

Complete Calming/Clearing Methods Guide

Doug J. Moore, Ph.D. - Clinical Psychologist, Life Coach, & Spiritual Teacher www.DougJMoore.com | www.ThriveandAwaken.com

Purpose: Use this Guide to assist you through deep clearings. It contains the elements from the Step 4 Clearing Reactivity Course Worksheet.

Date: _____ Topic: _____ Rating of Distress (0-10): Before _____ After _____

For more extensive reactions: Brief Tapping, Extended Tapping, EMDR (e.g. Butterfly hug), Chakras, Energy Balancing

For less intense reactions: Forehead Hold, Top of Hand, Triple Warmer Smoothie, Blowout, Shaking, Other _____

Summary: Here are the parts necessary for effectively addressing deeper reactivities. For immediate, in the moment distress, parts 2-8 are frequently sufficient.

8 Parts in Clearing Reactivity:

1. Prepare (Parts a-h).
2. Discern & Rate what to clear.
3. Select, Practice, & Use a Clearing Method.
4. Be grateful for the reactivity.
5. Choose to release it.
6. Replace the reactivity with Thriving & Awakening Qualities.
7. Reframe the situation.
8. Pause & Review.

Part 1. Prepare for a Clearing

There are several steps to follow in preparing to clear. You will be identifying your reactivities (e.g. emotions, thoughts, behaviors, & energies) that you may want to clear. You will also look at the pros and cons to changing. Write out your reflections.

Part 1a: Recognize Reactivities

Nature of Reactivities

Emotions: _____

Physical sensations: _____

Mental (thoughts/beliefs/judgments/anticipations/regrets, etc): _____

Images: _____

Behaviors: _____

Energies: _____

Situation/Context

What are the related events? This includes others’ behaviors, speech, location, age, scents, sounds, etc.

Time Frame

What are the related events? This includes others’ behaviors, speech, location, age, scents, sounds, etc.

Past: _____ When _____ Where _____
Who _____

Present: _____ Where _____ Who _____

Future: _____ When _____ Where _____
Who _____

Part 1b: Clarify the Reactivity

Review the Survival Mode Awareness forms from Step 1 Course: Recognizing Survival Mode. These help you have a deeper awareness of the reactivity you may not currently be conscious of.

Based on those reflections from the Step 1 Course, weave in additional aspects of your reactivity to the sections above that you just completed.

Part 1c: Contemplating Change

Pros and Cons:

What are the Pros of maintaining the reactivity and what are the Cons in maintaining and releasing them?

Pros

Cons

Plans to address the Pros & Cons: _____

Conclusions: _____

Part 1d: Prepare Energetically

Be ready to do the Daily Energy Balancing right before you start the actual clearing. This will help deepen the clearing and make it last longer.

Part 1e: Prepare Emotionally

It’s essential to provide a healthy Holding Environment as outlined in the Step 2 Course. Review the type of love and support you need to provide for yourself. That can include asking others to contribute to that holding. Record specific plans for providing your holding:

Part 1f: Prepare Mentally

It is important to write these out to help you be more anchored and let go of unknown resistances to clear.

a. How will I keep myself safe without the reactivity?

b. What will life be like without the reactivity?

c. Are there any perks I might be getting by hanging onto the reactivity? For example, you might not get special attention from a loved one for being distressed.

d. Are there any drawbacks to truly thriving and awakening? For example, look at how loved ones will be if you aren’t reacting like them anymore. In the Step 1 Course, we discussed how we bond around our woundedness.

e. Who am I without this reactivity that has been a part of my identity?

Part 1g: Prepare Physically

As you have tuned into your reactions, you may already have some physical sensations occurring. It may be helpful to discharge some of the excess tension beforehand by having a massage, meditating, doing yoga, somatic release (e.g. shaking), or progressive relaxation as demonstrated in the Step 4 Course. Also, before doing deep clearings make sure you are rested and well hydrated. Make a note for your plan.

