

Getting Started with 'CLEARING'

A move toward greater health and happiness

This booklet sets out to explain, in everyday terms, the value to you of 'CLEARING'.

The "What's," the "Why's", the "When's" and the "How's".

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This booklet is an introductory guide to 'CLEARING' and cannot be expected to replace the knowledge gained and guidance offered by your attending a workshop. 'CLEARING' is best practiced in a controlled environment, with support and guidance. Take it slow and easy and reap the rewards.

The authors cannot accept any responsibility for personal issues arising out of the practice of 'CLEARING'. If you have concerns, please post your questions on the appropriate blog on the website, www.ericdowsett.com

What is 'energy' as referred to in 'CLEARING'?

Why 'energy' may need 'CLEARING'?

What is 'CLEARING'?

Most people understand energy to be something we get from the sun, or fossil fuels. Something we need to maintain life, as we know it, on this planet. Energy is something that we individually need, and we get that through what we eat and drink. The body converts what we eat into, among other things, energy, which we use throughout the day to get things done.

Life, at its most basic level can be described as movement. The movement of 'information.' A plant is in motion throughout its life cycle, although we may not be able to see much of the movement, it is happening on a microscopic level, there is constant action. The seed contains the potential for the plant, a blueprint within which things move so slowly as to appear totally static. Yet when energy is applied to the seed (water, sunlight etc) movement speeds up. Then the plant, as long as it gets the energy it needs, fulfils its destiny. Even in hibernation, in the deep of winter there is movement, the energy of the plant is withdrawn from its leaves and flowers and stored for spring, when the energy bursts forth once again, a part of the cycle of life of the plant.

The process of the plant dying is also the movement of energy, matter changing state, until all of the constituent parts of the plant have seemingly disappeared.

The human body also needs energy to grow. We know the body needs sustenance, proper nutrition, which creates the energy needed for growth and survival.

It is the movement of protein links in the body, miniature switches that are either 'on' or 'off', that generate the functions necessary for life to manifest.

The body get this energy from the sun, directly and indirectly through various products that the energy of the sun has brought into being.

While these switches operate as they were designed then life runs smoothly. It is when these switches start to malfunction that problems appear.

Energy then is matter, or food, that is converted into another form which keeps life unfolding. We could use another word for energy, we could say that basically, energy is information. Information stored, transferred, converted, used. Light from the sun contains a very broad range of frequencies. It is this broad range of energy / information that, among other factors, allows life as we recognise it, to exist on planet earth. The information our body gets from the sun via the food we eat, which in its turns gets its energy from the sun, allows us to be, to live out our lives.

The Sun delivers many different frequencies, each frequency can be understood as a wavelength of information. It is the broad range of information that allows complexity of life forms to exist. Depending upon your point of view, energy can be viewed as a wavelength or a particle. A particle is a packet of information moving through time and space.

For the purposes of 'CLEARING' then the words energy and information can be interchangeable.

When energy, or information flows according to certain rules and regulations the structure of a plant, or animal, develops along certain pre ordained lines (the blueprint stored within the DNA) into what we recognise as certain species of plant or animal. The same for us humans, when energy / information expresses itself in certain ways, the human form unfolds and follows patterns of behaviour.

As long as the information expressed continues to follow a pattern that we recognise and accept and are 'happy' with, life is good. It is when the body's ability to transform the information starts to breakdown that we notice things are not going as well as we think they should.

We notice signs of malnutrition, images on our TV screen from distant lands show us what happens when the energetic systems of the body don't get enough food. Closer to home, we see images of people who are outside of certain expectations we, as individuals, may have. People who are suffering the effects of a system that is no longer operating in a healthy way. This can manifest in all sorts of ways, mostly the signs are physical, they can of course be emotional, or psychological. Energy is still being expressed, but in ways that we recognise as unhealthy.

Back track for a moment, if everything is energy, having a unique set of wave lengths – of a huge and varied collection of particles – then the human body is a manifestation of aspects of that information. If a single particle is a packet of information moving through time and space, and the human form consists of billions of cells, each of which consists of many separate packet of information, then collectively, the human body is nothing more than a highly complex collection of pieces of information all 'held together' by the blueprint.

It is the human nervous system (along with established expectations) that allows us to view this collection of billions of pieces of information as the image we 'see' in our brain. The human nervous system is simply translating information, be it wave lengths or particles. Remember, any particular colour is a particular wave length (? particle), so colours are also information interpreted by the eye, so it is not such a jump to imagine that energy is also information.

