

INTERNATIONAL
TRANSURFING INSTITUTE



The Quantum Clearing Method

HOW IT HAS WORKED FOR ME

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I've experienced the most monumental shift in myself after completing this exercise that I could have imagined. As stated in the previous audio, if you were to ask me how exactly this happened, I would be unable to offer a detailed account. I do know a few things, however, looking back on the experience...

First, the list of personal traits, attributes, and behaviors that I felt were hindering me from the reality I was looking to experience intimidated me a bit initially. The traits poured from my pen, yet startled me a bit upon seeing them. I did not hold anything back and gave an honest account of exactly where I felt flawed, broken and dysfunctional.

After I completed the list I was overwhelmed by how many negative traits I was looking at.

Wow! Am I really this person? Controlling, petty, needy and devious? Initially it was all so unflattering. Oh my god! I'm a HORRIBLE person!!!

Looking at all of this on paper I believed that overcoming the long list of negatives would take a lifetime. Boy, oh boy, was I in for a delightful surprise.

Once I sat down with the list and began the exercise, all of the Excess Potential that had been building surrounding the traits started to dissipate within the first few acknowledgments. Again I will get into exactly what it is that I did in the next audio, but for now let me just say that piece by piece I saw these traits for what they were and it wasn't nearly as scary or negative as I initially expected. Quite the contrary!

I did the exercise exactly as I will relay to you and quickly and with ease found the source of where the behaviors and characteristics originated. I did with each item on the list exactly as you will do and then I moved on to the next. At a certain point I actually began to laugh and saw myself for what I was, a spectacularly flawed human with traits that I had blown up in my mind, which consequently blew up my reality, that we're actually quite normal and even comical.

About halfway into it, I kicked into overdrive and decided to go even deeper. I was practically calling myself names and calling out every last idiosyncrasy I could think of. It became a game and the more human and accepting of my humanness I felt, the lighter the whole situation became.

This is what I wholeheartedly feel is the magic of this method. After you do the two day exercise and stare down your list for five minutes a day, you do not have to do anything else. You don't have to attempt to change the behaviors, alter yourself in any way whatsoever or do any more deep personal development. All you have to do is look at the stuff.

After I fully completed the entire exercise I began acting differently without even trying. Anytime I found myself displaying one of the characteristics or any of the behaviors listed, it was like a bell ringing in mind. There it is! I saw myself and I saw my reality and acknowledged exponentially how the items on the list were affecting what it was I wanted to experience.

I had already started seeing the partner I have now, but at the time things were not going well. I was doing that pull and push motion which usually caused my relationships to go awry. I lucidly saw my actions and how they were affecting my mirror and decided to cut through all the bullshit. I told my partner my true feelings and also owned up to my behaviors and characteristics that I felt were responsible for the discord we were both experiencing. I declared my true intention for us, to make the commitment, and stop playing games.

He relayed that he wasn't ready and wanted to take a step back. Surprisingly, the rejection didn't burn as bad as it normally would have. I saw the traits that would have contributed to a feeling of disproportionate loss and feeling rejected. I was oddly at peace with the decision and moved on without much to do. We remained disconnected for about a month and a half before one day I got a phone call asking if I would like to talk.

My partner explained that he had been scared of the commitment but realized in my absence how much he loved me and was ready to take it to the next level. It was the conversation I had always wanted to hear but I had to arrive at a particular state of being first, acceptance and openness. A week later, he moved in and we have been on an entirely different Lifetrack together ever since, nearly 5 years now.

If you knew me previous to my Reality Transurfing experience, I was the definition of a flight risk. My relationships lasted normally a year or two at most, and if longer, were highly dysfunctional. I had the tendency to cheat, lie, have extreme outbursts of anger when feeling hurt or not getting my way. I lacked communication skills particularly surrounding the expression of my needs, I was flighty and highly confused to what it was that I wanted. I was all over the place. I also had the tendency to sabotage decent looking relationships the first opportunity I saw. My relationships were absolute dumpster fires.

