



*Clearing  
Interference  
And  
Relaxing  
With What Comes  
Your Way*

# *The Only Relevant Interference*

- Heightened Emotional Charge
- Do You Have Enough Awareness To Spot It?



# *Prepare To Clear Interference*

- Take One Interference You Marked On Your Map



- Do The Following 4 Steps



# *Step 1: Your Attention*

- Place Your Attention Where Resistance Is Happening In Your BODY
- Notice Where You Feel The Resistance
  - Head, Jaws, Eyes, Neck, Shoulders, Arms, Chest, Stomach, Intestines, Hips, Back, Legs, Feet?



## *Step 2: Your Sensations*

- Notice Sensations That Make Up Feeling Of Resistance
  - Hot or Cold, Warm or Cool, Icy or Fiery, Numb or Stinging, Moving or Stationery, Loose or Taut



## *Step 3: Your Images*

- **Any Pictures**
  - Of people
  - Objects (can have sensations)
- **Notice Details**
  - Black/White or Color
  - Close or Distant
  - Big or Small



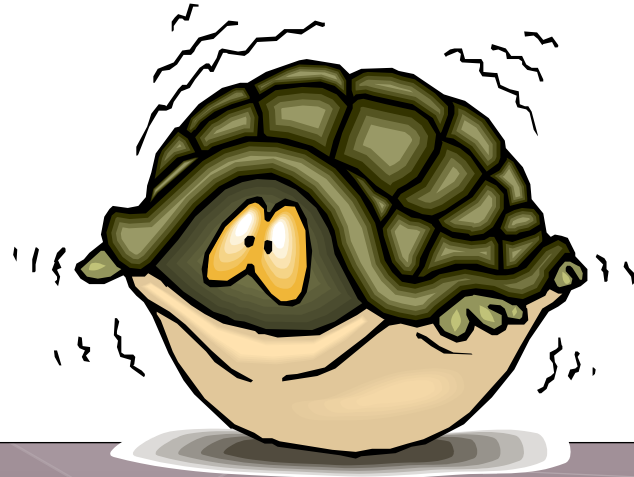
## *Step 4: The Sounds*

- Loud or Soft
- Distant or Close
- Melodious or Noisy
- Rhythmic or Discordant
- People or Nature



# *Introduce Mystical Perspectives*

- **While Focusing On The Negative Experience In Your Body As Just Directed**
- **Ask These 3 Questions**





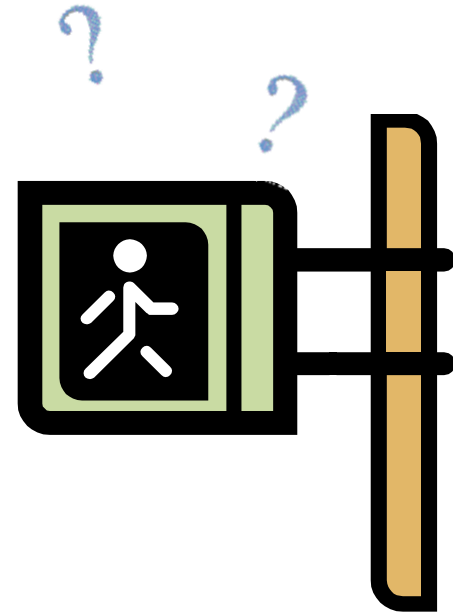
## Question #1



- **WHAT IF ... this experience is only a waning of my strengths?**
- **Notice what happens in body as open to possibility**

## Question #2

- WHAT IF ... this experience is a signal to rebalance, renew, expand?
- Notice body as receive navigational guidance for rhythms of life & emotional body



## Question #3

- WHAT IF ... this experience NOT in any way, statement about my identity?
- Who I am? My value, worth, goodness as person?
- Notice body as reflect on possibility of this as true



# *Body Feel Different?*

*Goodbye*



- Most Of Heightened Emotional Charge Will Be Gone

- Resistance To This Experience Greatly Reduced

# *Test*

- **Recall Unwanted Experience**
- **Notice What Happens In Your Body**



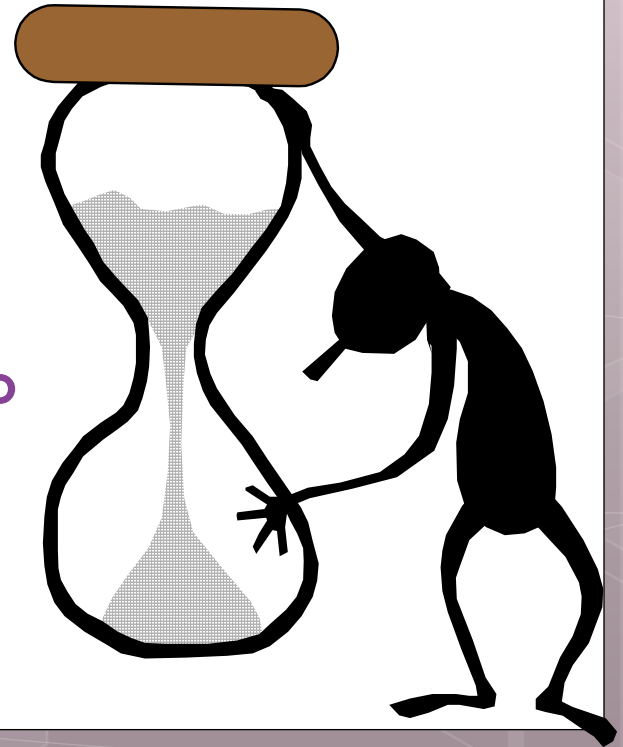
# Test

- Body Response Different?
- New Willingness To Be Present To Unpleasant Experience?
- Retire Resistance?
- Accept Landmark's Presence On Loop?



