

# Heal Your Hormones

## Clearing Practice

**“If you want comfort, get a dog.” Matthew and Terces**

(from the book Sacred Commerce by Matthew and Terces Engelhart)

A beautiful morning practice for those who live with someone – whether a life partner or a roommate...children - to move each other into the present moment to live each day with intention...and more love. Eric and I use to practice clearing every morning to help us find our footing (for about a year) and now we use it as needed. It has brought us so much closer together...even after 41 years of marriage!

Clearing is a basic technique for distinguishing how the past is impacting the present, and then shifting one's attention to something more empowering. Here are some of the things that happen when you're "cleared".

- You become more attractive – people want to be around you.
- You are more powerful and creative – creativity only happens in the present moment.
- You may be more generous and grateful.
- It allows a much closer connection because you are more present for others .
- It brings you out of your head and into your heart .

### **How to do Clearing**

“It is in giving that we receive.” Francis of Assisi

#### Basic Overview

1. Help the person you're clearing identify what's blocking their way from love and the present moment (use one of the questions below or create your own), repeat back everything they say (it's important to be heard);
2. Ask them what feelings are coming up (repeat back);
3. Clear that all away.
4. Ask them “Are you ready to create something new”? This will help to get them to be in the

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present moment in a place of love.

5. Ask one of the questions below. No need to repeat back what they've said during this phase..
6. Acknowledge them and then thank them for going on this bold adventure.

## Step-By-Step

- “Be with” the person you are clearing, noticing any resistance to looking one another in the eyes. Just “be there,” don’t add anything. Take a breath together (Eric and I put our hands over our hearts to make sure we are connecting to our hearts). Be honored and honoring. You’re holding space for the person you’re clearing.
- You’ll begin by asking the person what they’re present to.

There are many ways to express this query. This first question is designed to distinguish how the habitual mind is creating separation. It begins to cultivate an awareness that one’s internal dialogue is a repetitive mechanism that tends to evoke fragmentation. Aka “weather”.

Here are some questions you might ask to begin the practice:

- What are you present to?
- What’s blocking your way from being in a place of peace and love in the present moment?
- What’s in the way of you being here right now?
- What version of “something’s wrong” or “something’s missing” are you listening to?
- How do you diminish yourself?
- What are you resisting? Where are you being a victim in your life right now?

If the person you are clearing stays conceptual or keeps talking about something other than their experience, ask them what that feels like. Eric and I always ask “how does that make you feel?”

Listen don’t fix. Say back to the person being cleared **exactly what they said**, verbatim. Let them know that you got their communication. Let them be heard. **Don’t try to fix anything** – it will derail the process. Do not coach during clearing. Just listen, validate and ask how the person is feeling.

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- Create something new. This question is an opportunity to shift one's attention to something new; to be present now, to love one's life. No need to repeat back. Here are some examples:
  - Share a Brag, Gratitude and Desire.
  - What are you grateful for?
  - What do you love about your life?
  - What do you want to be acknowledged for?
  - Share three things you love about yourself (or another person).
  - What is blessed about your life?
  - What does your community love about you?
  - What do you love about your parents?
  - What moves you?
  - What inspires you?
  - If money were no consideration, what would your life be for?
  - What do you have an abundance of?
- Acknowledge the person being cleared for a divine quality you see in them. "I acknowledge you for..." Thank them for being there, for their commitment to experience this bold adventure. Be moved, for when you are moved they are clear.

Clearing is an experience of vulnerability and openness moved by your witness to a fellow spiritual being sharing a profoundly human experience with you. Acknowledgement is calling forth the divine qualities in another that are already there (whether you see them or not). "Thank you for going on this bold adventure with me. "...is how we finish.