

Step Five

To Clear Interference

Preparation & Questions

4 Steps To Prepare For Clearance

- #1. Place Your Attention Where Resistance Is Happening In Your Body.**
- #2. Notice Sensations That Make Up Feeling Of Resistance.**
- #3. Notice Any Pictures (Images) of People or Objects: BW/Color, Big/Small, Near/Far**
- #4. Notice Any Sounds: Loud/Soft, Distant/Close, Melodious/Noisy, People/Nature**

3 Questions Introducing The Mystical Perspectives Into The Situation/Problem

- #1: What If ... this experience is only a waning of my strengths?**
- #2: What If ... this experience is a signal to rebalance, renew, and/or expand?**
- #3: What If ... this experience is NOT in any way a statement about who I am? my value, worth, or goodness as a person?**