

Examine the clutter

# DECLUTTERING THE MIND CLASS TWO

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A Three Part Webinar

# REVEREND DOCTOR TONI PETRINOVICH SACRED SPACES

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## What you will learn

- Focus on distracting events
- Beliefs that do not serve you
- Mass consciousness
- Anxiety and the if's
- Mind and heart
- Expectations

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**Question: What is the root cause of increasing radical changes in government?**

History shows us that these changes are not increasing. It is the Internet that brings it to your daily attention.

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## Distraction

Focus on exterior events

Desire to be on top

Oxytocin-driven search for common connection

Change the idea of politics to any other focus and it is all the same

Paying attention to the outside rather than the inside

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## Beliefs

There are many beliefs that appear to be common knowledge that do not serve you.

A question was posed: Do chakras need clearing of emotional debris to bring peace of mind?

My question: Is this something you want to believe?

You create your own reality.

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## Relative Reality

The concepts that create your reality are contained in your beliefs. You may even call them your truths yet they are not true, only beliefs you have decided are true for you. This does not mean they are true for anyone else.

Do you want to believe that chakras need clearing for you to experience peace of mind? Who told you that this is true?

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## Chakras

Chakras are wheels of energy located within the body according to some traditions.

Other belief systems do not address chakras at all.

They have become a mainstay of the New Age movement and energy healing work.

Whether you believe in them or not, how does that affect your peace of mind?

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## Where?

This takes us to living in your own power.

One of the reasons you feel your mind is cluttered is because you are attempting to align yourself with a number of beliefs.

What would happen to the clutter if you gave it up, released it and stopped believing that you must live in a particular way to "be spiritual"?

Where would the clutter go then?

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## Your Choice

You have a personal choice about what you are going to believe is true for you.

If it brings peace and harmony, perfect!

If it makes you feel unworthy, confused or, in any way, unhappy, why would you make that choice?

It is not only a case of chakras. Some people believe you cannot be at peace unless you meditate. Is that true?

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## What Brings You Peace?



- Thought
- All is well in the world
- I am loved
- Life is worthwhile
- I am at home

**What do you feel?**

**What are you thinking?**

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## An Uncluttered Mind

Is not dependent upon anything

Is possible always

Creates its own energy

Connects with the heart



**Clutter is a belief**

**Beliefs are creations**

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## Focusing on Beliefs

Your beliefs create your view of the world and your life. Your perceptions are created through what you believe is true. Your beliefs supply the significance to all experiences in your life. Change the belief and whatever is happening is painted with different colors. Living as I AM creates a container for your divinity.

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## Cluttered Thoughts

Since coherent thoughts do not feel cluttered, you can surmise that a "cluttered mind" is one that is incoherent.

In other words, your frequency is all over the place. When you are feeling and thinking coherently, you do not view your mind as cluttered. It is functioning easily according to its programs and, remember, these programs all result from the desire for dopamine, oxytocin and serotonin.

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## Choose What You Believe



**No one forces you to believe anything**

**You can always choose a peaceful mind**

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## The Security of Belief

Since your consciousness is neutral, the beliefs you aspire to and take on as your system of living belong solely to you and foundation what you believe is your individual experience. You can change any belief you have in any moment and for any reason. *The reason you may cling to specific beliefs is that it, or they, give you a sense of security even though that security is an illusion.*

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## Beliefs Create Desire

What are your desires? What are you concerned about in your life? How do you see yourself and why? Do you have hopes for the future? Do you use *faith* to circumnavigate the rapids and waterfalls of your life? What do you do when something happens you did not anticipate?

The desires and concerns create the mind's clutter as it tries to achieve the belief.

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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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## Politics and Chakras

If it's politics you are concerned about, you believe you know the "right way". You look for others who share your position. You watch the news and create a mindset that gives you a set of talking points so that you remain on top of the situation.

If clearing your chakras is the way to peace of mind, you practice whatever method has been given to you by another. You feel better when you believe your chakras are clear. You show others how to clear their chakras. You are now the teacher.

### Dopamine, Oxytocin and Serotonin

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## Beliefs Clutter The Mind

The current human condition supports, allows and encourages following the mass consensus as dictated by television, popular opinion and the newspaper headlines. There is not much encouragement for being consciously aware of what your perceived beliefs are creating. Individual thought and living life according to the dictates of your own consciousness, your true Self-realization, is not available in conventional media.

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## Your Reality In Mass Consciousness

A question was posed regarding keeping out the noise from the "matrix", which means mass consciousness.

