

How great it could be to break free from all drama  
patterns just in one session?



1-1  
CLEARINGS  
DESCRIPTION

40 minutes private session preparation guide

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## 1-1 CLEARINGS DESCRIPTION - PREPARATION

In our clearings we use two the most effective modalities: self-directed compassion, Compassion Key brought by Edward Mannix and spiritual acceleration by Bonnie Serratore.

1. step: think about the issue/topic that cause the highest intensity in you. Be in your body and feel it. What is the level of intensity? 0 equals no intensity at all 10 equals the highest intensity.
2. set an intention for the 1-1 session (or listening a reply of your session when addressing other issue): anything and everything deeply buried in my energy field that creates/holds \_\_\_\_\_ (example: me hating myself...a fear of cockroach....) in my reality let it be brought to surface and cleared with ease. I am surrendering myself to the guidance of my Higher Self.
3. step: clearing - we start with *self-directed compassion*: you focus on your heart center and solar plexus and you repeat my words in exact order. It is important to emphasis that you are the one who is sending a compassion to wounded part of yourself, so it is important that you say compassion phrases in 3<sup>rd</sup> person, by using word you. Example: I am so sorry you forgot that you have the power to heal yourself. I am so sorry you forgot that you are a divine being...  
**TIP for re-listening a recording of your session when addressing other issue** - during the process, you can stop the recording and give yourself compassion for things that arise in moment, using your own phrases and the loving energy of your powerful heart. The important thing to mention is that you are doing the job, your heart is the one who is actively healing you, your healing power is in your heart. Compassion from your heart, is the most powerful healing force on the planet. Your compassion holds the keys to your own healing, and freedom, to the joy, happiness. The most important thing you could possibly do right now for you and everyone else is to open your heart and let your compassionate heart be a powerful energy center that brings goodness and healing in your life and the life of others.
4. step: at some point we transfer to *spiritual acceleration* to move energy faster, you just relax and be in your body and feel what is happening. think again about the same that cause the highest intensity in you. Be in your body and feel it. What is the level of intensity now?
5. If there is still an intensity around that issue, give yourself a compassion for not letting yourself to clear it all. Focus on your heart center and give yourself a compassion by repeating words you hear

6. Check the level of intensity one more time. And if you are guided to repeat the process, you can do it once again immediately or later that day

### **What happens during the spiritual acceleration clearing?**

During the spiritual acceleration clearing I am removing frequencies from your energy field that is not you: the most thoughts, emotions, conclusions, frequencies, interferences that you carry in your body are not you.

Just keep in mind that **underneath** all the **interferences** and frequencies that include entities, other people's emotions in you, frequencies that you carry from past incarnations, beliefs and conclusions, traumas and shocks, implants then contracts, vows, agreements, black magic, voodoo, witchcraft, dark stuff, **is Your True Divine Light** that we call The Creator/Source incarnated, your Divine Self.

That is what you're really trying to bring forth and just to be that Authentic Self.

However, it is impossible to be your Authentic Self with all interferences that are blocking you, interfere with you and often you don't even know that they're there and you unfortunately believe it's your own thoughts and feelings.

Because of layers and layers of stuff we collected during lifetimes and in this lifetime, we can't really see who we truly are, we can't see that we are pure Divine Light Beings.

The one thing that is important to mention is that, when we start to clear interferences, your light increase in you, so you can literally be more of who you really are, your true Authentic Self, liberated and free.

### **What happens after clearing?**

What happens is that memories, pictures, images, mind thoughts and mind chatter, conclusions, beliefs and your judgments start subsiding, like they fall away. In 1-1 sessions we are going deep specifically for a person, and we get all the pieces, we clear all aspects of the issue and then it's over. That means you can't find the thoughts, you can't find the reactions, it's gone it's over. Great thing is that you don't have to go into a story, to have big cathartic reactions, you just relax, be in your body, feel the emotions, go underneath it, and when it is over you feel the less intensity around the issue or it has completely gone.

Other thing you need to be aware of is that because of all experiences we had, we have layers on top on layers on top of layers.

So, when we are clearing, we are clearing off layers around the issue you came with, all feelings, emotions and other energies that are connected with an issue, that have been buried so you were not aware of them, and once we take these layers off, and in one session we clear a lots of it, then it may come something different the next issue, the next area for clearing.

**Great news** is that you will be permanently free of intensity, thoughts, beliefs, emotions that are built around the issue you were presenting in clearing.

**The best news** is that you can use your session recordings again for similar or different issue and it will be equally effective because we put an intention that this clearing clears with ease all layers of drama patterns that reveals in you now and in the future now.

The KEY important thing is that you are in your body, feel it and ask your Higher Self to assist you.

**YOUR HEART IS YOUR PATH**

**YOU ARE ALWAYS ON THE RIGHT PATH**

**REMEMBER TO ASK**

**YOUR HEART GIVES YOU ALL ANSWERS**

**LISTEN YOUR HEART**

**I WANT YOU ALL THE BEST CHOICES YOU CAN GIVE YOU**

**YOUR HIGHER SELF!**

