

## **The Power of Clearing Process**

By Adam

One of my very first clearings was about two years ago. In that first clearing there were a couple things that came up for healing. The most notable theme that kept recurring was my relationships with my sister Sarah, my caretakers and my step dad Erik. It was very difficult and scary to be completely open and express very intimate and private things to a stranger (my Power of Clearing coach). As she started to talk about my caregivers and how they take care of me, I started to retrace it back to my past.

One of the first things that came to me was all my caregivers who took care of me. The caregivers that came to my mind were female and their names were Meggie and Tracy. As the power of clearing coach was guiding me through the clearing process by suggesting scenarios of what might have happened, I started to think how these two female caregivers were related to my story and started to clear, or bring up, painful issues with my relationship with each one of them. I went deeper into my mind and thought of my accident when I was in the hospital. I remember being so attracted to all the female nurses that would take care of me there. The feeling I would get when one of the female nurses would get close to my body would make me sexually aroused.

I felt this feeling in the Clearing Process. As I was sharing this to my power of clearing coach Ahna, I felt a strong sense of me wanting a nurse next to me and being romantically intimate with her. I went deeper and felt the deep anger towards Meggie, one of my caregivers, because she did not have romantic feelings towards me even though I did for her. I went even deeper and felt pain, suffering, and rage towards my dad for stealing Tracy, my other caregiver, away from me. I felt feelings of abandonment that Tracy abandoned me and chose to be with my dad. I went even deeper in the clearing with my coach and traced it back further to feelings I had for my sister Sarah. I paused for a moment and a voice within said 'NO do not share this!'

In that moment, I felt terribly guilty and a huge weight on my shoulders; a weight and burden that I kept locked inside for almost 25 years. I had never shared what happened to me with Sarah with anyone and here I was resisting with all my might not share it! Then all the sudden the words came out of me "I had sex with my sister Sarah" and for one split second I said to myself this is it - this is the end; now I'm going to be in big trouble! However, after that split second a beautiful white Light filled my sight. I saw my coach in front of me in this white Light. She was completely immersed in it and I felt such a sense of calm, peace and joy.

I couldn't believe what was happening, but all I knew was I was not guilty and felt truly Happy. The guilt I was holding on to for such a long time was gone and I felt so much freedom! With that first clearing I did with my Power of Clearing coach, especially the past and present connections that I made AND the huge burden that was released, I had some great momentum for going deeper into my healing process. I continued my work with Sandy Levey a few months after that first clearing and we went further into the issue with Sarah. I started to connect the issue with her to issues that I did not know I had with my mom. As I was going deeper in clearing, I was starting to see faces I knew from my past on Sandy's face. I saw my mom, grandma and other familiar faces I knew and I didn't even know their names.

It was scary at times, because I felt like I was almost hallucinating. I shared this with Sandy and she said that it was fairly common. I felt more frustrated and more fear with Sandy than my previous power of clearing coach Ahna. She asked me why and I told her that she reminded me a lot of my biological brother and mom. We went into that further and started to clear on it. Issues about safety and security came up for me. My mom and biological brother are both in a sense my security. My mom provides me with the motherly love and financial security and my brother also represents financial security.

There was a big awareness in my mind that they were my God and Source and that they provided everything for me. As I looked deeper into my mind, I felt at some level that my mom was at the heart of the issue with all of these ego feelings. I wasn't able to put my finger on it or really understand it, but I felt uneasiness inside.

My next set of clearings happened in the Power of Clearing Certification Program in Santa Cruz, Ca. The 10 day workshop/retreat was an intensive process of completely exposing oneself in a safe environment while trusting in your Inner Teacher. Issue after issue came up for healing. I had never been through an intensive program like this before. In addition, all of the people that were in the program were living together in the same house which made it interesting and difficult all at the same time. I felt this way because I had to constantly watch my mind and pay attention to what I was feeling. It was a 24-hour day job watch in my mind, however it was very rewarding when I would have big insights and aha moments.

There was a person in the program with me that reminded me a lot of my sister. She reminded me of things I felt towards my sister and I projected them towards her. I felt feelings of abandonment, unworthiness, insecurity, fear, and uneasiness. I had to work through these feelings the whole time I was there at the retreat. I even had to do a clearing with her and it felt very uncomfortable like I wasn't worthy of doing this. I felt like if I did something wrong she would leave me just like Sarah and my mom did in the past. Also, there was a huge amount of guilt when I had to look at her face-to-face eyes to eyes and Clear with her not knowing at the time that ultimately I was clearing the stories I made up about my sister, my mom and everyone else from my past. There was one moment when she took off her sweatpants because she was hot in the sun. I was extremely uncomfortable and felt feelings of guilt from what I did to Sarah in the past. It was a reminder of me taking Sarah's pants off when I would

have sex with her. This young woman that I was Clearing with had a bikini swimsuit underneath her sweatpants, which put me at some ease but still felt uncomfortable.