My relationship now has none of these characteristics. I am not the same person I was and my relationship clearly reflects this. We have open communication, mutual respect and a loving foundation I have never experienced before. I shifted to the version of myself where this was possible by turning the volume down on the attributes and characteristics that were keeping me from this version of reality and turning the volume up on the attributes and characteristics that would help me to experience this version of reality.

This action was two ways; not only did it allow me to shift but it also allowed him to shift as well. What Reality Transurfing doesn't exactly relay is that not only are our images that we project sent to the mirror, but they are sent to the others in our life as well. I corrected the image at the source and not only did my world respond, but so did my partner. This allowed us a deep spiritual connection that we both acknowledge as the bedrock for what it is we value so much today.

Secondly, my mirror began to shift in regards to my professional imbalance. As stated in the previous audio, I was still attempting to take action in ways that had once worked but had since stopped working. This Inner Intention action left me depleted, frustrated and feeling as though I had hit a wall. The crazy part was, since buying my home and moving out of Los Angeles my overhead had been cut down to a fraction of what it had been. I didn't need to be doing what I was doing before because even if the results had been what I wanted, they weren't necessary.

What my heart was screaming out for was creative release and helping others. At this point, I was only taking one-on-one clients with Reality Transurfing, none of the social media had been built, programs were nonexistent, etc. When I got a one-on-one client I felt it was overwhelming and a stress to my Inner Intention schedule.

Suddenly, I realized how my actions were completely out of alignment of what it was I wanted to experience. It was right there in front of me all along and I just didn't see it until I looked at my list. This is where the positive attributes of my list came in. I had so many qualities and skills that would allow me success in spreading the word of Reality Transurfing, yet I was holding myself back to beat my head on the wall and keep doing the same thing I had been doing for 15 years. Toxic perseverance.

The release out of the old and into the new came naturally. It was a gradual shift. It didn't happen instantly, but I saw exactly what it was that I truly wanted to do and what I needed to check out of, at least for a while. I didn't slam the door on my business, however. I still serviced existing clients and only bought and sold the items which gave me absolute Heart and Mind Coordination. This allowed me to have a new experience with my business which absolutely took the pressure off. In turn, I was freed up with time and energy to do what was calling me. Within a matter of months, I was traveling the world training Transurfers and giving highly attended seminars.

I started to build out my curriculum and create the foundation for the International Transurfing Institute. Again I did not need to try to do anything. I kept my list of traits visible for the next two years and simply tuned in to what would help me towards my intention and what was working against me. It was that easy folks.

Another change that I experienced was radical self acceptance. Have all of those personal traits, attributes, and behaviors disappeared? Fuck no. But I wouldn't want it that way either. It is one thing to have that stuff keep you from the reality you want to experience and another to embrace those shadowy parts of yourself and use them to your benefit.

Yes, I can be devious but, that doesn't mean that I cannot have fun with my deviousness. I'm just not devious in ways that damage my layer of reality anymore. Now, I use my devious nature to create fun, edgy and engaging content for those who find Reality Transurfing. Or, I play practical jokes on others where everyone gets a laugh and a moment of reprieve from the typical script. Finding ways in which you can channel those parts of yourself that used to cause imbalance into constructive and new ways of operating is not only ideal but highly effective in creating one's own reality, without changing anything about yourself.

I am perfect, warts and all, and you are, too. Now it is simply about transmuting and Transurfing those parts of you in magical ways. This is turning lead into gold.

