



CLARITY

*Step Two:
Information Detox*

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“How tragic it is to find that an entire lifetime is wasted in pursuit of distractions while purpose is neglected.”

— Sunday Adelaja

Step 2: Information Detox

Most of us go about our days completely entrenched in the world we see in front of us. We go to work, cook, clean, hang out with friends, watch TV and movies, play video games and spend way too much time online.

This is the world we live in, so I’m not telling you to leave this world. That doesn’t really work! But there is a spirit world inside of us that we can connect to, and indeed need to connect to if we are going to be open to our calling.

As much as the internet and social media can be useful for many things, I do not believe we are able to be really aware of our own intuition when we are getting an influx of information on a regular basis.

Think about all the ways in which you receive information on a daily basis. Write them down. Here’s my list from when I first did this (my list is much smaller now):

Facebook

Instagram

Pinterest

Magazines

E-mail

Podcasts

Netflix

Books

Radio

Pandora (even music is information that our brain is taking in)

Google

In order to truly solidify your practice of acceptance, you need to have the mental space and quiet to look at yourself and your life. You need to let go of outside information - and their hold on your ego - and just BE with what is.

Your Practice: One Day Information Detox

Your first information detox can be as short as one day. Simply choose a day (Saturdays and Sundays are good) and resolve to not check/listen to/read any of the items on your list. Even take a day off from books and music! I know that may sound strange but you need to give your brain a chance to rest from ALL of the information coming in.

Notice how you feel throughout the day and what kind of thoughts are popping into your head.

The next day, when you go back to your information outlets, notice how your body feels with each one. If you turn a podcast on, notice how your body is feeling. If you check Facebook, notice how your body is feeling. Does it feel relaxed? Does it tense up? Just be aware and take note of which activities seem to make your body feel good and which don't.

The first time I took a full information detox, none of the activities felt good after that. Every time I turned the radio on, went on Facebook, or even turned on music, I could feel my body immediately tighten up. After that, I started using all of those items significantly less.

(If you want to include phone calls or socializing as an input during this time, that's up to you. That wasn't necessary for me, but if it would feel good to you to also spend less time socializing and talking on the phone, you can use this book as your excuse for both!)

Your Practice: Seven Day Information Detox

Your second information detox will be the same as the first but for a full seven days. You want to leave all inputs out, including books and music, just like the first time. Now, you may need to use some of those items for work, and that's totally okay. Just don't use work as an excuse to skip this. It is an integral part of this work!

You just need to organize the detox so that it works for you. What I did was set my alarm for 8am and 4pm. At those times, I checked my e-mail and Facebook (both for work) but made sure to only do what I needed for work and then get back out quickly. No scrolling or reading e-mails I didn't need to read. Just in and out.

After your seven day detox, you want to again note how your body feels as you return to various sources of information. This is when you can decide which of those sources makes you feel frazzled/overwhelmed/anxious and which ones make you feel good. My guides told me to let go of anything that blocked me from listening to their guidance, so you might also think of it as noticing which things make you feel blocked and which things make you feel open (to spirit, intuition, or divine guidance).

Now, make a new list for your final detox. This list is the information inputs you feel good about keeping on a detox because they make you feel good. My list was books, magazines, and occasionally music. Everything else stayed on the detox list.

Your Practice: Forty Day Information Detox

Yep, you guessed it. Now you're going to do an even longer detox. This is going to be a forty day detox, and it won't be as strict as the last two. Whatever is on your "feels good" list you can do as often as you want.

Whatever is on the “makes my body tighten up” list, you can still do but sparingly, and paying attention to how it’s making you feel.

If you’re an all-or-nothing person and can’t just do those things sparingly, then cut them out just like you did on the seven day detox, setting times to use the ones you absolutely have to.

Now, as you’re going through the forty days, you can also keep going through the next steps. This is actually the perfect time for step 3: meeting your guide(s).

Once that forty days is over, you’ll have a bit of a mental reset where you’ll know which things aren’t so good for you and will naturally end up doing them less.

If at any point, you find yourself going back to things that don’t feel good (endless scrolling through Facebook, for example), simply do a full one day detox again or even seven days if you need to.

Note: On watching TV if you have a romantic partner -

One of my challenges was that my partner and I watched Netflix together most nights and I felt bad about letting that go. But when I told him I really wanted to spend more time meditating, doing yoga, and reading, and asked if he would mind if we stopped watching shows together for a while, he had no problem with that. It gave him more time to play his video games! I know

that TV is often something couples share and it can feel hard to let that go - and if you find that it makes you feel good and doesn't block you emotionally, you can absolutely keep that in - but I truly think it is worth at least doing the seven day detox without TV. Who knows? Maybe you and your partner will find something else you enjoy doing together during that time!

Note: On staying updated on the news

I understand the importance of staying present with what is happening in the world (especially right now). I don't believe that following your calling should mean tuning out the news. In fact, I think that the news we tune into can inform our calling. That being said, I also know that the news often makes people feel depressed and overwhelmed. Use this information detox to help yourself find a healthy balance: a space of knowing what is happening AND also feeling emotionally healthy enough to take action and do what you feel called to.