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An Energetic Clearing, Balancing, and Centering Technique

What if we were to tell you there was a place where you were alone, 3, 4, 5 or more times a day, in complete privacy, where you basically have nothing else to do but just be?

Impossible? No, not really. This place is of course, the bathroom! While this might even seem laughable to some of you, think a moment. If we said you would have to stop your busy schedule even just two times a day to change your life and even if we could give you provable results, how many of us would really follow through?

This is why we are suggesting you simply begin the following clearing technique the very next time you go to the bathroom. In that moment of privacy, whether you are sitting or standing, do the following:

First Part: Clear Yourself: Using your intent and focus, bring your hands up, over your head and as you relieve yourself, simply think CLEAR. As you think 'Clear', bring your hand(s) down across the front midline of your body. This action, while your body is actually physically releasing, is a powerful affirming process. Anything you can do on a physical level is always much more powerful in our third dimensional world.

Second part: Be in your space and present in the moment. Very few of us are HERE- 100% of the time - completely, totally, 100% present in our moments. Would you be surprised to know that almost without exception your energy field can at any given time, be so far out that it can stretch from a block or two, to many miles out around where you live or work, or both? The process of being in your space and present in your own moment begins by simply pulling yourself in, just using your conscious intent and focus.

A very easy way to do this is to extend your arms out from your body, as if getting ready for a wide embrace. Focusing on that thought, begin to bring your arms in closer to yourself, enveloping and holding your own incoming energy. Bring your hand(s) to your belly button (the hara point).

Continue reminding yourself that you are 'here', 'present' and ask yourself to just 'Be All Here'. This is you - bring back your own power. Hold your hand(s) on your belly for about 2 seconds and be in **the moment**.

Third Part: Loving Yourself. Many people have no idea what we mean by loving yourself - in fact some have even told us they have no idea what it means to love any part of themselves. So - what about holding onto a really good feeling? A good memory of something great/perfect - one that almost makes you smile? Perhaps that is when you are dancing, playing with your animals, riding a bike, running or walking along a beach, seeing a great sunset, sleeping in on a rainy day ... any good memory that is of something you do physically - and does not involve another person. of love into yourself. Hold that good feeling within yourself for 5-7 seconds, until you believe it and it is real for you.

It is the energy of that good feeling that can change your vibration even one percent - loving yourself just one percent more will change your vibration. That is all there is to it.

Repeat this each time you go to the bathroom during the day and you will have consciously cleared yourself and all your fields four, five, or more times each day! Anything you do with conscious attention and focus everyday, will change your life. While it may seem too simple, try it for just three short days. Your life will change dramatically.

Rather than being automatically drawn into reactive interactions, you will be able to remain in choice. You will be able to maintain a proactive state where you can choose how, where and when you wish to interact with others. Bringing yourself back into your own space will benefit you on every level of your life: mentally, emotionally, physically and spiritually.

The best and most helpful state of being, (for ourselves and others), is to be unconditional with ourselves. Have unconditional love for yourself - every aspect, whether you are tall, fat, big, or small. You will find and it will not take very long, be it a few days, or a few weeks, most people will start treating you very differently. You will actually become unconditional love. **You will be it.**

It seems it is not a matter of what you say anymore, it is a matter of being what you are, of walking your talk. As you become more and more unconditional with yourself, the balance of your being-

ness will radiate, not project, out through the compassion you have become and people will react differently with you.

Another factor in remaining in the moment is to BREATHE!

Find your breath whenever you are anxious, fearful or feel you are not thinking clearly. If you do not know where your breath is: you do not know where you are. Put 'sticky' notes all around yourself (bathroom mirror/ refrigerator door/ car dashboard) that merely say 'breathe'. Just the act of drawing in a slow breath will re-focus you and assist in quieting your mind. Three breaths can take you into a present moment space. Allow your breath to take you rather than you taking your breath without conscious awareness in that moment. Find the timeless space and state between the past and the future by being in the moment.

If you're always thinking about how you could have changed things, or done them differently - *you are in the past*. If you are always thinking ahead, with thoughts like "as soon as I get this done, then I can go do that," *then you're living in the future*.

The most interesting fact most of us seem to miss when we wish to change something about our life, is *the only place we can ever create anything is in the moment, in the now*. There is no other time for us except this moment. Do what you love to do as often as you can. Do your best to create in the timeless space of the moment. *When you are in this space of creation, you're the finest reflection of Source you can be.*

If those around you continue to trigger you or push your buttons, remember that others usually reflect back to you the issues you've come to learn and resolve. Use those times when you get thrown off balance to go back in linear time to find and understand where the issue began. Do your best to understand the energy around the issue itself, whether it's about abandonment, self worth, trust, guilt, shame, being alone, or power and control. Until you understand the energy around the issue, your subconscious will continue to create event after event, so you can keep looking at what you came to learn. Once you understand the issue, mentally, emotionally, physically and spiritually, a charge will no longer exist around it. Until you realize you have agreed to co-create these patterns of events to act as a catalyst to keep you focused on your issues, you will unknowingly continue to divert most of your creative energy into drawing such circumstances and people to you.