# *Emotional Charge Still Intense?*

- Not To Worry
- Few More Tricks To Share
  - Strengthening Your Connection To Larger Living System
  - Tools From Energy Psychology (Video #6 & Bonus Video)



# *If You Can Now - Give It A Go*

- Take Each Landmark You DO NOT Want To Experience
- Run Through Previous Process One By One





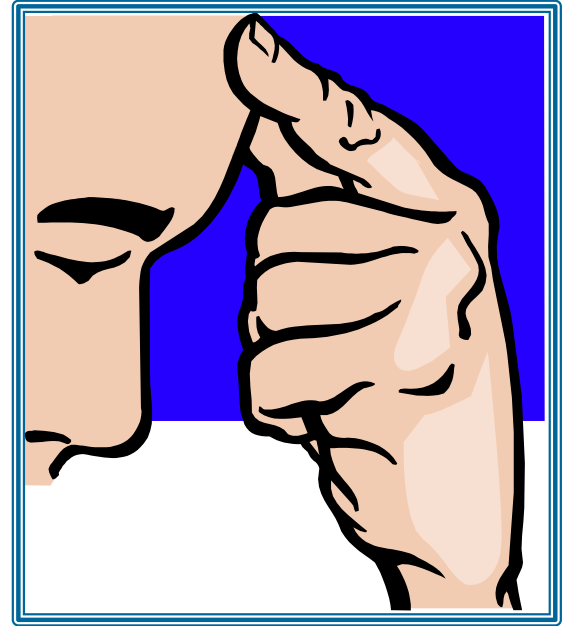
# *Give It A Go*

- Give Your Attention To ONE Landmark At A Time
  - Location In Body
  - Sensations
  - Images
  - Sounds



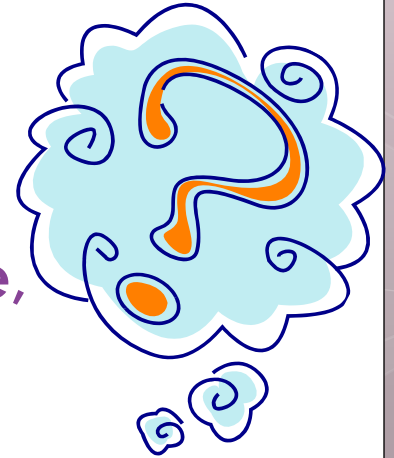
## *Give It A Go*

- Stay Focused On Unpleasant Experience In Body
- Contemplate 3 Questions Offering Mystic Eye's Perspectives
- Notice How Experience Feels In Body BEFORE & AFTER New Perspectives
- Difference Should be Noticeable



## *Mystic Perspectives In Action – What If????*

- **WHAT IF ... experience is only waning of strengths?**
- **WHAT IF ... experience is signal to rebalance, renew, expand?**
- **WHAT IF ... experience not, in any way, statement of identity; who I am, my value, worth, goodness as person?**



# *Are You There Yet?*

- **Body Less Stressed In Presence Of Previously Unwanted Experiences?**
- **Feel More At Peace With Landmarks Identified In Step One?**



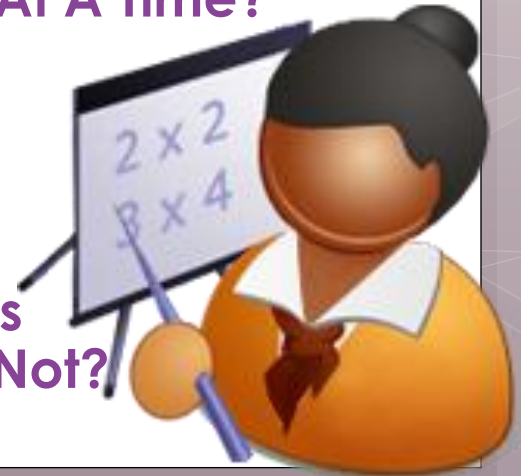
# *Are You There Yet?*



- All Unconscious Mind Objections Answered?
- Unconscious Agreement Is Essential
- Next Video → How To Know For Sure

# Homework

- What Are The 4 Preparation Steps For Clearing Interference?
- What Are The 3 Questions That Make Use Of The Mystical Perspectives?
- Can You Clear More Than One Interference At A Time?
- Do You Go To Your Body Or Your Mind To Assess Your Success? Why?
- Do You Have To Answer All Your Unconscious Objections To These New Views? Why/Why Not?



*See you in the next Video*



*Much love,*

*Ragini*

