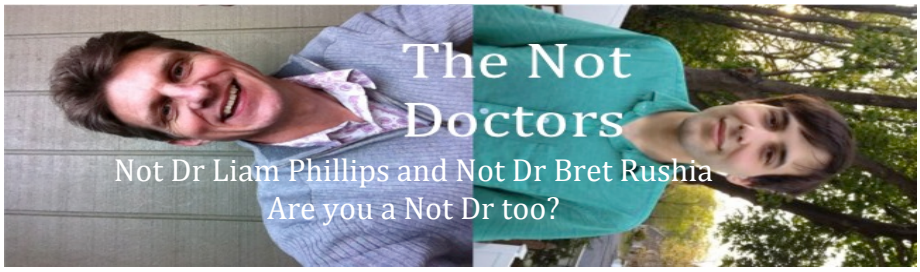

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You as an infinite being have the capacity to be totally aware of everything in every ten seconds. When you choose to be aware, and acknowledge what you know, the things you have made solid can change. As its been shown in science, you can change the molecular structure of things just by looking at them. When you look at what you're creating in your life with no judgment of it, the solidity dissipates, the walls come down, the weight of the armour is lifted, and change becomes possible.

How do we start to change this? Well lucky for us there are infinite possibilities available to choose from!

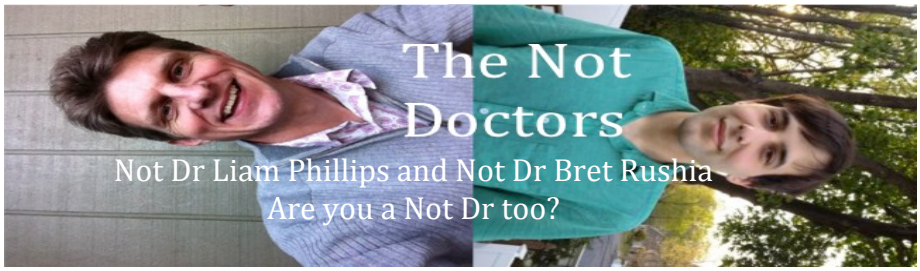
One incredibly powerful tool is simply asking a question. Asking a question is really telling the universe, others and your body that you are willing to receive a different possibility and then you get to have an awareness of what those possibilities might be. Asking the questions is saying, "Hi universe I am now willing to put aside all that is not working, all the judgements, conclusions and answers and I am willing to receive a different possibility that I have not been able to think of before." Does that sound lighter for you than functioning from conclusion?

Anything in your life that is sticky, heavy, or not working is a place where you've bought a lie as true. What is true always makes you feel lighter, a lie always makes you feel heavier. When you get the awareness of what is true for you, the heaviness of the lie you were functioning from lifts and a new space of possibility is born.

Here's an example of how this works: Have you ever had a misunderstanding with somebody? Of course you have, why did I even ask that question?? Anyway, when you were in that misunderstanding was it light and fun and peaceful or was it frustrating, serious, and heavy? Most likely it was frustrating serious and heavy (though I would love to see a light fun and peaceful one!).

So lets fast-forward through all the trauma and drama now and go to the point at which the misunderstanding was resolved. When you realized it was a misunderstanding, was there a sense of peace and ease and lightness? Did you maybe even laugh about it with the person? What's true will always make you feel lighter, and a lie will always make you feel heavier. Light and heavy is not a rightness or wrongness it is an awareness.

The combination of question and the lightness of truth are how the processing in this product work. We ask a question which brings up all sorts of energy (good bad and ugly). We acknowledge the energy and use the Access Consciousness™ clearing statement which changes the energy. My favourite explanation of the clearing statement is "The question brings up the energy of what's limiting you, and the clearing statement sucks it all up like a vacuum cleaner!" So after running a process



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for a while you may start to sense yourself getting lighter and lighter and lighter. How that occurs is through running the process, you energetically acknowledge what is true for you (if you choose it). A thing I just love about the Access Consciousness™ clearings is that you don't have to dig through your old stuff to cognitively find what it is that messed you up in the first place! Whatever you do, don't try it!"

If you are one of those techno cognitive type persons, like me, and want to know how everything works you can always get a full explanation of the clearing statement at www.theclearingstatement.com. It was a website especially built for those of us that like to know everything! Hey you may even catch me there too.

Homeplay:

Just for today, what could you be or do that is different that would allow you to have what it is that you desire with ease?

Questions:

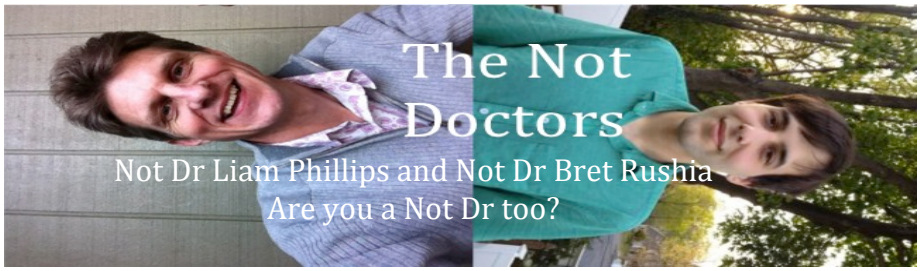
How does it get any better than this?

What gratitude can you be today for you and for everything that you have right now in your life? What if everything that has been a problem for you or wrong in your life, was just an interesting point of view?

What would it take for me to perceive energy with ease?

Clearings:

Anywhere where you have actually bought somebody's stinky shoes or stinky points of views that are not working for you, would you be willing to give those up now and choose a new pair?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™



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What stupidity are you using to create the rinse cycle of your life and reality you are choosing?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

What stupidity are you using to create the body, disease, boredom, and struggle you are choosing?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

Everywhere where you've decided you cannot have a different possibility, would you be willing to destroy and uncreate all of that?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

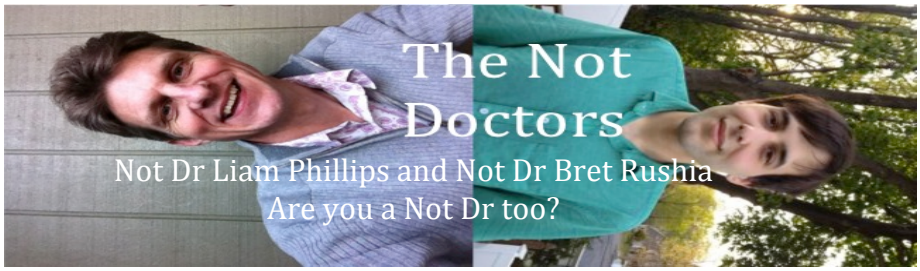
Everywhere where you've defined what change is possible and what change is for you, and how much change is possible, and how much change is too much, and how much change is not enough would you be willing to destroy and uncreate all of that?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

Everywhere where you have bough from a very young age that in order to create money or have a life that you have to complete your chores, would you be willing to give that up please?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

Everywhere you have been unwilling to be the flow of infinite possibility, or at least a different possibility, will you destroy and uncreate all of that?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

Everywhere you've bought that honesty is brutal, thats not true. What if it was actually a caring to be honest to you? Everything that is will you destroy and uncreate it all?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™

What energy, space, and consciousness can you be to be the gratitude you truly be? Everything that doesn't allow that will you destroy and uncreate all of that please?
Right and wrong, good and bad, POC and POD, all 9, shorts, boys, and beyonds™



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The tools and Process come from Access Consciousness™

www.Accessconsciousness.com

www.TheNotDoctors.com