Part 1h: Prepare Safe Space

Find some support and inspiration that helps you feel you can do this clearing. You may find it supportive to have some calm music, warm bath or shower, or scented candles ready to use afterwards as a way of showing up for yourself in a nurturing way. Spiritual readings can be another way to help you remember, connect, and be inspired by your true nature. Record your plan here:

Safe and Peaceful Exercise

Practice this now and then immediately before starting to clear.

Close your eyes and take a slow deep breath in, hold a few seconds, then slowly exhale. Exhale twice as long as your inhale. Feel your feet on the floor and come into your body. Notice your breath and allow yourself to find a safe and peaceful place. This can be someplace you’ve been to or that you are imagining. Once you have that, hold your wrist, take a deep breath, say your name out loud, e.g. “Chris, you are safe and peaceful. Chris, you are safe and peaceful.”

Part 2: Discern Reactivity & Rate It

a. Now is a good time to review everything you’ve written for your clearing. See if there is anything that needs to be revised. Make sure your target reactivity is the right one for you.

Miscellaneous Notes:

b. Tune in to the reactivities and give it a rating of 0-10. Record here _____ & at the top of page 1

Part 3: Select, Practice & Use a Calming/Clearing Method.

- a. Select the Calming/Clearing Method you sense is right given the reactivity.
- b. Practice it briefly to make sure you are comfortable with it. Refer back to Lesson 3 of Step 4 or the Calming/Clearing Methods in the Tool section if you need to review how to use the methods.

For more extensive reactions it is suggested you use: Brief Tapping, Extended Tapping, EMDR (e.g Butterfly hug), Chakras, or Energy Balancing.

For less intense reactions: Forehead Hold, Top of Hand, Triple Warmer Smoothie, Blowout (particularly for pent up energy), Shaking (good for frozen energy)

- c. Use the Method for a couple of minutes while tuned in to the reactivities. Sometimes it is helpful to say them out loud. For example, “Anxiety, Worried I’ll be rejected, tight muscles, I’m not good enough.” Use whatever words, images, postures, objects, etc. that help activate the reactivity.

You have to experience the reactivities before they clear. They don’t have to reach the most intense aspect, just enough that you are feeling it. Use the method while experiencing the reactivity. You can use words, images, postures or whatever works to help activate the reactivity.

When you feel some shift in reactivity, you can proceed to Part 4. Use your intuition when it is time. These don’t have to be discrete parts--you can weave in a previous part if helpful.

Part 4: Be Grateful

After you have experienced the reactivity, continue to use the clearing method and open your heart for that reactivity by being grateful that your body has unconsciously been doing its best to protect you. Feel free to modify the following so it feels comfortable for you:

“Thank you, body, for getting anxious about the upcoming presentation. I appreciate you are trying to alert and protect me. Thank you. I don’t need the anxiety anymore. I am safe now. I’m aware of the issues and I’m OK. But thank you body for being there for me in that protective way.”

Write below what you would find helpful to say:

Part 5: Choose to Release the Reactions

As with any habit we have to consciously choose to change it. This Part has you actively letting go of the reactivity. Use whatever words work for you. For example, while you are using the methods repeat something like:

*“I CHOOSE to let go of the anxiety. I don’t need or want it anymore! I’m ready to turn this around.
I CHOOSE to stop berating myself. It doesn’t work for me. I’m letting it go, I’m letting it go.”*

Part 6: Replace Reactivity with Thriving & Awakening Qualities

In the Step 3 Course: Exploring Thriving, you learned about a lot of different thriving qualities. Now is the time to use those to replace the reactivity. You can revisit the Core Concepts page for additional qualities. Here is just a sample to choose from, circle a couple of these or write out your own:

Thriving Thoughts

Life is happening FOR me, not TO me.
I have value and worth...just because.
I am enough as I am.
I am loveable as I am.
I deserve to be treated with kindness and respect.
If someone isn't loving, it is all about them.
I am my own resource.
I am evolving because of challenges.
We are all evolving.
I can speak my truth.

Thriving Emotions

I am grateful for _____.
I am calm and grounded.
I completely accept myself and others.
I choose not to give away my inner peace.
I can have compassion for others' development.
I choose to be compassionate and nurturing to myself.