While energy expresses itself as information that we are happy with – that we are familiar with – then all appears to be under control. When there is a breakdown in the way the energy expresses then we label that as, for example, ill health, dis-ease. Conflict of some sort or other.

Recorded history is full of stories of how we have, through the ages, tried to control the way the body expresses itself when signs of an energetic imbalance manifest. We call that imbalance sickness, disease, physical, emotional or psychological. History contains many examples of methods used to try and restore balance.

Simplistically put, our idea of a healthy, happy life could be interpreted as energy, or information, expressing itself in a balanced, harmonious way. As long as it does that, we, individually, are content and able to get on with our lives, whatever that may mean to each of us.

When Problems arise in the Physical Body

When our system starts to breakdown, for whatever believed reason, we seek help. When problems such as health issues manifest they are invariably the result of the bodies inability to interpret information correctly.

When a flow of information / energy is blocked or diverted problems arise. Take a garden hose for example. When water is passed through the hose, under pressure, the garden gets the benefit. Put a twist in the hose and the water flow is reduced, this denies the garden the water it needs and also creates a pressure build up in the hose. This added pressure will seek out the weakest part of the hose or connections and begin to leak through the weak area. Essentially the pressure is seeking balance, to balance out the forces at work. So pressure build up, stress, is a result of an imbalance somewhere in our system.

This is the same with the body, divert energy and a part of the body suffers, block the flow of energy and pressure builds up inside us. We commonly call this stress. As a result of this stress various parts and functions of the body are not getting the energy they need to operate in a healthy, life supporting way. The results of stress can manifest in many different ways. Our physical body cannot function properly if it is denied the correct amount of energy / information. Essentially the pressure, whether it is in a garden hose or our body, is seeking balance, to balance out the forces at work. So pressure build up, stress, is a result of an imbalance somewhere in our system.

Stress can often result in an outburst of emotion.

Have you ever entered a room where there was an argument in progress? Did you notice the 'charge' in the air? Do you know what happens when those involved in the argument dig in deeper to their own points of view? How the energy in the room becomes increasingly tense and hostile! If the charge, the tension, is allowed to build then, at some point, the energy of the charge is going to need to be expressed. It can do this in many ways, some of which are violence, physical, mental or emotional. It can result in one or more parties involved left feeling demoralised, helpless.

If emotion, as energy, or information is not expressed then more pressure builds up, creating greater stress on our system which in turn can lead to health problems. So we can recognise the need for something such as 'CLEARING', to release blocks that create stress which will result in a more healthy, happy life. History again, is full of examples of ways and means to release stress, ideally we would live lives that did not allow stress or imbalance to build up in the first place, but for the moment our priority has to be dealing with the issues that are manifesting as discomfort in our lives.

Have You Tried Everything?

If you have tried various methods to restore health and harmony into your life and have seen little change, then 'CLEARING' may be something that can help. Or perhaps you are seeking a safer, gentler way to bring some balance back into your life. 'CLEARING' is noninvasive, safe and gentle, and best of all, anyone can do it.

In parts of China people visit their acupuncturist regularly, not to deal with dis-ease, but to prevent disease manifesting. They do this by keeping the energy meridians open, allowing energy to flow correctly through the body. If these people get sick, they change their acupuncturist, the idea is to keep the information flowing correctly through the body. Sickness is a symptom of poor or blocked energy flow.

It is not everyone's idea of health maintenance, having needles stuck into their body, so a good alternative, for all who want it, is 'CLEARING'.

'CLEARING' is the safe and gentle release of stress that has built up in our body and in the environment around us.

What Can I Clear?

- **health issues**

"Perhaps you remember telling me when we were in Australia that you thought my bipolar condition would one day be "a thing of the past." I had no way of knowing what to make of this at the time, but I never forgot it.

When you came here in February, I had been off work for a year, and my condition had progressed to the point where I was "cycling" several hundred times per day. It had reached a critical juncture. I knew that it was time for me to go in a new direction but at the same time it was a major feat for me to get through each day, given the state of my chemistry. This was the "issue" that I brought into your workshop to be cleared. I cleared on it the whole time--individually, one-on-one and in each of the group clearings. During the last group session (where we peeled the onion), I had a remarkable experience when we got down to clearing the root cause.

