

Clearing Cleansing Process

For letting go of that which no longer serves you. Release it. It is gone.

- 1) Name the thing you want to let go of.
- 2) Why do you want to let go of this thing?
- 3) Close your eyes and visualize this thing as it currently is. How do you see it? Where is it? How do you feel or experience this thing? Describe anything else about it that you need to.
- 4) Describe your journey with this thing. How did this all come about? When did it start? What happened? Where are you now?
- 5) How does this thing make you feel right now? Imagine you are talking to this entity and begin by speaking out loud... **"I feel _____ because _____"**. Take a breath in and out. Repeat.
Continue to repeat the statement again and continue to use this format and breathing until you've run out of feelings to feel or moments to describe. It is ok to repeat as many times as necessary to feel the emotion release its hold on you. Continue listing.
(Example: i feel angry because you left me. Repeat X5 until anger resides or builds. Go deeper into feeling... I feel so angry because you left me without a reason. Repeat as many times until you FEEL IT. Continue...I feel rejected and lost because i dont know what i did wrong). Explore all different feelings and emotions (angry, frustrated, helpless, jealous, sad, torn, pain, grieved, hatred, disappointment, loss etc) which correlate to the original statement... **"i feel _____ because _____"**. Go for it, from the heart.
- 6) Why are you still holding onto this thing person who is causing you this?
- 7) What is in it for you to keep holding on to it? List as many of these as you can.
(Example: I get to talk negatively to other people about him/her/it, i get to create a dramatic story for myself, i get to believe that i am right, i get to think that i know best on what they/it needs, it is easier for me to keep playing this story out than truly losing this person/thing)
- 8) What is the cost to you for not letting this go? List as many things as you can.
(Example: my mind is filled with thoughts of what it could've been, my emotions are up and down, i am in a grey area, i cant move on to greener pastures, im denying myself more love now, i get drained of happiness, i am not showing myself love etc)
- 9) Repeat the following affirmation 20 times... "I thank you _____, and now i let you go".
- 10) Now visualize yourself just before the journey with this entity started. What were you doing? How did you feel? What was life like?
- 11) Now apologize to that version of you. Apologize for all you have allowed yourself to go through. Start with the words... "i'm sorry..." . List all the things you are sorry for to yourself.
- 12) Now forgive yourself. Say out loud your name, followed by "Please forgive me for..." . Repeat this for as many things as you need to forgive yourself for.

- 13) Express Gratitude to yourself for making it through the toughest of it. Start with the words "Thank you *your name* for..."
- 14) Love yourself. You are amazing for just being here right now doing this. Start with "i love you..."
- 15) Repeat "I love myself" 10 times. You can do more if you like.
- 16) Now close your eyes and visualize yourself meeting with this thing you are letting go of. Keep your eyes closed. Imagine that you are in a neutral place and you are both meeting in a non physical form.
 - i) In your mind, what does this look like?
 - ii) Ask it now... "why did you come into my life?"
 - iii) Thank this form for being here with you. Start with the words, "I thank you..." and list the things you are thanking it for.
 - iv) Now picture a big bubble of light coming down from the sky. What colour is the light? The bubble moves over both of you and encloses both of you in its warm light. The edges of the bubble send rays of pink healing energy into both of you. The entity/form/person starts to shrink while you start to grow. More energy flows. Feel the pink healing light especially warming your heart. See your heart radiating with this pink light. When your heart is completely full of this light, you notice that the bubble is slowly beginning to lift off. As it does, your feet remain firmly on the ground, with the bubble lifting around you. You then notice that only the form is trapped inside the bubble. It moves over your head, the bubble and the form floating upward. You watch as the bubble gets higher and higher. It is going. You feel the space around you, it is light, warm, peaceful and healthy. You lift your head to back up at the bubble. It is far away. A wind suddenly starts to blow. Only the bubble is affected. The wind blows it higher and higher, it is now so far away that you can hardly see it. It still had the entity inside. You catch one last glance, it looks happy to be going away. It is smiling. Now it is just a speck on the horizon when a bright green light flashes where the bubble was. It is gone. Completely. Forever. You are free. *Take a deep breath and breathe out.
 - v) You are standing alone now in the space where you encountered the form. It is now warm and radiant and you are alone. But you are happy. Picture yourself smiling. Now Imagine your future life forming around you. Who is in it? What does it look like? What do you see? What are you doing? All of it makes you happy and completely fulfilled.
 - vi) Say out loud to yourself: "i invite _____ into my life now". Say this until you feel it settle within you.
 - vii) Come back to your body now. Gentle hug yourself and open your eyes. It is done. You are now completely cleansed and clear. Repeat this: "Thank you God for completing this healing and protecting me. I am

completely safe now and have moved on. I am healed by your Divine grace. Thank you"

16) Make a choice now about the next steps for your life.

1. What are you going to start doing now?
2. Is there anything outside of this process that you can do to bring final closure for yourself? What is it? A ritual? A letter? One final movement?

17) Picture yourself walking through a big green sunny field. You are now so happy and healthy. The sun is warm, you are glowing with radiance. Now imagine the gifts that you deserve in this field. Shower yourself with these gifts that will make you feel so happy and so abundant. What or who are these gifts? Picture your future self in complete abundance of what you deserve. Now picture yourself walking toward the golden setting sun, with all your abundance magnetically drawn around you.

18) Smile. Keep smiling.

20) Now repeat 20 times... " All is well in my world. I love myself, i really do".

21) Any last thing you wish to say to yourself or God? Seal with a prayer if you like

YOU ARE WELL!
WELLDONE