Let's say that you are prone to laziness. You harp on yourself, beat yourself up, and give in to your laziness declaring that you are a lazy person who is not capable of extended periods of production. Stare that laziness down. Embrace it and own it. It may come as a surprise to you now, but I would actually consider myself somewhat of a lazy person. I do know, however, that in times of productivity I can absolutely bust ass. So there it is, I'm not just a lazy person. I have a tendency to be lazy but I also hold the tendency to be highly productive. So, in times of productivity, I kick into overdrive and affect my reality in massive ways. In down times I really let myself get into being lazy. If I say I'm operating in lazy mode, I can lay on the couch and outside in the grass all day long doing absolutely nothing. I acknowledge that it is my lazy state, not that I am a lazy person. Get the difference? Much of this work comes down to managing identification. Shifting your perception from overly identifying to the extent that the trait assumes your whole being or simply saying, "I have the tendency to be _____" or "I have the tendency to do _____". This is a huge and powerful difference, with the negative side of this list at least. The positive side of your list? Well, identify away!

In my case, it is my controlling behavior. Am I a controlling person? Not necessarily. I have the tendency to be controlling and sometimes act in a controlling manner. Again, once I acknowledged this trait I saw just how clearly it was working against me in both areas of my reality that I was looking to improve.

Ok, so moving on from the 30 days, how did this method help me long-term? I keep my list now in the file cabinet next to my desk and actually look at it semi-regularly; I would say at least a few times a month. I keep all of my traits in mind but do not obsess over them.

I am who I am, the good, the bad and the ugly and do not create Excess Potential around any of it. I have done the work and all of the traits have lost their charge. If my partner calls me out on one of my traits, I agree. Why yes, I can act arrogantly! You are absolutely right, my love. The magic that this works on relationships is otherworldly.

I no longer view myself as superior or exceptional or as a bad person. I am just a human being who has the tendency to act in specific ways as we all do, human ways.

The transformation has not stopped, however. I continue to evolve each day and still pinpoint regularly how specific behaviors tweak my mirror in a direction that I do not want to see. I know my traits. I know myself inside and out and I do not become blinded to myself and my world any longer.

What I have today is a reflection of this deep inner work. I live in the place of my dreams, I have all the money I want, I live in a healthy and thriving romantic relationship, I do what I want with my time, I am creatively stimulated and satisfied, my business is what I want it to be, I am not forcing anything. I am living the reality of my choosing. This is all a product, I feel, of this exercise snowballing through my world gaining momentum. The positive list helps to create exactly what I want to see, while the negative list remains in check. If something goes off balance, I see it rather quickly and make a correction. This is deep and meaningful Mirror work and it is extremely effective.

Below is my goal slide and my list, well, a sample really, because what I wrote out was four pages.

Giving this challenge to one-on-one clients, I quickly realized how many items on my list were similar to theirs. The reason that I offer my list to you is so that you can see examples of both lists and use it as a starting point.

Goal Slide:

I want to feel comfortable, secure and connected to a special person and special people. I want to feel creative, alive and joyful enthusiasm for how I provide for myself. I want to live in harmony.

WHAT WILL HELP ME

I am loyal
I am smart
I am full of life
I deal well with adversity
I am caring
I am loving
I am organized
I am capable
I know how to set/accomplish goals
I am good at running a household
I am healthy/fit
I know how to self-care well
I think of others
I work hard
I have style/class
I am fun
I am a great conversationalist
I connect easily with other people
People like to be around me
I am powerful
I am forgiving
I show up for people
I live beautifully
I am well traveled
I am capable of seeing things
from other perspectives
I do not have victim mentality
I think for myself
I am independent
I take action
I am full of life
I am resourceful
I am clever
I am focused
I am creative

WHAT WILL HURT ME

I can act demanding
I talk over people
I think I am smarter
I can be manipulative
I blame easily
I am panicky
I am hasty/impatient
I am shy
I have the tendency to speak
poorly of others
I am giving to a fault
I am too heady
I obsess over love
I run out of fear
I am fickle
I can act like a know it all
I judge people
I am sneaky
I am passive
I lie to myself
I am arrogant
I am dismissive
I am pushy
I am resentful
I have difficulty trusting or
trust the wrong people
I can be condescending
I am easily distracted
I am dramatic
I hide my vulnerability
I am needy
I am too emotional
I obsess over having enough
money
I fear being alone
I can be extremely controlling