



Collective Clearing

How to prepare yourself:

Doing this work takes courage. We understand that it can be intimidating to be in such a vulnerable space with another person. At the same time, we believe in you wholeheartedly and trust that once you have this genuine experience, the healing effects will be so profound that you will wish to adopt this as a regular practice. We are here with our beautiful Collective Clearing Tribe to support you!

We suggest that you begin by doing the clearing with yourself, for yourself. Stand in front of the mirror, gaze into your own eyes, take three deep breaths into your heart and read the script to yourself until it feels true. Start your day with this practice to cultivate an open and clear heart. Self forgiveness and self-love are pivotal to receiving the deepest and most profound healing and transformation in your life.

The free breathwork series and meditations are extremely supportive for your overall experience and healing, as they will assist in clearing, repatterning and healing your emotional, psychological, and energetic states. This will allow you to experience a more natural, open and free heart and mind during the Collective Clearing experience. And if you feel called to go even deeper into this incredible work, please inquire about our intensive program that will support you in actualizing the optimal benefits of Collective Clearing within and all around you.

How it works with others:

It's easy! You have received a deck of Collective Clearing cards. On each card you will find a simple prayer to clear misaligned energies and upgrade soul connections to their highest and most Divinely aligned potential. Throughout your day, when you come into contact with someone who you feel connected with, invite them into a clearing. The most important guidelines to follow are to A. Create a safe space with transparency and permission and B. Be certain they understand that there is a clearing and upgrade taking place between you. The following is a suggested step by step process that we often use

1. When a natural opening occurs, ask them, "Would you like to do something with me right now that would be healing for us and the whole planet? It will only take a couple of minutes."

- a. If the person says no, let it go, and wait for the next connection. No need to be discouraged. It is important to respect and honor each Being exactly as they are!
- b. If the person says yes or expresses an openness to the possibility, state the following...

2. "I'm going to read something to you that will clear and upgrade our connection. Is that ok?"

- a. If no, they may not be ready, and it may be best to move on from the subject.
- b. If yes, use your intuition for how you proceed with step three...

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3. If you feel a comfortable and open connection, read the card to them. Before you start, take 3 breaths into your heart and feel you are grounding yourself into the Earth. Pause and breathe between each sentence. Feel your heart expand around the statements. Try to hold genuine eye contact and heart connection whenever possible.

If they feel unavailable to receive the clearing aloud, hand them the Collective Clearing card and ask them to read it while you hold an unconditionally loving space.

* Every clearing will be different, so feel free to say what feels authentic to you as long as you are creating a safe space of permission and understanding.

4. Always give them the card to pay it forward! Allow them the opportunity to read it back to you for additional clearing and connection, if this feels true for both parties.

5. Thank them for their courage! And thank YOU for yours!

*Get curious! Ask them how they feel after. Share your experience on social media, #collectiveclearing and spread the love through this interactive experience of paying it forward!