The 5 Steps of this Clearing Process

**Step 1 -** is always, connect to the light. The light could be any higher power, or god, or any higher force we believe in. I literally can't emphasize that enough. I have this, I will say, A B C: always be connected. Because you can't feel fear in the same way if you're actually connected to an expanded state, okay? You connect to the light, you bring in a lot of light, you bring in abundance, you expand your energy field. The reason you expand your energy field is because if you're contracted, you're not connected, okay? Most people walk around kind of contracted and fearful.

You imagine light coming in your body from above, and you imagine light coming in from below, and you expand it out like a big sunshine. Now, we want all flows opening, okay? You're an infinite being, and you just don't flow one way, right? You flow from every direction. So, you're bringing in light from everywhere, and then you're expanding it out, so your energy is giving and receiving simultaneously. Okay. After you connect to the light, you start asking questions.

**Step 2 -** identify the feeling/problem that you want to resolve/eliminate?

It could be lack of love, it could be you're consistently fighting with someone, it could be lack of money, it could be a health illness or a pain, etc., etc.

**Step 3 -** ask a series of questions to locate that energy pattern in your body.

Ask the questions:

- What age did I first feel this feeling? What is the earliest age I felt not supported? Cause usually we're duplicating zero to seven, right?

- Who did I duplicate it from? Was that from Mom's energy, Dad's energy, your energy, culture or religion, or whatever other source it's coming from?

- What is the emotion attached to it? What's the emotion I'm feeling? 'Cause it could be multiple emotions.

- And where is this located in, on, or around my body? Where is it in, on, or around my body?

- And then once you locate it,

**Step 4 -** bring in the light, so you just imagine light coming in, into that part of your body, and you're just saying, imagine it disintegrating. Repeat the mantra, I clear and transmute it across all time, dimension, space, and reality.

I clear and transmute it, which basically is ... You're basically just setting the intention, "Hey, this thing has to leave now." Okay? So, if you have a strong enough intention of, hey, this thing has to leave now, that's fine. I say, I clear and transmute it across all time, dimension, space, and reality. It's just my way of basically saying, You know what? Enough. It's got to go in all forms.

**Step 5** - Go live love - fill in with something positive. So, if the belief was, I don't feel supported.

Ask yourself the question, "What would it take for me to feel completely and totally supported?" if that was your belief. Why do I do, "What would it take?" I'm saying, "Universe, please bring me 20,000 different ways that I can feel supported today." Okay? So, there's no limit on the "What would it take?" You're throwing it out there from this really cool, positive space, and you're letting it just come back into your world.

Other examples:

So, what would it take for an extra million dollar idea to show up in my world? When I'm saying, what would it take, it's like I'm expanding my energy out into the universe to allow unlimited possibilities to show back up.

For “not enoughness” you would say, "What would it take for me to always feel like I'm enough? What would it take for the universe to completely support me in my enoughness?"

Can also use the SUDS (subjective units of disturbance scale) - How intense is the feeling? 0-10?