



ACCESS CONSCIOUSNESS™

# Clearing Statement™

THE ACCESS CONSCIOUSNESS CLEARING STATEMENT™ works anywhere that we have created unconsciousness about an issue. When something isn't working in our life, we are unwilling to perceive, know, be or receive some aspect of it. Otherwise we would be able to change it easily! The Clearing Statement accesses the awareness that we have hidden from ourselves and changes the energy in moments, blasting the stuck bits out of existence! *How does it get better than that?*

Here is the Access Consciousness short version of the clearing statement: *“Right & Wrong, Good & Bad, POD, POC, All 9, Shorts, Boys & Beyonds™”* It works like a macro on a computer. These words are a shortened version of the explanation below, which is a shortened version of the original!

You can even say the shorter version which is 'POD & POC that'... or 'that weird thing Dain and Gary say' and it will still work! Amazing hey?

*So what does it all mean?*

'Right & Wrong, Good & Bad' covers everywhere we have made a decision, a judgment or have a fixed point of view about an issue. These polarized points of view are the things keeping us stuck in our position, so that we can't move forward or change with ease.

Funnily enough, it is the things we are convinced we have right and good in our lives that create the greatest limitations! When we have something 'right' how willing are we to change it? Mostly not... Often we don't even see that this limitation is there! That's why we clear both sides of the polarity. What if there is something greater available than what you have decided is right in your life? Would you be willing to have that too?

'Right & Wrong, Good & Bad' covers the following:

- What's good, perfect and correct about this?
- What's wrong, mean, vicious, terrible, bad & awful about this?
- What's right and wrong, good and bad about this?

When we stop looking at the polarized points of view, we can actually begin to see what is, without judging it or us. When we have no judgment of something, we are not stuck by it. When we stop judging ourselves, we can just see it as just an interesting point of view and this allows us to make new choices without the back-story of our lives repeating over and over like Groundhog Day!

## POD & POC

POC is the *point of creation* of the thoughts, feelings and emotions immediately preceding your decision to lock this thing in place. POD is the all the ways you have been destroying yourself in order to keep whatever you're clearing in existence – *the points of destruction*.

Each limitation that is going on in your life is like a house of cards. We use a lot of energy to keep building the house higher and higher each time we align and agree or resist and react

with the point of view we originally took on. Most modalities teach you to dismantle the house from the top, looking at all of the cards and examining every which way you created the limitation you are trying to change. If you have built this house with 10,000 or so cards, it's no wonder that the meditating, affirmations and therapy sessions never seem to get to the bottom of the issue!

There's another choice available! In Access Consciousness, we ask the energy "Hey, you know what energy, consciousness of the universe, I know I've got an ability to change, let's use it. Will you please go to the bottom card of that pile, because I'm asking for a different choice now and can we pull out the bottom card right now so the whole house falls down?"

So, when we POC and POD something, we remove the card at the bottom which allows the rest of the cards to fall, removing the issue quickly, painlessly and without having to relive all the gory bits! How does it get better than that?

*“Those houses of cards that you have been carefully, deliriously, deliberately holding onto and maintaining, you're like the maintenance crew for them, will you destroy and uncreate all that please? Right and wrong, good and bad, pod and poc, all nine, shorts, boys and beyond™.”*

## ALL 9

All 9 stands for all 9 layers of stuff that we clear energetically. It is all the ways we pile rubbish on ourselves because that is how everyone else is doing it so we come to a conclusion that they must be right and so the poop keeps on piling up all around us, eventually burying us in a stinky pile of stuff that has nothing to do with us at all! All 9 is the supersized pooper scoop that gets all of that poop out of the way!

It includes things like what is diminishing us, what choices we have limited ourselves to, all of the controls we have put in place to keep ourselves stuck, what we won't destroy that is holding this in existence... and a whole lot more! The details of these 9 layers are covered in the Access Bars class.

## SHORTS

Shorts stands for: "What does [\_\_\_\_\_] mean to us? How do we make it meaningless? What are we punishing ourselves for and torturing ourselves with in relation to it? What are the rewards of it?"

This covers all the places you have made something significant



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and important, and all of the places where you have tried to tell yourself that you don't care, but somewhere underneath it is eating you away. How much of that stuff is still pelting you on the head like hail in a never-ending storm you can't seem to escape?

When you truly have no point of view about something, it can't pelt you in the head!! Next time you have a reaction to something, instead of hiding it or making yourself wrong for having a point of view, you could just run this instead:

*"So everything that makes me be in judgment of this, everywhere I am punishing myself for this, everywhere I'm waiting for the reward for this, every choice I've ever made, everything I ever decided was significant about this irrelevance, I now destroy and uncreate it all x a godzillion. Right and wrong, good and bad, pod and poc, all nine, shorts, boys and beyonds."*

## BOYS

Boys stands for nucleated spheres. Have you ever done any clearing work where they said you had to peel the layers of the onion to get to the core of your issue? And you peeled and all you ever got were tears?

That's because it's not actually an onion, it's this energetic structure called a nucleated sphere. What does that mean? Well it's got a little sphere that's sort of like the core of the issue supposedly, and then there's another one outside of that and another one outside of that and another one outside of that and another one outside of that, ad infinitum. So what happens is you do all this work and you go through cathartic processes to pop one layer and you're like "oh! I'm finally free, that is wonderful," until about an hour later when it feels like it came back.

The reason is because it's not actually like an onion; it's designed to continuously recreate itself. It's like one of those kids bubble pipes with the four little cups. You blow in over here and it makes all these bubbles over here and if you pop one another fills in and if you pop one another one fills in? The thing is, if you try to solve it from its source over here where the bubbles are you don't get anywhere, you have to stop the idiot blowing on the other end. That's you. Oops!! Sometimes we are cute but not so bright!

## BEYONDS

Beyonds are feelings or sensations we get in our body that stop us dead in our tracks. Anytime you freeze up or stop dead in your tracks, that's the beyond holding you captive. A beyond stops you from being present. If you've ever received a bill that was much larger than you expected, that was a beyond.

*"All of those moments that you've had stopping you dead in your tracks and everywhere you decided you'd never want to experience that again, that is actually a beyond, which keeps you from experiencing everything that is possible in life. Will you destroy and uncreate it and all the beyonds creating the beyonds eternally beyond... Right and wrong, good and bad, pod and poc, all nine, shorts, boys and beyonds."*

So there it is, a short explanation of the Access Consciousness Clearing Statement™: "Right and Wrong, Good and Bad, POD, POC, All 9, Shorts, Boys and Beyonds™"

The clearing statement is designed to access your "insane mind" which is where the answers to the interesting life you are creating lie. You may have noticed not a lot of it is logical. If our logical mind could solve this stuff would we have been free of it a long time ago? The clearing statement is designed to bring up energies to clear and change them. When you change the energy of something it shows up differently in your life.

Since everything is energy the fastest and most easy way to change anything is to change the energy. The Access Clearing Statement is the most dynamic and easy way to change the energy that we have found so far.

You will notice that you are different after these clearing statements. It can take about three weeks for you to really get the result and really notice the changes.

\*For complete information about the clearing statement please attend an Access Foundation Class or speak with a Certified Facilitator. Go to [www.Accessconsciousness.com](http://www.Accessconsciousness.com) to find a class or facilitator.

