

Verbiage for Clearing

| | To find the feeling | Posture | To help during the clearing |
|-----------------|--|--|---|
| ALL EMOTIONS | Find a feeling of [EMOTION]. You do not need a reason to feel [EMOTION], you do not need to know <i>why</i> and you don't need to explain – all that is not important now – the <i>feeling</i> is what's important. Find it and keep it in your mind. | Fear, Sad: Protective Anger: Attack Disgust, Shame: Modified Protective | As the [PoF], feel that [EMOTION], re-live it, experience it fully. Keep trying to evoke it. Keep looking for it. Bring it up as big and bold and physical as possible. Search everywhere for the [EMOTION] – keep looking until you can find no more of it. If it starts to subside, take a breath, and evoke it again. Keep looking and when you cannot find any more [EMOTION], when you're sure it's gone, sit with your eyes closed and nod your head. |
| | The urge to Fight comes after sensing a threat and is the feeling that you want to attack! It's primal, instinctual, primitive. It means to kill or be killed. It's survival of the fittest. It's not that you <i>actually</i> fight, but you want to. Find this urge to Fight and keep it in your mind. This feeling could be intense. Allow it to be, experience it fully. | Attack | Be the [PoF], and find that urge to Fight. Make it as big and as bold as you possibly can. Keep experiencing it physically. Amplify it! At some point the [PoF] will no longer feel the urge to Fight. Keep evoking it until s/he can just be in the presence of the threat without wanting to attack. When you reach that point check again. When you sure it's gone, drop your hands, sit with your eyes closed, and nod your head. <i>Note:</i> Sometimes clearing Fight is tiring – if you need to rest, relax for a moment, take a few breaths, and when you're ready, start again. |
| The Urges | The urge to Flee Away comes after sensing a threat. It feels like you're a rabbit ready to run. It feels like you want to spring away at a moment's notice. There's an urgency. You just want to go, to get out! Feel this urge to Flee Away fully. | Protective | Be the [PoF] and find that urge to Flee Away. It feels like you want to go go! "I gotta go! I gotta go – I gotta get out!" Make it as big and as bold as you possibly can. Keep experiencing it physically. Amplify it! Keep evoking the Flee – until the [PoF] yo can simply be, until s/he can be in the presence of the threat without wanting to run away. When you're sure it's gone sit up with your eyes closed, and nod your head. |
| | This urge to Freeze comes after sensing a threat, and it is the feeling that you want to hide, to make yourself smaller, like a child hiding under the covers or the bed. Find this urge to Freeze, to Hide and keep it in your mind. | Protective | Be the [PoF], and find that urge to Freeze. It feels like you want to make yourself smaller and smaller and smaller! Amplify it! "Don't move a muscle, and maybe they won't see me, maybe then I'll be safe!" Keep evoking the urge to Freeze and when it feels safe to come out of hiding, sit up with your eyes closed. But only when the [PoF] is ready. When you're sure s/he's ready, sit up with your eyes closed, and nod your head. |
| The Resistances | The urge to Faint comes when a threat is so overwhelming you just don't want to deal with it. It's too hard! It's the feeling that you just want to turn away, stick your head in the sand. Find this urge to Faint and keep it in your mind. | Modified Attack | To clear the urge to Faint, you do not have to know what the threat is as the [PoF], but keep bringing your attention back to the threat, back to the threat. Your mind might want to wander – don't let it! When you can be and remain 100% present with the threat, without wanting to turn away, drop your hands, sit with your eyes closed, and nod your head. |
| | The feeling of Push feels like the Universe is closing in on you, like you do not have enough space. It feels like a "No!" Feel the pressure, and feel your "NO!" build. Find this Push feeling and keep it in your mind. | Modified Attack | As the [PoF], feel the pressure of the Universe closing in. With your hands feel the boundary – you can actually feel it. When you feel it, push it away, giving a quick, assertive shove! "NO!" Then feel for it again, and quickly push it away again. "NO!" Amplify it! You'll notice that there will be less and less to push against, less and less resistance. When the resistance is gone completely, drop your hands, sit with your eyes closed, and nod your head. |
| PLEASURE | Pull is the feeling of holding on tightly to something – you do not have to know what – but you don't want to let go! Pull feels like a "No!" It's a drawing in. Find this Pull feeling and keep it in your mind. | Modified Protective | As the [PoF], hold on tight! "No! I don't wanna let go!" Hold on for dear life - with all your might! Amplify it! Hold on with your hands but also with your toes, your feet, knees, tummy, pelvic floor, shoulders, teeth – everything! Hold on with everything you've got! Keep holding on until the [PoF] is willing to let go. At that point, sit up with your eyes closed, and nod your head. |
| | Close your eyes and find a feeling of Pleasure. It may feel like a dizzy or woozy feeling. Remove the source of the Pleasure and the context, and just keep the feeling. Keep this feeling of Pleasure in your mind. | Protective | As the [PoF], dive right in to a pool of that Pleasure. Nothing else in your world exists now besides that Pleasure. Enjoy it completely, immerse yourself, indulge yourself. Have as much as you want. Make it as big and as beautiful and physical as possible. Amplify it! There's no punishment associated with this feeling, no judgment, no criticism, no consequences at all. It's pure pleasure. Eventually you'll notice that the [PoF] loses interest in the Pleasure. When you reach the point that s/he can take it or leave it, sit up with your eyes closed, & nod your head. |

