

# Your **CLEAR** Calling

## *Module 2*

**Clear Past  
Failures  
Stopping You  
From Moving  
Forward**



# Discovery questions

**1. What did you notice about your body sensations and your relationship to where you are above or below the Line of Choice?**

**2. Where did you notice you tend to drop below the Line of Choice most consistently?**

**3. What were the most consistent tools that helped you get back above the Line of Choice? Or, if you struggled to move yourself back above, what finally helped you move out of it?**



# Releasing the Past

Body sensations give you extraordinary information when something is blocking your progress forward. Before this week, you may not have noticed how frequently you drop below the line of choice. The important takeaway is you now have a rich catalogue of information! You have incredible information that give you the guidance and direction to release what is blocking you from forward progress.

How do you know if something is blocking you? You don't feel like yourself. You don't feel good when you wake up. You're still struggling with health problems or loss or change. You feel general stress, even though you are doing everything in your power to take care of yourself, from adjusting your diet, to meditation or getting more sleep.

This past week, you have observed your body sensations and noticed when you go below the line of choice. This week, we will add two more to recover yourself when you are consistently dropping below the Line of Choice.

## Ways to Get Above the Line of Choice

1. Stop it!
2. Clarify commitments
3. Be in action with your mindset list, i.e. a short walk, deep breathing, music.
4. Clear incorrect beliefs
5. Clear a timeline



# Incorrect beliefs

Beliefs are the rudder that steer your ship; likely all you know is you are off course. Releasing your past requires identifying the beliefs that are running your mind and internal conversation. An incorrect belief is what it sounds like; it's not real nor is it the truth, yet it dominates how you behave and react, and how you live your life.

Some of our incorrect beliefs are inherited, while others we created on our own.

The steps to clear them are to identify 100% what those beliefs are. How do you know? Your body sensations. It's important to know the body sensations indicating if you are above the line or choice or below so you can clearly identify sensations when you release an incorrect belief. You'll know you have the correct one when you feel your body sensations shift, and it creates an opening in your chest, a clearing out in your head, a buzz of light in your body.

How do you know you have an incorrect belief? Notice an area of your life that consistently takes you into stress, worry or fear. For example, a conversation about money consistently take you into doubt or worry that nags at you for hours or even days or weeks afterward. You can feel body sensations that you get when you are below the line of choice. It's likely that you have an incorrect belief around money, such as, "There isn't enough money," or "I always run out of money."

**Here are the steps to clear an incorrect belief:**

***1. Identify what the incorrect belief is.***

***2. Check to see if it is correct. By identifying the incorrect belief, it will correct itself. You can ask yourself: "Is this body 100% clear?" Listen for a yes/no answer.***

***If the answer is no, check again on identifying your incorrect belief. Wait to feel the sensation of lightness in your body.***



# Timeline Clearing

Have you noticed when you are around one of your parents or guardians that you sometimes regress into your 8-year-old self? You stomp your foot, throw a tantrum, and in general behave like you aren't a full-grown adult with control of your emotions? Harrumph.

That's because you aren't! Timelines are patterns that show up that haven't been cleared, and when triggered, you revert back to the age and time the pattern started. While you KNOW not to act that way, you can't help it.

By going back in time and giving yourself what you needed, you can clear the experience, stress or trauma you had that launched this pattern, and give yourself what you needed at that time.

The best way to understand a timeline clearing is to experience it in person. Use this exercise to help yourself clear timelines with your buddy.

## Steps to clear a timeline:

***1. Recall the first time you experienced the sensation, thought, or feeling. It is important to go back to the earliest time you can access / remember.***



***2. Describe the situation in brief.***

***3. Notice the sensation you had in the moment, and what you were exposed to at that time – judgement, intolerance, unforgiveness, etc.***

***4. Identify how many things you need to give back to yourself in the moment. You literally get to make this up – you can give yourself an education, a new parent, an extra friend, etc.***



**5. Identify each of these things, one by one. Use the statement:**

- ***The first thing I needed to be different at that time was .....***

- ***The second thing I needed to be different at that time was...***

**6. Like an incorrect belief, you need to clear it 100%. Observe the shift in energy in your body when it clears.**



***7. Identify what can be different in your life now that the timeline is clear.***

