

Clearing Steps

Preparing for the Clearing

The “Sender” shares with the circle that she would like to do a clearing.

1. **Asks for a Facilitator.** The Facilitator will guide the process. She is the keeper of the sacred space. She ensures that all the women involved work within the parameters of the Clearing Protocol. A woman asked to facilitate may say yes or no. The Clearing does not proceed until a woman has agreed to facilitate.

Before agreeing to facilitate a Clearing, a woman should ask herself:

- Can I remain neutral?
 - Am I distracted or emotionally involved in my own work?
 - Do I feel equipped to follow the steps of the Clearing process to guide this woman?
2. **Asks the woman who has triggered her (the “Receiver”) if she is willing to participate in the Clearing.** The woman who is asked to receive a Clearing may say yes or no.

The Facilitator:

1. **Asks first the Sender and then the Receiver to choose another woman/women present to provide support.**
2. **Prays for the Holy Spirit to guide the process.**
3. **Asks the Sender:**
 - Have you prayerfully reflected on this issue?
 - Do you accept that this Clearing is about you and not about [Receiver]?
 - Can you stand as a strong woman and speak in love?
4. **Asks the Receiver:**
 - Do you understand that this Clearing is about [Sender] and not about you?
 - Can you listen closely and repeat [Sender]’s words exactly?
 - Can you stand as a strong woman and speak in love?

The Clearing Process

The Facilitator will lead the Sender through each of the five steps of the Clearing Process. Throughout the process, the Receiver will be accountable for repeating back the Sender's *exact words*. The Sender may be reminded to share in short statements then pause for the Receiver to reflect.

Facilitator: **“[Sender], in short statements, what is the data?”**

“[Sender], in short statements, what are your judgments or ‘the stories you tell yourself?’”
“Are those all of your judgments?”

“[Sender], what are your feelings?”

“[Sender], what do you own?”

(What does the sender notice honestly about how this trigger is about her? How it might be a pattern in her life and/or something that is true about herself.)

“Is there anything else you own, any other ways in which this is like your life?”

“[Sender], what do you want?”

What does she want from the receiver, what does she want from God or from the world, or for herself? Did she just want to be heard or to gain clarity for herself? She may not get what she wants.

If appropriate, ask, **“What do you want for yourself? What do you want that you can have without anyone else doing anything?”**

Facilitator: **“Do you have any other wants?”**

If the woman doing the Clearing asks the woman who has triggered her for something, this is the time when that woman can respond with a simple Yes or No. She may also need the Facilitator to help her clarify what is being asked of her so that she is able to give a free and honest answer

Facilitator: **“[Receiver], can you give [Sender] what she wants?”**

The Facilitator brings the Clearing to a close

Facilitator: **“[Sender], are you clear?”**

When the woman is clear the Clearing is complete. Women return to their places in the Circle. The woman who has done the Clearing states:

Sender: **“I am [NAME], I am clear, and I am in.”**

The Circle blesses her and the Clearing round continues until every woman has either stated that she is clear or completed the Clearing(s) she needs to be clear.