Thriving Behaviors

I can choose what is in my long-term best interest over short-term gratification.
I can do it.
I can Ground and Breathe as much as I need.
I will _____.
I can do the Daily Energy Balancing or at least a portion of it.
I can move my body out of gratitude for having one.
I choose to treat others with kindness and respect.
I can be firm and respectful at the same time.
I am going to get regular sleep, so I can truly thrive and not just get by.

Awakening Perceptions & Experiences

Everything is part of my awakening.

Awakening includes contracting into reactivity and using it to return to loving Presence.

I choose to see my stories as made up by the ego to stay safe and connected..

I can tune into and be with my underlying nature of Awe, Love, and Joy.

I am part of the Oneness of life.

We are all perfectly imperfect.

Wisdom is allowing myself to not know.

True control is giving up control.

I am connected with others.

I am.

I am Oneness manifesting as this ego.

There is stillness in the dynamism.

Oneness is expressing itself through me.

I am on a journey to nowhere. I am source, now.

The Earth provides my food, water, and air...I am nourished and one with it..

Part 7: Reframe the Reactivity

This is where you get to choose how you want to perceive something. The Reframing Tool covers this in detail. Essentially it is choosing to perceive the old event from a thriving and awakening perspective rather than through the eyes of Survival Mode. This includes seeing life as happening FOR you rather than TO you. Also, the Complete Acceptance Tool is a way of embracing others and yourself right where you are or were in your level of development. In Awakening Mode we are reframing life as JUST HAPPENING. It's embracing your True Nature expressing itself without you resisting or judging it. Continue using the chosen method while repeating the reframe.

Here are a couple of examples:

1. Chris is getting triggered. That is about them and their reactivity. I can set boundaries and agree to discuss when cooler heads prevail. I choose not to personalize or give credence to what they are saying.
2. Lois wasn't there for me when I needed her. Obviously, she didn't have the capacity to show up in the way I wanted. I choose to have compassion for her limitations. I can find alternate ways of taking care of myself.
3. I choose to embrace the mystery of life rather than make up something about the nature of it. It's OK, that I don't know--that is keeping it real. My safety comes from Complete Acceptance of what is. It is Reality unfolding around and through me. Fascinating!

Write below how you'd like to reframe it:

Part 8: Pause & Review

Pause the clearing, take a couple of deep breaths and hold your wrist and say out loud, “(Your first name) you are safe and peaceful.”

Tune into your old reactivity, give it another rating 0-10 _____

- a. If the distress came down, consider repeating Parts 3-7.

Repeat the clearing as often as necessary. Your body is wired to go into Survival Mode, so it can take time to convert to Thriving Mode.

- b. If the distress stayed the same or went up, ask yourself with Compassionate Curiosity:

What role does the reactivity have that I may be reluctant to release?

What would life be like without the reactivity?

Consider targeting these reluctances with a clearing method.

Miscellaneous Notes:

1. If tapping, try using all the points in the Extended Tapping for Thriving.
2. Consider a different clearing method.
3. It may be helpful to do the Daily Energy Balancing both before and after the tapping. This helps align the life force energies with your intention.
4. You can also tune in to the emotion you are wanting to release while you are doing the Daily Energy Balancing. Then do the clearing. Sometimes the DEB is its own clearing method.
5. Pick a different scenario or a more specific version.
6. Target an event that may have been the origin of the reactivity in your life story.
7. Focus on one aspect of the distress that is most disturbing.
8. Shift how you are Reframing the situation.
9. Of course, taking a break and returning to it later can be helpful in letting your body digest the work you’ve done.
10. Some reactivities that are deeply ingrained or are from repeated stressful events may take many clearings to resolve. It is like peeling an onion, as you clear one layer another appears that may need your attention. Give yourself as much time and compassion as you need.
11. Consider seeking additional support from a therapist/coach or a good friend.
12. Check out the Life Force Energies section for additional tips.

***The research indicates that your body needs about 4-5 hours to consolidate and integrate a clearing. Please try to rest or sleep after a significant clearing.
Avoid triggers that may activate what you worked on.***