Afterward, I felt so disoriented all day. In fact, that disorientation lasted, in some form, for the next 2-3 months. My entire subjective world changed in that moment because ever since then, I have not had a single (chemical) mood swing or any symptom of being bipolar. We're in the 8th month now... (And no, I haven't been able to take medication for it for about ten years now). I don't use the word, "miracle," really, ever. But I don't know how else to describe this. It was something completely impossible that happened. The gratitude I feel is indescribable".

Issues around:-

- **relationships**
- **finances**
- **blocks to achievement**
- **the energy in your home**

I was very delighted to do a house clearing where the client's daughter, who was born with Down's Syndrome, would not walk through the kitchen, but walked along the cabinets until she could get to the family room, because, she had told her mother there was a black hole in the middle of the kitchen floor.

Curious, I checked the energy and found heavy yin energy (passive or draining chi) in the middle of the kitchen floor. As I started to clear the energy using my pendulum to indicate clearing, I saw the daughter staring at the floor and then, as I could feel the energy lightening, I asked her if it was getting smaller? And she said yes! When the energy was cleared, she walked over the kitchen floor and threw herself in my arms, her mother in tears. What I found so amazing was observing gifts others have in seeing, and so grateful for the experience.

- **pets**

It was while we were holidaying in the Flinders Ranges, that we met the sweetest of little female dogs, seated at the entrance to her owner's outback store. Sadly, though, we found her, body pressed up against the wall, trembling with fear as each new customer approached.

Her owner confirmed that yes, this was how she normally spent her day, and he surmised that this was so as a result of cruelty shown to her by her previous owner. Not a life for such a beautiful little spirit of a dog, we thought, but then it occurred to us that we could possibly remedy that by clearing her!

Next morning, we were greeted at the gate by a very friendly, very confident little female dog, who was wagging her tail and asking for a pat! Later still, when I went to the shop looking for service, guess who greeted me at the entrance? No longer the shivering, petrified little soul in prison, but now a free spirit of a little dog, ready to face the world with confidence and eager anticipation of the kindness that most humans would freely offer her in the future!

Such a profound change. Such a simple act.

Can I clear myself?

Yes.

What about my friends and family ?

Yes, most definitely.

Last year the doctor found a large lump on my right breast, after going through all the proper testing, mammogram, biopsy, etc. it turned out to not be cancerous, yet, it was large enough that I was supposed to follow up in 6 months to check the status.

In February 2004, I took a 3-day Energy Clearing workshop. We were covering a section on cell phones and how they affected us. My system was pretty weak due to the trauma of the recent suicide of my neighbour and so I was unable to be used as an example. Eric sat me down and stood behind me and asked me to hold still. He put his pointer finger and thumb on my neck and sent me energy.

As soon as his fingers touched my neck I felt zapping on that lump on my breast! I had forgotten about it, but it was so clear that the energy was going there as I felt an internal zapping surrounding the lump. It caught me off guard so I didn't say anything until the next day and went up to Eric to tell him what I experienced. In his boyish, charming way Eric just listened and smiled.

A few months ago I went to the doctor for a check-up and he read in my chart about the breast and asked if I had done the follow-up mammogram and biopsy. I said, no, but let me find it and we can check it now at least and schedule something for the near future. So I proceeded to search and search to no avail - it was gone!!!! I was so amazed that I told the Doctor about the workshop and what I experienced! It was an amazing experience and a great reminder on the power of loving energy.

Is there anything else I can use this Energy Clearing for?

Yes, you can use 'CLEARING' to:

- **help alleviate the negative side effects of medication**

You started to clear the side effects of the meds to lower my cholesterol! Well I have cleared them again and still continue to get that I need to take them. I had blood work drawn this week and the results were rather profound. My total cholesterol dropped over 100 points (not usually the norm) and my LDL ("bad" cholesterol) dropped over 70 points. I have taken medications off and on over the last 15 years and have never had that drastic of a reduction in the cholesterol readings. I believe this is the result of clearings from you, the group and me clearing the meds.

- **help restore greater harmony in your community**
- **improve the flow of energy in your workspace**

My office has a emergency radio tower about forty yards behind it. An EMF meter showed the treatment rooms were being exposed to very high levels of electrical and magnetic frequencies. The needle on the EMF meter moved beyond the ranges measured all the way to the right with no fluctuation.