Meditation is the key. And, meditation is not only done in quiet, out-of-the-way locations. It is a tool to use when you are immersed in the "noise of the matrix".

Meditation is simple.

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## Meditation

Meditation is the act of sitting quietly in silence and observing your thoughts. Too many people believe it means that you can't have thoughts. That's not true. It is the allowance of what is happening in the moment as it is happening. Eventually, the busy mind does quiet down since all you are doing is observing what is occurring rather than thinking.

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## Media

- ◉ Television, streaming videos and your phone
- ◉ Newspapers, books, workshops (yes, workshops are also media)
- ◉ Social networks

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## Where Is The Noise?

Viewing news, watching videos, paying attention to your cell phone all create, stimulate and perpetuate the noise of the masses.

Social networks create beliefs about how you are to appear causing further disturbance.

**All three – dopamine, oxytocin and serotonin**

Newspapers, books, workshops, You Tube, all of the available sources of information rely on you accessing their content. No one cares how it affects your mind. "If it bleeds, it leads."

Choose carefully.

**Create your inner environment**

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## Unavoidable

You may believe you can keep out the noise of the masses, yet you are immersed within it. The greatest and easiest tool to use is to accept what is rather than attempting to struggle out of it. You don't have to put yourself in places where the emphasis is on noise. You can seek quieter venues realizing that the mass consciousness is still all around you.

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## Beliefs Rule

Did I do it right?	Could I do it better?
What would she say?	I'm not measuring up.
I wish I was like him.	They do it perfectly.
I need to practice more.	He's so enlightened.
Maybe another book.	I'll never get there.
<b>Never enough</b>	<b>It's out there somewhere</b>

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## Beliefs Clutter

The constant comparing, the infinite hope for things to change and the doubt they ever will is the basis for the cluttered mind. It is constantly comparing itself to what it believes is better in someone else, trying to figure out a way to copy what someone else is doing and, always, some way to feel not only equal – hopefully superior (oxytocin and serotonin).

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## Changing Beliefs

A belief that allows you to feel the reward of acceptance creates dopamine.

A belief that bridges the illusory void between you and others creates oxytocin.

A belief that allows for a feeling of success in any practice creates serotonin.

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## Dissolving Beliefs

Make a list of your beliefs about everything: your childhood, parents, teachers, friends, family and extended family; your life expectations, hopes, fears, goals, doubts, successes and failures.

Cross off any belief that does not absolutely confirm that you are divine in everything you feel, think, say or do. Any belief that includes fear or the chance of punishment is cluttering your mind. Do this now!

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## Attachment?

Were there beliefs you were afraid to let go of?

Did you find some of them to be so deeply seated that they feel like truths?

Did you begin to feel naked without one or more of your beliefs?

Does one or more define your identity?

How attached are you?

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## The Clutter



Part of the problem with the mind's clutter is that it is supported by the masses. The more you do, the faster you do it and the more actions you can handle at the same time, the better you appear in the minds of the masses.

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## The Mind

Am I doing it right?

What happens if I'm not?

Was that breath correct?

Maybe I should give up!



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## Attachment to Practice = Clutter

Example: If you have a proscribed practice that includes breathing techniques for meditation, you stop meditating to make sure you are breathing properly. The more attached you are to the practice and process, the more clutter appears in your mind. Meditation requires no specific technique. It is a naturally occurring experience.

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## Meditation

Meditation is sitting quietly, watching the thoughts flow by until they ultimately stop.

There is no judgment or trying in true meditation.

The harder you try, the less you are meditating.

All the mantras, breath techniques and guidance will not assist you in simply being aware of YOU.

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## Awareness – Your Finest Tool

**Now let's talk about awareness.** Awareness *is*. It is not positive or negative, nor does it hold specific beliefs. It is not creating a condition of right or wrong, good or bad. Realizing you are conscious, self-reflective is the essence of divine Self-realization.

Nothing you perceive is there, as you believe it. It is seen through the constructs of your mind, your experiences, future hopes and any fears or concerns that are present for you. Therefore, you do not ever see anything that is truly "real". It is all your perception.

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## You ARE

**You exist before awareness**

Remember that before you are consciously aware of being aware, you **are**. Awareness within this world is the beginning of living in separation. While separation truly doesn't exist, it appears to do so here.

There is no need to think through anything when you realize that you *are* before you are conscious.

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## Nothing Is Real

Nothing you perceive is there, as you believe it. It is seen through the constructs of your mind, your experiences, future hopes and any fears or concerns that are present for you. Therefore, you do not ever see anything that is truly "real". It is all your perception. Your conscious awareness is colored by your perception, which is derived from your beliefs.

