

**TRUE WOMAN'S POWER AND ME:  
Embracing the Truth of Who I Truly Am  
By: Irene Williams**

I first met Sandy Levey-Lunden, creator of the Power of Clearing, at a mutual friend's home in Vancouver, British Columbia. I had prior to meeting Sandy attended one or two meetings of an ACIM study group, which was my initial introduction to ACIM.

I had been raised in a very conservative Protestant church. Through my early exposure to Christianity, and by the example of my mother's deep unwavering faith in spite of many personal losses, I developed a deep trust in God. I accepted early on without question that all of the experiences in my life were essential and important for my learning. However, as I listened to the many Biblical stories and readings, I was at a loss to truly accept that I was inherently flawed and bad. I simply could not make sense of the mean, angry, vengeful God that I heard about over and over. I felt deeply at one with my Creator, but at complete discord with what I was being taught about Him.

It was at my very first meeting with the ACIM study group that the message I was hearing finally matched the vision I held about God. At last, I was hearing words that truly represented my connection with my God.

Shortly after my introduction to ACIM, I attended the True Woman's Power weekend at Sandy Levey-Lunden's home (<http://www.truewomanspower.com/>). I had no idea what to expect, and knew very little of Sandy and her Power of Clearing work. I had recently experienced the most heartbreaking profound grief I could imagine, and when I met Sandy, I was still burdened by a great deal of unresolved sadness and grief. I had come to realize that I had no idea what love was, and I felt alone and separate from everyone. I was very judgmental of everything and everyone, myself included.

As I prepared to attend the True Woman's Power workshop at Sandy's home in Bellingham, I experienced every possible emotion. At the time, I visualized it as a rainbow of emotions.

I had no idea what might happen that weekend, and to me, it felt like the equivalent of jumping off a cliff, and having virtually no information of what to expect.

My goal for the weekend was to get to the bottom of why I was unable to accept love, and to be freed from whatever it was that seemed to be holding me back from living my life to the fullest, and to be freed from the grief that continued to grip me.

As the women who were attending the weekend workshop assembled for the first meeting of the group, I immediately became aware of my judgment of several of the other women. I felt irritated by some of them, and felt very impatient with the pace at which we were progressing through the meeting. I felt a sense of superiority, and that I grasped concepts much more quickly than most of the other participants. I felt irritated by so many of the women's preoccupation with their ills, and pains, and traumas. I felt a

particular impatience and intolerance with one of the women. With another woman, I felt like an emotional bull compared to her emotional grace. I felt detached and separate from the group.

As the weekend progressed, I came to realize that I had become so accustomed to intellectualizing my emotions – in other words, moving them away from me – that actually recognizing, let alone naming them, had become very foreign to me. Initially, I viewed other group members' clear recollection of the multitude of hurts and tragedies that had been inflicted upon them as their "wallowing" in the negativity of their life, and their "weakness" in not being able to "get over it" and get on with real life.

Looking back, I can see how imprisoned and joyless my life had become with my heavy judgment of everyone. I can now see how the judgment I projected onto others was merely a reflection of the depth of self-judgment I carried. It's not surprising that the true beauty and love of all of the participants and coaches, and especially of me, was invisible to me.

As the weekend progressed, I began to see the complex journeys that each of us was on, and I began to appreciate the depth of pain each of us carried as a result of events in our earliest childhood, some seemingly very benign and insignificant.

Through Sandy's inspired direction, and with the assistance of her equally inspired team, I was at long last able to bring to my awareness the early experiences that had so deeply impacted the way I would experience my life.

Through the clearing process, which is based entirely on the teaching principles of ACIM, I was able to see how the beliefs I held about myself were only illusions and interpretations that I had unconsciously accepted, and that I could also choose to correct those illusions.

The Clearing Process™ is a process of forgiveness in which the patterns in our lives are laid bare for us to witness. In it, we can choose to forgive what no longer serves us and let it go. This process can be applied to any situation in life. It is a simple yet profound process for speaking our total truth and for being acknowledged without judgment, and releasing from the subconscious mind any negative conditioning from our past. As these negative feelings and beliefs are released, we are able to realize and then embrace the truth of who we really are.

However, as the weekend progressed, I became aware that I was a "trigger" to some of the women in the group. The ugly head of separation continued to raise its head! I saw this as "their issue"; I didn't feel triggered!

Again, as the weekend progressed, I came to see that it was *my* ongoing sense of superiority that was judging them as flawed and stuck in their own self-absorption. Through the clearing process, I was at long last able to see how I had kept myself separate and distant from others as a way of insulating and protecting myself. I was able

to release my need to control my life, and to embrace and trust the flow of every life. I came to see that love does not exclude. Only fear stands in the way of all-inclusive love.

Finally, I was able to truly see myself as I had always believed was possible - that I was unlimited love, gentleness, joy and light. At long last, I felt unconditional, unbridled love – towards myself, and towards my entire world.

At the conclusion of the True Woman's Power workshop, we celebrated our journey of the weekend. Each woman reflected her individual growth. For myself, I felt I was at long last taking the steps in experiencing and extending all-encompassing love. I saw each participant and myself with new eyes.

Following the True Woman's Power weekend, I knew without doubt that I needed to learn more about the clearing process. At long last, I had experienced deep and total release of paralyzing, self-sabotaging negative self-beliefs, and I needed to know more!

I enrolled in Sandy's 10-day Power of Clearing Coaching Certification Program. During this intense and deeply transformational training, I unpacked and brought to awareness every area of my life where pain, grief, doubt, control, fear and guilt still resided. Through the profound simplicity and deep effectiveness of the clearing process, each of the "stories" of my life was released, one by one. At long last, I let go of my belief in my "smallness", and in its place I came to see the true unlimited magnificence of not only myself, but every single person I encountered.

To this day, I am filled with stillness of mind and deep, deep peace. I continue to study ACIM and continue to gain a richer sense of oneness and connectedness with the entire Universe. I continue to practice clearing in my own life whenever I sense a shadow fall over my inner peace. My desire to extend love and peace has led me to establish my own practice as a coach, teaching and sharing the clearing process.

In every situation, my guide is always "Teach only love, for that is what you are". I am not only filled, but overflowing, with gratitude and love.

Irene Williams

Life Tracks: Process of Clearing

[www.lifetracksclearing.com](http://www.lifetracksclearing.com)

*Despite a succession of personally devastating events in Irene's life, she has managed to achieve and maintain a deep sense of inner peace by using the Clearing Process. In addition to her growing private practice as a clearing coach, Irene has worked for 30+ years in the legal profession and has through this developed an empathetic calmness and genuine desire to help others. She practices yoga, regular exercise and Reiki for an approach to health of body and spirit. Please contact Irene through her website ([www.lifetracksclearing.com](http://www.lifetracksclearing.com)) or by email ([lifetracks@telus.net](mailto:lifetracks@telus.net)) for further information or a free consultation with Irene.*