AW had just taken the Energy Clearing class and offered to clear radiation from the tower. About thirty minutes post clearing the meter began lowering and fluctuating depending on the direction pointed. Over the next week the meter continued moving lower to the point where I had to walk about twenty yards from the tower before the meter gave a slight reading.

The clearing was done six years ago. I check it a couple times a year and it has not moved any closer to our office.

Is there anything I can't use this for?

No, as the world we live in is made up of energy / information, then it is possible that blockages may occur in that flow of information, for whatever reason. 'CLEARING' can help anything, if you can think of it, you can clear any charge around it.

How does it work?

After decades working with energy I have, amongst others, re-discovered that it is possible to influence the energies within and around us by focusing our conscious intent.

If we look again at the example of two, or more, people involved in an argument we can get an idea of how 'CLEARING' works.

When two people argue they are expressing opinions, beliefs as emotional energy, based upon a perception of what for them is right or wrong, good or bad. Something they hold deep within them has taken a stand which is opposed by someone else who also has taken a stand based on a different point of view or set of values.

It is this core belief, no matter if it is any more valid than an opposing point of view, that allows the tension to build. We go a long way to protect ourselves from being hurt, creating situations, surrounding ourselves with others who support us, avoiding situations of stress where we are able. We establish a pattern, a way of being that actually stores a lot of stress in the body as we continue to deny various aspects of ourselves because we find them too challenging, too upsetting. This is done, for the most part, sub-consciously, we are not aware we are doing it because we are lost within it.

It would be like a fish trying to describe the sea, without outside help, a frame of reference, someone to be objective the fish, would if it had shoulders to shrug and a voice to speak, simply shrug those shoulders and say "Sea - What are you talking about".

From birth, and perhaps beyond, a pattern is established on a cellular level that to a great degree, dictates how we are going to respond, or react, to life's situations. It is only reasonable to expect that others, raised in a different place, with different awareness, will have different values.

In the argument between people, each has entered the room with differing values that they need to express. When two opposing forces come together conflict, of some sort, is inevitable. Because many of us are insecure on some level, whether we know it or not, we find ways to defend ourselves against attack. Research that we have been involved in indicates various stages of this defence, depending upon the nature and degree of the perceived attack.

When a person is taken from their comfort zone, as they will be when confronted and challenged by people with opposing beliefs the first reaction is to defend oneself. We become uncomfortable with the feelings that are being generated, which in turn make us feel the need to protect ourselves from these feelings, which we wrongly blame on the other person. On a biological level we are experiencing the early signs of fight or flight, this means that the blood is being diverted from the vital organs, to the muscles, the arms and legs, ready to fight or run. This depletion of resources from the organs vital to our well-being further adds to our feeling of discomfort leading to the next stage which is aggression. We want to attack the person holding the opposing point of view so strong has our feeling of discomfort become.

The more pressure our system is put under, the more uncomfortable it feels, the more it needs to find a release for that pressure build up. Often, due to upbringing, we are not able to express this feeling in a safe way, with a win win outcome. Instead we bottle up the feelings until ill health, emotional violence, or psychological disturbance is the result.

We can return to the cause for the build up in part two, for now the goal is to safely release the charge that has built up in the body.

If, as can so easily happen with a little shift in awareness, one party to a potential argument ceases to react, then the charge simply does not build up enough energy to manifest. In its simplest form, this is 'CLEARING' - the developed ability to not react, to not go into judgement.

The 'CLEARING' practitioner has the developed ability to be in a stressful environment without taking sides. This takes a conscious effort at first, but after a while becomes second nature.

How do I do 'CLEARING'?

Earlier we said that you can clear yourself, this is true but we have found it more effective, in the early stages of practice, to have another clear you, preferably someone you are not emotionally attached to. This is because another person can be more objective about your situation, greater objectivity means less attachment, less attachment means an expanded ability to be there for you and clear more of your energetic build up.

Our emotions and our physical well-being are a barometer of the energies we need to clear in order to become happier and healthier. In our everyday lives we often come up against people and situations that appear to make us unhappy. They may make us anxious, irritated, frustrated, angry, self conscious...etc. When our reaction makes us feel uncomfortable with the experience this is a signal that we have something to clear.

