you? Does it cause fear or anxiety?

Why believe?

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What Do Beliefs Cause?

Beliefs cause you to:

Act in ways you believe will benefit you (dopamine)

Attempt to be like others (oxytocin)

Make sure you are doing everything right and that you are successful (serotonin)

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What Is Really Happening?

- ◉ Your mind is constantly trying to figure out if you'll get the reward = clutter
- ◉ You become a people pleaser to feel in union with others = even more clutter and anxiety
- ◉ You doubt you belong here = constant mental clutter

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Are You Willing To Let Go To Your Heart?

By "let go" is meant that you surrender to what is really happening in your life rather than trying to control it.

Letting go allows you to do just that – let go of the need to control situations, hence relieving the clutter.

Surrender = no clutter

The yearning you feel in your heart is for this "let go".

It is a constant cry to allow what can happen to happen.

In other words, to allow what is to be.

Surrender to what is

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The Key

The key to relieving the clutter in your mind is stopping the whirlwind of belief. It is a big step. People will not agree with you. They are too caught up in their own clutter and would prefer that you stay in your own, as well. When you decide to use this key to open the door to freedom, you may be alone – yet, not for long.

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We've Talk About:

Thoughts

Mind/brain

Mass consciousness

Expectations

Chemistry

Anxiety

Beliefs

Heart

The clutter of the mind

Mindfulness-Heartfulness

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Being Sucked Back In

Remember – after completing this 3-part course, it is still easy to get sucked back in to the usual clutter of your mind.

Practicing the upcoming tools will free you from the fear that you will get stuck in the same cycle.

And *practice* is the key word here because you need to make it just that.

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Steps To De-Clutter

There are several steps to the tools presented.

Each one builds a foundation for the next.

You may wish to take notes and create a diary for yourself so that you have something to follow daily.

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Intention

The first step is to make the intention that there is nothing more important in your life right now than learning how to quiet your mind. Once that intention is made mentally, you might wish to post a note to yourself where you see it each day.

You are using your mind to create a new pathway, a new highway, within your brain. It will have its own rewards, connections and success story, which will fuel your chemistry in a different way.

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Importance

Stated again:

This decision and your intention has to be first and foremost within your mind.

Make it the first thing you think of in the morning and the last thing you consider while falling asleep.

When the idea that you have a cluttered mind seems ridiculous, you will know you are succeeding.

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Silent Time

The next step is to schedule time each day (at least once, more often if possible) to sit in absolute silence alone. Your mind is always questing for connection with something so sitting in silence allows it to shut down. Make sure you have taken care of anything that might cause you to think you shouldn't be taking this time for yourself. **This is the most important step in this process.**

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Doing Nothing

Is it hard to do
nothing?

What is your mind
trying to tell you is
wrong with doing
nothing?

What intrudes upon
your silence?



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Surrender

Sitting in silence is surrendering into the void of
creation.

All that is created emerges from within the void
of no-thingness.

When you sit in this silence, you are once again
connecting with the center of all.

Surrender to it!

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Breathe



Breathe. Follow your
breath – the inbreath and
then the outbreath.

There is nothing to do
but breathe.

Each breath is the only
breath.

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Breathe Your Heart

Feel your breath connecting with your heart. The breath creates a rhythm with your heartbeat.

Your heart is breathing you. Feel it. Don't think. Simply feel the beat of your heart as you breathe.

You are breathing your heart.

Your heart is breathing you.

Breathe. Breathe in, breathe out.

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Open Space

Create space around your heart
Breathe into that space



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Mindfulness - Heartfulness



Breathing into your heart

Silencing the mind

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Love Your Thoughts

Thoughts will come and go. Let them. Love the thoughts as they arise. Do not resist them or believe they should not be there.

Why should they be there?

Why shouldn't they be there?

Let the love in the space around your heart encompass your thoughts.

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Freedom

Check in with yourself now.

Is your breathing full and expansive?

Are your shoulders tight?

Are you comfortable sitting?

Are your eyes soft and gentle?

Is there any feeling except freedom?

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This Moment

Surrender to:

Only
This
Moment



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Simplicity

This process is so simple that it may be too simple.

Does your mind wish for a more complex experience?

Do you find it hard or easy to simply sit in the serenity of you?

How does it feel to you? This is the tough spot – just sitting until you get used to it.

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Mind And Heart

Your mind is in service to your heart.

Your heart is wiser, stronger, more capable and much more connected to the experiences of your spirit than your mind will ever be.

When your heart tells you what is next within this life, you can rely on its divine, deep, infinite wisdom.

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Breath



Breathe



There is only this moment

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This Moment

You only have this moment

You may believe that you have years to live. You may anticipate what is going to happen next week. Your mind might hold expectations about what is possible in your life and what potential you hold.

In reality, you have only this moment. You have only this breath. Then the next and the next. Yet in each next breath, you have only this moment.

This moment is Now.

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Silence

Breathe into the silence.

Let all be silent.

Watch your mind slow down and stop thinking.

There is only silence right now.

Nothing else.

Be in the silence of your mind.

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Daily Practice

If you truly want your mind to quiet down, you must intend to follow this practice everyday.

Just like any new habit, stilling your mind is something you are learning to do.

You have been taught to think and multitask.

Now it is time to stop thinking, focus on this one and only task and simply be.

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Three Times A Day

Morning, noon and night – make time to sit in silence. You don't have to be alone nor do you have to be in a private setting. You can do this anywhere you are, even in a crowded room. It is the most natural and simple experience you can possibly give yourself.

First thing in the morning, once during the day and last thing at night – a silent mind in service to the heart.

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On The Go

If you have a very busy life, it is all the better.

Now you can really learn how silent your mind can be.

Once you get used to the practice, see where you can be mindfully and heartfully silent.

Driving the car

At work

While watching a movie with others

In the midst of a discussion

Practice!

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Your Guiding Light

The silent mind, following the lead of the heart is now your guiding light.

You are your own treasure.

No more does your mind feel cluttered, rather you are still and silent.

No greater gift can you give to yourself.

Once you have made silence be your "go to" place, you will no longer experience the chaos of your mind.

You will live as the silent I AM.

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