

INTERNATIONAL
TRANSURFING INSTITUTE



The Quantum Clearing Method

PREPARATION AND DIVING INTO
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Let's do this shit!

First, let's talk about the preparation. You will ideally need to block off a two day period of time. If you live in a busy household where you are unable to create some time and space for yourself, you may need a short sabbatical somewhere alone. I was living alone when I did this and I am certain that it helped. You will absolutely need to create an environment for yourself with limited distractions. If you are unable to do this, now might not be the right time to dive into this method. You should be in a position to silence your phone. Do not engage social media, news or other possibly negative stimulating incoming data. It is ideal to go "analog" for the two day intensive part of this method. Cray right?

I cleaned my house the day before so I could have a fresh canvas to work from. I went to the grocery store and stocked my fridge with nutritious and delicious things to eat. I stuck to fruits and vegetables and lean protein. I limited sugar, didn't smoke, drink any alcohol or any other kind of mind altering substances.

I bought some bath salts and put fresh flowers around my home. I created a space I could relax in with ease. I wanted to be comfortable and have my frequency as high as possible, so I could have stamina for the two days to come.

SIDE NOTE:

Do not attempt to do this while you are in an active Induced Transition. Make certain that your energy levels are at least at a neutral capacity. The day of the first exercise, make certain you are well rested, well fed and hydrated. Do not start the method if you've been in a heightened emotional state. If you've been arguing with a loved one or family members do not start that day. Attempt to go into this practice as balanced as possible.

What I did was split the steps into two days.

The first day I wrote out my Goal Slide. I sat and just had a decent think about what exactly it was I wanted to experience. I chose to make my Goal Slide generalized. Again, you can be as vague and general or as specific as you like. I have seen success with both kinds of Goal Slides.

Once completed, I then listed all of the positive behaviors, qualities, attributes and traits that I currently held that I felt would help me towards my Slide. Then I listed all those that were working against me and my Slide.

This took me an entire day. I wrote out nearly 4 pages of a two-sided list.

I went in deep and hard and would sometimes sit for half an hour just to realize a single item. This is the part that you do not want to skimp on. Be as brutally honest with yourself as possible and do not hold back. This is extremely valuable for this practice and if you do cut corners and sugarcoat this, you will only be cutting yourself off at the knees.

Also, it is valuable that you write the stuff out with a pen. Do not type on the worksheets provided. You can research online how much more effective it is to write things out for your brain when dealing with psychology. Typing does not hold as much emotional value.

I wrote out my goal slide and then my two lists and quit for the day. I spent the rest of the day self caring and trying not to think about the lists any further. If something did jump out at me in a major way, I went into my office and wrote the item down on the list and then walked away.

The next day, day 2, is the clearing process.

This is where this method almost becomes a joke. Maybe you will be lucky as I have been and laugh your way right up to a higher version of reality. You may have a similar experience as I have had or your experience may be something entirely different. Don't pressure yourself to have a similar experience. For me, this was entertaining beyond words. I absolutely LOVED getting into the nitty gritty. I found it pleasurable and exciting.

For me personally, the challenge was the previous day, calling the stuff out. The second day is where I had a ton of fun and felt a lightheartedness about myself I had never felt before.

So here is what you do with your list: you will start with the positive side. Keep your Goal Slide paper close by and look at it as many times and as often as you wish. Then, start with the top item on your positive list and consider all the ways in which this trait, characteristic or behavior is going to help you in materializing your intention.

I want you to fill yourself up with this item and each one to follow.

Say the first item states "I am a creative person". Really feel your creativity and fill up every cell of your body with the sensation of being creative. See yourself as the ultimate creative being. See yourself being creative. Feel yourself being creative. You get the idea.

Imagine where this creativity began and what you have done up until this point to nurture the creativity that you now hold. Now set the intention to expand on and nurture your creativity in higher and better ways. After you feel that sense of your own powerful creativity and yourself being a creative being to the maximum extent possible, move onto the next item.

Move down the line through each item.

I probably spent an average of 5 minutes on each. Your items can take more or less time. If your experience is anything like mine, you will know when it's time to move onto the next item.