Although we give our emotions many names, what we are experiencing here can also be called 'resistance'. Resistance, like the kink in the garden hose, is causing problems in the system. When we encounter something or someone that we are uncomfortable with and we notice physiological and emotional changes in the body that are unpleasant. We have used the term 'stress' to describe this. So often we resist the flow of information, we may be aware we are doing this, 'that stubborn streak' or we may be so deeply conditioned we have no idea that we are in resistance. We can be sure however, that when we resist there is a price to pay.

'CLEARING' is all about becoming slowly conscious of where we have resistance, and through practice, letting go of the point of view that caused resistance in the first place.

When we use Energy Clearing and we begin to notice the old patterns in our everyday life. We are doing something that has been part of the spiritual practice of Buddhism for thousands of years. We are practicing 'Non-Judgment' and we are becoming 'Mindful'.

This takes practice, when we are already embroiled in an emotional reaction it is almost impossible to take the necessary step back and notice the feelings that we are experiencing. We have quite literally become those feelings. The fish trying to describe the sea again! It is best to practice before we lose ourselves in an emotional reaction.

The benefits are huge but like all journeys, begin with one step. It is not possible to experience the full benefits of 'CLEARING' while we are still in great resistance, but 'CLEARING' can begin, from day one, to help you move out of old, limiting, self destructive patterns. The more steps you take, the more benefits you experience.

You can develop your practice in a number of ways:-

There are many resources available to you through the ericdowsett.com web site, but for those wishing to practice now, at home, then one way is to use the Television.

Preferably when there is no one else wanting to watch other programs, sit watching the TV with the channel changer in your hand. As you sit quietly, before turning the TV on, begin to notice what you are feeling. Could be physical, aches or pains, tension, or just quietly noticing your heartbeat. You need a base line before you can notice change and by sitting quietly and noticing what you are feeling, and thinking, you can establish this base line.

Try not to lose touch with what you are feeling. For some this will require practice as we are so not used to noticing, on a moment by moment basis, what we are feeling. This lack of noticing often develops into energy or information building up, sub-consciously, in the body until it manifests as stress or dis-ease.

So it is important we begin to notice what is happening in the body.

Now turn on the TV. It doesn't matter what channel you are watching, the issue here is not so much enjoyment or distraction but to notice if there is any change in how you are feeling when you begin to watch the program.

If you have turned the TV onto a program you don't like you might notice feelings of irritation or impatience. Alternatively, if you have tuned into a favourite, the change in feelings will be ore towards satisfaction, joy, pleasurable feelings. Before changing the channel, notice any change in feeling. You can name the new feeling, try saying, this is the feeling of - irritation; impatience; satisfaction; joy. This is an attempt to distance yourself from the emotion, a part of the practice that will help you let go of charge in your body before it can build and cause problems.

Now, turn the TV off, or mute the sound and sit quietly with the new feelings for a moment. Do the feelings fade and go away, or do they get stronger, or even change into other feelings?

Recognise the reason behind the feelings arising in the first place. Your point of view, your perceptions, your values had been challenged or supported. Something that existed inside of you has been triggered, causing a certain feeling to make itself known. Some of these feelings are so small you could be forgiven for not noticing them, some so large and intense that you quickly get lost in them.

Wait, with the TV turned off until you have become centred once again. Sitting quietly, no strong emotions, once again at peace. Now, turn the TV on again. Same channel, or a different one, it doesn't matter. Just notice, as you watch the program, for any change in how you are feeling. As soon as you notice a change, turn the TV off and sit with the new feeling. Give it a name, this is the feeling of 'such and such'. This feeling I am currently experiencing is the result of something inside of me that has been triggered by whatever it is I am watching on the TV.

Again, sit quietly, noticing the new feeling until it passes. Try to keep track of the feelings that come and go, and then turn the TV back on again.

We are feeling 'stuff' all the time, but it is not necessarily something we have spent much time noticing in the past, at least not until the 'feeling' becomes too intense for us to be able to continue to ignore it.

Where we fail to notice feelings, whether because we are in denial or because we are too caught up in thinking about the past or the future, charge builds up in the body. So it benefits us to notice more, and in the noticing begin to make conscious choices to let go of the feeling. So instead of feeding an emotion, which we do for the most part without any awareness, we are making a conscious decision to stop energising it.

