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Let’s get CLEAR: Workshop & Group Clearing

My Clearing Protocol

**Name the issue you’d like to resolve.**

Try to keep it to a label, a phrase, a word or two. This is not the place to write a paragraph. This is the place to crystallize your thoughts into a word or two that you can use in your clearing protocol.

Ex: Anxiety, perfectionism, depression, rage/anger, conflict avoidance, fear-based thinking.

**Where do you feel the energy in your body?** **What chakra(s) are closest to the places where you feel the emotional energy?**

Ex: Constriction, tightness, fluttering, tension, physical symptoms.

**Write your intention here.** Use an I Am statement, claiming the antidote, the place you’d like to occupy in your intention.

Ex: I am calm, peaceful and self-contained, responding through present moment awareness.

**Add your protocol here.** You’ll use a standard opening and closing for each clearing session, as shared below. The middle, blank area is for your individual protocol. Include your hellos – who (people) & what (emotion, pattern, behavior, reaction, belief), and the skills you’re using in individual chakras and the aura.

**Opening:**
Grounding

Your CLEARING Protocol

Skill 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 6: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

Skill 7: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chakra: 1 2 3 4 5 6 7 or Aura

Saying hello to: Who (people) & what (emotion, pattern, behavior, reaction, belief)

Who:

What:

**Closing:**

Running Energy

Setting Chakras

Partnering Chakras

Setting Auric Boundaries

Grounding