PoF = Point of Formation

Verbiage for Pivoting

| Cat | Feeling | Beneficial Feeling | What to say during Pivoting | To Finish |
|---------------------|-----------------|---|---|--|
| ALL EMOTIONS | | Fear → Love Anger → Joy Sadness → Peace | Disgust → Allowance Shame → Pride | Instead of [EMOTION], still as the [PoF], reach inside and find [Beneficial Feeling]. Choose [Beneficial Feeling]. It's always there, inside. Reach in and find it, enjoy it. First look for it in your heartspace, and then make it grow / grow / flow. There is no person, place, object or activity associated with the feeling – it's just a feeling |
| | Fight | Knowing | Still as the [PoF], instead of fighting, reach inside and find Knowing. It is a central core or column of Knowing. It's steady, it's strong, it's always there. Find it, lean on it, take comfort in it, enjoy it, embrace it. Despite what's going on outside, perhaps there's lies, betrayals, criticisms or judgment. Find the Knowing and take comfort in it. | |
| | Flee | Non-reaction | Still as the [PoF], turn toward the threat or danger (whatever it was – it's not important), and imagine it coming toward you, like a current or river. Be in the current without reaction, without judgment, without even an opinion. Just let it wash over you, around you, through you. Enjoy the nonreaction as the current washes past. You're completely aware of the current, but it has no impact on you. Then turn up the volume of the current so it's strong and turbulent and still there is no reaction. | |
| | Freeze | Expansive | Still as the [PoF], expand your consciousness to include the whole room you were in and then the whole house or building and then the whole neighbourhood and then expand to include the whole town or city... county / region... country... continent... planet... solar system... galaxy – the whole of the Milky Way! Now expand to the whole Universe – expand to the farthest star you can imagine and beyond that! | |
| | Faint | Compassion | Take another moment and make sure you are 100% present with the threat or danger - nod when you are 100% present. Next, still as the [PoF] – merge with it, become it, be it, experience it from the inside, check it out – and find Compassion. | Enjoy the feeling of [BENEFICIAL FEELING] just for a moment. Then when you feel ready, open your eyes. |
| Resistances | | | | |
| | Push | Ease | Still as the [PoF]... now that there is no more resistance, whatever space the resistance occupied fill it with ease. fill it all the way up, full with ease. Fill it up until it's brimming and overflowing with ease. Enjoy the fullness of the ease. | |
| | Pull | Freedom | Still as the [PoF], let it go. When you let it go, it melts, dissolves, dissipates, drains away. Let it go from every cell tissue, organ of your body, from every nook and cranny of your mind – let it go. When it disappears completely, you will notice a lovely sense of Freedom come. It's the Freedom of being without. | |
| | Pleasure | Choice | Because that Pleasure is just a feeling, you can choose to feel it anytime you like. So still as the [PoF], simply choose to feel that Pleasure. It has no source, no context – it's just a feeling. Enjoy it thoroughly again – but this this time from a Choice perspective—fully aware. | |

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