Being aware that you are divine, that each breath emanates within Source, as Source, for Source and to Source, changes your viewpoint of simply *being human* to **being God**. Let your awareness be the supportive guiding system that aligns you with your own approach to the enactment of life's experience. The importance you place upon all of your attachments means nothing.

**Your perception is colored by what you think is real.**

**Nothing has any meaning except what you give it.**

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## This Moment

The only place that awareness exists is within the experience of this moment. When you keep your attention focused upon now, you will become more aware of you as All That Is. Awareness is the openness, the allowance, the recognition and the acceptance of your experience in this moment. It is that and only that. When you close down, you lose your awareness. Open to the awareness within the breath that you are breathing right now. Let it be the only focus for you for this moment. Then the next and the next.

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## The Mind

When you begin the process of living as I AM, your mind will produce a number of creative methods to focus your attention on what you think or believe I AM is or could be. The human mind has a constant drive to know because that connotes security to the physical nature of the human.

Release the need to control the concept of what you are. **Be aware** of being I AM without thought about it.

Awareness within this world is the beginning of living in separation. While separation truly doesn't exist, it appears to do so here.

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## Back To The Mind vs. Awareness

### The mind:

- Feels
- Thinks
- Perceives
- Wills
- Reasons

### Awareness:

Is



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## Appearances

*Awareness does not reflect appearances. Awareness knows no "reality" for all that you call real is the result of your conscious creation. To become *aware*, you must release your belief that your created world is real. It is only a story you are telling yourself.*

*When you become aware that you have created your consciousness to live out a life's story in earth, then you have the opportunity to let go of the conscious decision to believe in your life as real. You become aware of your awareness.*

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## Mind Desires Itself

Realize that everything you think is an effect of the mind. Your mind does not know I AM. It only knows its conscious self. **The mind is not aware.** It believes that it knows what is best for you and sometimes others. All it can do is suggest what you may desire based upon your beliefs. The desire lives within your mind. So, the mind desires itself without realizing that it is the cause of any dissatisfaction. The desire does not reflect I AM nor does it experience itself as awareness. It exists through its programming.

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# Stop – Be Aware



Take time out



Move away from clutter

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# The Heart – Instrument of Awareness

## Focus on your heart

Since your heart already knows what is perfect for you in each moment, training your mind to stand down and listen to your heart is the answer to every situation. When the clutter appears overwhelming, the simplest way to step away from it is to sit down, focus upon what your heart is saying and follow its instructions. If you hear or feel nothing, then there is nothing to do but sit with it and let the mind's racing slow down.

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# Simple

While this may sound like an over simplification, it is not. Your heart, the strongest electromagnetic organ in your body, has its own brain and that brain is connected to your over-arching intention for this incarnation. If you will instruct your mind to listen to the voice of the heart, you will find that the outcome to every situation (no matter how difficult) is readily at hand. All answers exist within your divine heart.

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## No Clutter

There is no clutter in the heart.

It is aware of the direction you life wishes to take.

It speaks softly in a whisper.

Your mind yells, cajoles and demands.

Your heart invites.

Will you accept the invitation?

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## Fulfillment

Your heart fulfills the various yearnings your mind is persuading you can only be fulfilled by reward (dopamine), connection (oxytocin) and success (serotonin).

Your heart does not desire, nor does it need, input from these chemicals. It speaks clearly from the divine spirit you truly are and directs you to the next step.

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## Fear of Heart's Message

Your mind might tell you (in fact, it might be telling you right now) that listening to your heart can get you in trouble. The heart has been valued as an organ of sensitivity and your mind wants control of the senses. Your heart doesn't care what the mind is saying.

Since your heart is neutral and impersonal, it simply informs you with the information that is needed in each moment without needing to feel success or connection. While each of those experiences may be present, your heart does not need them.

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## Hearing the Heart

The only way you will truly hear your heart and begin to live from within its direction is by creating silence each day so you can learn its voice. You are used to using your mind to create your life. Now you are asking yourself to learn a new way of hearing and acting.

I like to call this "falling in love with the Beloved Within" because the Beloved speaks through your heart. The Beloved is your Divine Self, which is neutral and impersonal while also knowing the very best for you in each moment – something your mind does not.

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## Next We'll Branch Out

In the next lesson, we will look at some fears, why they are there and create a plan so you can dissolve the clutter in your mind.

While this course will give you the tools, it is up to you to implement them and discover what a magnificent, divine creator you are capable of being.

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## What you will learn in the next webinar

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

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