

## Clearing

1. When you notice patterns, beliefs, circumstances, habits or challenges that you wish to change or release, then put yourself in a safe place and begin to ponder. When you are triggered emotionally by events, movies, words, people, or ideas, these are opportunities to become aware of patterns and beliefs in your life. Triggers are simply God's way of waking us up to the things that can be changed or healed in order to bring us greater happiness and joy. Always take time to listen to these triggers.
2. Identify the emotion connected with the pattern, belief, etc. Ask your mind to remember the previous examples of the pattern or challenge. Do your best to find the one that happened first. It will be the one that has the strongest emotion connected with it. Allow yourself to fully feel that emotion. Allow any tears, anger, frustration, witnesses, words, fears or pain to be released, expressed, and shared freely with God and if you are not alone, also with the person or persons attending you at that moment.
3. Think of the place where the emotion resides in your body. Where is the deepest pain at that moment? What is the pain in your body that comes to mind as you think of the emotion? What is the pain that you have struggled the most with? These are all clues as to where the emotion is residing. When you know where the emotion is residing, or at least have a good idea because of the pain you are feeling physically, then BLESS it. Bless that place in your body. Bless the pain. Accept your body's ability to signal pain to your mind. Accept the pain itself. Allow it to be. Give yourself permission to accept your body, the signal of pain and the pain itself. Breathe into the pain. Give thanks for the pain. The pain is a message. The message is about repentance. Thank God for it, repeatedly.
4. Listen to your heart to hear any and ALL beliefs, agreements, or statements of determination which are coming out of that painful past, i.e. "No one ever helps me. I must be a bad person." or "God must not love me. It seems like he has abandoned me. I must not be good enough." Acknowledge these beliefs. Assess them. Repent of any that are not true, right and a blessing to you. Ask God to forgive you for the anger, resentment, frustration, fear, hatred, envy, malice or any other painful emotion. Feel his love and forgiveness instantly. God has already forgiven you. Feel it.
5. Make new resolves. Promise to not go to the place of anger, resentment, etc. and begin your new agreements with: "From now on..." or "It is reasonable to believe that..." In a new notebook expressly for this purpose, write down your NEW resolves, agreements, beliefs, and determinations, based on your current knowledge and faith. i.e. "from now on, I know that I am a good person and that God loves me." Use these new beliefs as part of your daily devotional. Say them with beautiful, peaceful music. FEEL these new beliefs, love them, and hold onto them with all your heart. They are the NEW blueprint for your NEW life!
7. Install the **Healing Program**. (below)
6. Choose a cue word to activate the clearing.  
(choose a word like: Love, Yes, Release, Now, Peace, Hope, Joy, Truth, Okay, Light, etc.)
8. Repeat the healing program aloud with music that bears or brings The Spirit of God.
9. After repeating the healing program, repeat your cue word, also to the music.
10. Check how you feel. Repeat until there is a forward change in your emotion.

11. Look diligently, consistently, and frequently into your heart and your life. Notice any patterns, circumstances, beliefs, agreements, habits or conditions that do not serve you. Ask God to show you patterns, beliefs, circumstances, agreements, conditions or habits that you have inherited. Use the steps and the Healing Program to rewrite your new life. Trust in the Power of the Atonement of Jesus Christ to Heal your life in every aspect, past, present and future. Connect with your ancestors. Learn their stories. Learn to feel what they have felt.

12. Do temple work with your ancestors and your new agreements in mind. Temple work heals and seals these new agreements into place both for you and for the ancestors who were connected with them. Trust in the plan of God to HEAL EVERYTHING.

13. Repeat your cue word, or any of the new beliefs, or agreements while doing any repetitive action, like walking, doing dishes, going to sleep, waking up, waiting in line, driving, etc. The more you repeat this process, the better you will get at it. You will become fast and proficient and removing, changing and releasing the deep dissonances in your life.

### **Healing Program:**

I now set a powerful, **Dominant Intention** within you, my soul, my subconscious mind,

To manifest the best of all possible outcomes with this clearing.

Each time that I notice a pattern or patterns that I wish to release or change,

I will say or think my cue word, which is \_\_\_\_\_.

Upon doing so, you, my soul, will release or change these patterns,

and all elements of these patterns completely and easily and safely.

Each time I repeat this cue word in sequence,

You will release and completely resolve my identification with,

And attachment to whatever pattern or patterns I intend to release or change.

You will also release everything I feel because of this pattern,

And everything that has resulted from it,

Ensuring that my identification with this pattern is at an end.