I even shared these feelings of shame, guilt, abandonment and fear with my coach Ahna and we dove into those feelings to find out what was truly underneath them. As I started to look at them, they traced back to my past, I felt and heard “you don’t have permission”. The woman that I was clearing with triggered me and brought up past emotions with Sarah and I, specifically the emotions I hold inside of me of not getting permission from her to have sex with her. I went deeper and felt denial and rejection from my mom. As I was able to feel that for a couple moments, I realized it wasn’t about the woman I was clearing with, my caregivers, or my sister; it was really about my relationship with my mom! I was able to connect the pieces between my caregivers, Sarah and my mom. I experienced a great feeling after that clearing session and had some really good insights into my past.

In this 10 day workshop I also had the opportunity to role-play. The role-play that was acted out was how my biological family would react to me when I told them that I had sex with Sarah, my sister. Everyone that was participating in the retreat got to play someone in my family. The woman that I cleared with earlier that reminded me of Sarah played her in the role play. It was the first time that I got to tell to a group of people that I had sex with Sarah and see their reactions. What was even more scary was that these people were playing my biological family; to see their reactions brought up the scariest and most fearful emotions that were going through my mind at the time. I felt that I was going to be in big trouble for something I was not supposed to do. As the role-play was acted out, I felt tension and uneasiness, however eventually I got to see the absurdity of the situation. I still felt guilt and a little shame, but once again I felt some weight was lifted off my shoulders. I felt more deeply that maybe it wasn’t my fault and maybe I wasn’t guilty.

I continue to do clearings with Sarah and my mom. However, just recently I have had new insights and awareness about the situation with my sister, caregivers, and my mom, and am retracing back the emotional trauma of the recurring stories with them.

It also became clear that my next step in healing these issues was to have a conversation with my sister. Before I did this it was very important to Clear on it with one of my Power of Clearing coaches and then to meditate and give it over to Holy Spirit. I told Holy Spirit “Speak through me. Use the words that are most helpful and healing for Sarah and me. I surrender my agenda. Be You in charge.”

I felt ready and more empowered to speak with her. Our conversation centered around what happened over 20 years ago. I started off by asking her if she remembered our sexual interactions when we were children. Right away she responded with “What are you talking about?” I asked her again in a different way to see if she could remember and again she said “I don’t know what you’re talking about.” Then she asked me why I was asking her this. I told her it was important for me to know if she remembered anything. My intention was not to push her

for an answer, but to see if she could recollect a memory. I must admit that I was hoping she would say "I do remember that time..." Unfortunately this did not happen and she said "I was molested by Erik and I don't want to talk about it anymore." After that, she told me to not talk to him about this, because she doesn't want to 'stir the pot' and cause drama. She said this was all crazy and she didn't have the same memory recollection that I did. She told me she had repressed all of this and it made her sick that I brought it up. As the phone call was coming to an end, I said "I am here for you Sarah and am your brother and always love you." Her reaction wasn't warm and she said "I am dumbfounded as to why you brought all of this up." It ended with me saying "I'll be here and we'll talk again sometime soon."

Once I got off the phone, I felt a sense of peace and freedom. I spoke with Sarah for about 45 minutes and the beginning of the conversation was very difficult for me. However as the conversation continued, I felt confidence and Strength from something somewhere deep within Myself. I wasn't afraid to face my fear anymore. I knew I wasn't alone and that Holy Spirit was with me. I had to Trust in Him.

A couple of days after I spoke to her I did some contemplation and sat with the feelings. I realized I had an agenda and wanted in some way to get an answer or for her to remember we had those sexual interactions. I felt I was judging myself for believing there was an agenda. I did feel guilty about it, but Cleared on it and felt much better. I realized every situation is for my healing including this situation. At first it was difficult to realize this, but then I came to a greater understanding of why it happened and how blessed I am to have this forgiveness opportunity.

To help in my healing process, I am going to be using homeopathy under the guidance of homeopathic health and wellness consultant Sharon Richlark in addition to continuing Sandy Levey Lunden's Power of Clearing process to help in my healing process. My intention is to heal on all levels mind and body and use both Sharon and Sandy's work to allow me to feel free by releasing all emotional trauma from my past. This includes my accident (breaking my neck), looking for love and security in my caregivers, my pursuit of unhealthy romantic relationships, guilt about having sex with Sarah, and the abandonment issue/not getting the love I should have gotten from my mom.

Thank you for reading this.

Love,  
Adam