



CLARITY CALLS

5 DAYS TO CLARITY

A Mini Workbook to Quiet the Noise and Hear Your Soul

Welcome

Hello, Beautiful Soul!

I am honored to have you in my space.

You're here because you're ready to release the noise,
the overthinking, and the distractions.

It will allow you to reconnect
with what matters most, which of course is YOU.

Over the next 5 days,
I'll guide you through simple practices to help you find
clarity in your everyday life.

Each day has:

- A short teaching
- A practice or journal exercise
- Space for reflection

Remember: There are no "wrong answers" here. Trust what flows through
you.

Sending Love and Joy

Meghan



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Day 1: Quiet the Mind

Clarity starts with silence. **Even one minute of intentional stillness can shift your energy** and open space for answers. We all have “busy” lives. You do not have to carve out hours of your day to mediate. It is more about setting an intention that you will put your distracting thoughts off to the side just for a moment.

If you find it hard to sit in silence, start with a simple activity with no distractions, no electronics, and *an intention to not think about your to-do list, worries, fears, drama, or what's for dinner.*

Everyday tasks like mowing the lawn, walking alone, washing dishes, folding laundry, or coloring can naturally quiet your mind and bring you into a meditative state.

Homework:

Take 3 minutes of quiet time, set a timer, Breathe deeply, and when useless thoughts appear, picture them floating away on clouds.

If 3 minutes was tough try it again until it gets easier. Then bump it up to 5 min, then 10mins.

*The goal is not to have any thoughts come through.

It's to bring awareness to the useless thoughts that consume you.

With time and awareness they will be far and few between.

Reflection Prompts:

- What thoughts came up the most?
- How did I feel before vs. after?



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Day 2: Notice the Signs

Spirit and intuition are always guiding us—but we have to slow down enough to notice. Signs can appear in songs, animals, numbers, or even a random conversation. Start telling yourself, that was NOT a coincidence. Instead acknowledge synchronicities in your life. A synchronicity is when something meaningful lines up in your life in a way that feels like more than just chance. It's those “perfect timing” moments where the outer world seems to mirror your inner thoughts or feelings.

Things like....

- You've been thinking about an old friend, and they suddenly call you.
- You're wrestling with a decision, and a random sign, song lyric, or stranger's words give you clarity.
- You keep seeing the same number, animal, or symbol at just the right times, almost as if the universe is nudging you.

Homework:

Set a clear intention with spirit to receive a sign.

Be direct—start with just one intention. It can be general or directed to a loved one:

- “Spirit, show me a sign so I know you're around.”
- “Grandma, show me an elephant so I know you're near.”
- “Spirit, give me a sign about my career path.”

Then go about your day. Signs may appear instantly, or take hours or even days.

Remember—there are no coincidences. Don't dismiss what comes through.

Reflection Prompts:

- What sign did I notice today?
- How did it make me feel?



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Day 3: Know Your Yes & No

It's important to learn the difference between your true "Yes" and your true "No." For so long, many of us have been conditioned to treat "No's" as if they were "Yes's." But deep down, your body already knows the truth.

✨ A "Yes" often feels open, light, and expansive.

✨ A "No" usually feels heavy, tight, or draining.

When you start honoring these signals, you begin to align with your soul's calling. Be proud and confident in saying "Yes" to what serves you—and never be afraid to say "No" to what isn't in your best interest or highest good.

My "yes" is instant—it comes with no thought or hesitation. The moment I find myself trying to convince or rationalize, I know it's really a "no." Of course, sometimes a "no" for me might still turn into a "maybe" when it comes to compromise—like saying yes to something for my husband's sake. Don't let that confuse you when understanding your
No

Homework:

Start simple by asking yourself easy, factual questions like:

✨ "My name is...?"

✨ "I am married?"

Then shift to something you love—maybe your favorite food. Pay attention to how your body feels. That sensation is your "Yes."

Next, think of something you dislike. Notice the difference—that's your "No."

Reflection Prompts:

- What does 'Yes' feel like in me?
- What does 'No' feel like in me?
- Where in my life have I been ignoring my inner Yes/No?



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Day 4: Release the Old Story

We all carry old beliefs and stories that were never truly ours—passed down from family, shaped by society, or born out of past pain. These stories weigh us down and keep us from living fully. Letting them go is where freedom begins.

These beliefs can show up in countless ways: how you're "supposed" to dress, what religion you should follow, expectations about success, intelligence, or worthiness. They whisper lies about who you are and what you're capable of.

For me, my old story sounded like this:

- | | |
|----------------------------------|----------------------------------|
| ✗ I'm not smart. | ✗ I don't understand. |
| ✗ I'm a bad person. | ✗ I'm not holy enough. |
| ✗ I'll never amount to anything. | ✗ I'll go to hell. |
| ✗ I'm too judgmental. | ✗ I don't really love my family. |
| ✗ I read too much into things. | |

But those stories are not the truth. They are echoes of conditioning I no longer accept.

My new story is this:

- | | |
|--|-----------------------------------|
| ✧ I am God-loving, but not God-fearing. | ✧ I am resourceful and resilient. |
| ✧ I am intelligent in all the ways that matter to me. | ✧ I am love. I am light. |
| ✧ I read into things because I am a psychic medium—I was designed to see and know in this way. | |
| ✧ I don't judge—I hold a deep compassion and understanding for others. | |
| ✧ I love my family deeply and show up for them time and time again without expectations. | |

Homework:

Write a list of conditions, beliefs, expectations that no longer serve you. Then follow the below prompts.

Reflection Prompts:

- What is my Old story: _____
- What is my New truth: _____



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Day 5: Align with Your Soul

Clarity is living in alignment—when your values, choices, and energy reflect who you truly are. It's not a one-time decision but a lifestyle you choose each day.

With time, alignment becomes natural: your days flow more easily, your energy feels lighter, and your smile comes effortlessly.

When life feels “off,” it's often a sign something is out of alignment. Pause, check in with yourself, and notice where your values and actions aren't matching up. Realignment is always possible—and each small adjustment brings you back to peace and authenticity.

This may be the moment to put into practice everything you've learned so far.

Are you giving yourself time to quiet your mind?

Are you asking Spirit for guidance and support?

Are you standing firm in your true Yes's and No's?

Or are you still holding onto old beliefs that no longer serve you?

Homework:

List your top 3 values. Then write 1 way you can honor each value this week.

Reflection Prompts:

- What are your top 3 values that help keep you aligned?
(there are extra pages to journal at the end)
- How will you live them out in your daily choices, words, or actions?



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Final Thoughts

Congratulations!

You've just completed 5 days of clarity.
You've quieted the noise, opened up to signs around you,
tuned into your body's wisdom, released old stories,
and reconnected with your soul.

This is just the beginning. Imagine what could shift in your life if you had
deeper guidance,
accountability, and tools to keep you aligned.

If you're ready for the next step,

✨ **I invite you to book a Clarity Call with me.** ✨

A Clarity Call is a powerful blend of empowerment coaching, psychic and mediumship readings, and energy healing. Together, we'll connect with your loved ones and spirit team, receive channeled guidance from my spirit guides, and uncover the blocks holding you back. With both insight and healing, you'll leave feeling lighter, clearer, and more empowered to walk your soul's true path.

<https://meghan-mason.com/>



Sending love and Joy,

Meghan

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Journal Reflection



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