By using the TV to practice we put ourselves in a very safe environment, no other cause for any change in our feelings exist, we cannot blame another for how we feel. We can try and blame the programming on the TV but we soon realise that each person is affected differently by the same information. This means that our reaction to the stimuli of the TV program, or the behaviour of another person, is unique to us. While we continue to identify with the emotions that arise as a result of our unique point of view, we keep energising them. While we continue to energise emotions, then we find ourselves dealing with the same issues, over and over again.

By practicing noticing emotions that present as you watch various TV programs, and then sitting with the emotion, labelling it but not taking it personally, you are allowing energy to discharge. This means that you are not putting energy into old situations which will, in turn allow change to happen.

You don't have to use the TV of course, any quiet moment will do.

After you have become familiar, and comfortable with noticing emotions you can begin the second part of the journey.

Realising that an emotion is quite simply a chemical reaction in the body, we can begin to understand how some emotions can be stronger than others. The more intense an emotion the more chemical change is occurring in the body.

Here is an interesting analogy. A radio, when powered up, picks up signals, various transmissions, which, through the mechanics of the radio, is turned into sound. A good radio can pick up a broad range of transmissions, all different signals, coming from all over the world. The radio is the receptor, designed to interpret signals as sound.

The sounds that we hear on a radio do not belong to the radio, the radio is simply the device that is picking up and interpreting the signals.

The human body can be likened to the radio.

The human body is constantly picking up signals, transmissions of energy from the sun, the earth, technology, and other people. Depending upon the individuals preferences, likes and dislikes, those signals will be interpreted in unique ways, some judged as good, some as bad. Some missed completely because they are so outside the box of what we can accept as to have little or no meaning to us. All of these signals can be likened to radio waves, individual stations putting out their own music, sports or current affairs programs.

The human radio, picking up these signals takes them seriously, identifies with them and becomes the emotions that are stimulated by the transmission (more of this in the next booklet). The signals don't actually belong to the body, much like the sound does not belong to the radio. It is just information passing through which gets caught, and given energy, by the individual.

When we watch the TV we are picking up signals which the body then interprets as emotions, which we in turn, because of our conditioning, think are ours. The more we identify with an emotion, the more we become the emotion, the more energy we give it the more intense it becomes. All without know what we are doing.

This little story illustrates the point.

I recall an evening in the '60's, when there was a blackout - I was 10 years old, my sister 6.

As there was no electricity, my Dad had us both sitting together in my sisters bedroom with a flashlight. Dad left us to go downstairs, & after a few moments, my little sister began to scream, so I started to scream along with her, I had no idea why we were screaming, but the more she screamed the louder I screamed, and in kind she screamed louder - creating feelings of fear & terror! So there we sat next to each other screaming at the top of our lungs together, I can still recall how my body was filled with fear & terror to the point that I thought I might explode. Next I hear the footsteps of Dad running up the stairs "What's wrong?!" He says as he comes into the room- "I don't know" is all I can manage through my screaming sobs..

Thinking back to those moments, my memory conjures up those feelings that began to build as my sister & I sat there screaming & I could feel that terror raging through my body.. Logically, I had no reason to start to scream, there was nothing happening at that moment that I was aware of, to be afraid of, but my sister's fear was contagious, I immediately felt it and began to scream with her to support it, if I had not reacted to my sister's screaming I may not have "become" the terror that we created.

By noticing any change in feeling, in a controlled environment (like the TV experiment) we can begin to understand why that particular emotion is presenting itself. Understanding that it is only when we continue to energise that emotion that it begins to take over our awareness, we then have a choice, which may or may not have existed before. We can choose to continue to identify with the emotion, and we know where that path leads, or we can choose to simply acknowledge the emotion and let it go, know that it is not 'ours' unless we choose to accept it.

As mentioned earlier, it is too hard to let go of emotions when the body has been flooded with the chemicals associated with that emotion. Best to practice on less intense feelings.

After you have become familiar with the process by using the TV experiment you can expand your practice while waiting in a queue at the bank, in a supermarket, at the airport.. Notice, acknowledge and release, to the best of your ability. You may well find yourself getting lost over and over in some emotions, this just means that there has, in the past, been a lot of identification with those emotions and 'charge' has built up. Don't give up, practice with the little stuff and pretty soon it all becomes little stuff.

This booklet is free, please pass it on to others who may be interested.

There are two more booklets in this series, available from <http://clearingwebshop.com/> at a cost of €4.00 each.

The clearingwebshop also has Eric's books, as printed versions, PDF or e books (for Kindle and I Pad) and a program of upcoming workshops.