After completing the positive side, zoom out from all the items a bit and look at them as a collection. Thank yourself for holding these qualities and behaviors and thank your world for the ways in which it has allowed you to access them. Feel yourself lovingly embraced by all of these items and fucking own them. They are yours and no one can take these things from you. These items are your magic. This is where you hold POWER.

Now for the fun stuff! You are going to do the exact same thing with the "negative" side. This one will have a little added twist however, which allows you access to where this personal trait, attribute, or behavior began. The cool thing about this part of the method is that oftentimes the root of something that has created issues in our reality is so minuscule it is almost laughable. This part of the method brings everything down to size. I almost cried when I realized some of the things during this part. I oscillated between laughing and almost crying. Sheer self development madness!

Example: One of my top negative qualities I thought is that I am controlling. Getting to the root of where this behavior began was so understandable that it helped me to feel separate from it. I suddenly was no longer controlling, just a person who acted controlling at times because of completely understandable circumstances, that that then evolved into a habit.

I want you to retrace each item in your negative list to where it began.

Let me explain: My first item on the list was that I have the tendency to be controlling. I asked myself, "when was the last time you saw this behavior affect your reality in a massive way"? I answered myself.

Then, I recalled the time before that and then the time before that. I recounted as far back as I could go and arrived at where I first saw the trait rear its ugly head. I was a seven or eight year old girl living in domestic chaos. There was abuse, no structure and no guidance. As a coping mechanism I decided to create the environment that would provide a little more structure.

I went about setting up my bedroom in the cleanest and most orderly manner I could imagine. I shared a room with my sister who did not have the same habits as I did and would mess the room up. I would command her to keep the room clean and go about trying to control the situation. It was effective, so this behavior then extended beyond the bedroom. I became highly controlling in other parts of my life and the roots of this behavior spread widely and ground deeply into the earth of my reality.

It all started there?! Once I saw this, I laughed. Of course! It all makes so much sense! I was a young, helpless child attempting to create some structure. The behavior went unchecked and wreaked havoc on my reality long-term. It did serve a purpose, however, and I do not attempt to ignore that fact. Long term, the behavior did a lot of damage, but it definitely served a purpose at the time. It also led me to the exact moment where I saw myself and I saw my reality in regard to this behavior.

I thanked the behavior for the purpose and benefit it had served me, but said goodbye to the ways in which it was no longer serving me. I did the same with each item in the negative pile as I did with the first pile. I filled my body up with the sensation of each and remarked how I did not like the feeling whatsoever. I imagined myself at my most controlling moment in my reality and recalled the sensations of how it felt and the damage it did at the time. Again, I did not cut corners and I really allowed myself to feel each item.

I moved through each item and performed my little ritual systematically. Everything instantaneously began to shrink and I saw myself with a level of awareness that I had never before experienced. The weight was lifting and I couldn't believe how easy and fun it was. I laughed at so many of the items and the places those things had originated. It was like a self development miracle. I healed myself in a single day.

After I completed the negative pile, I made a copy of it and cut off just the negative sides of paper. I made a fire in my fireplace and cut off one item at a time, said goodbye to how it was no longer serving me and threw it in the fire. Watching each one burn seared into my mind and I can still recall the imagery like it was yesterday.

Now, whenever one of these items pops up in my reality, my snail horns alert me and I stop for a moment of pause. Is this serving me, and if not, I automatically adjust my behavior. I don't have to try to do anything.

I then taped the list to my refrigerator, two pages on each side in order. Each morning with my cup of coffee I would read the list aloud. I wouldn't do this with too much emotion or assuming each item as a state of being like I had done during the exercise. This was systematic and with very little emotional charge.

I did this for 30 days and then moved the list to a whiteboard in my office where I would glance at the items periodically. Something quite magical would happen once in a while and my eyes would occasionally meet with the exact trait that I needed to put a little bit of attention on. It was as though my world would lead me to the items only and exactly when I needed it.

After an extended period of time the items were seared into my mind. I no longer found it necessary to have the sheets up any longer and took them down and put them in a filing cabinet.

Do what is natural to you with this stage of the method. If you like having them up, keep them up if you don't take them down. This is your practice and with this part, feel free to adjust to your level of comfort.

And that's it. That's the method. One more module after this: Aftercare. It's valuable.