

5 Elements Energy Clearing

From Jean Haner

Clear Home, Clear Heart: Learn to Clear the Energy of People & Places

The Five Steps before You Begin Any Clearing

Check to see if you're switched.- that your pendulum is swinging in the expected way. If not you may be dehydrated or need to step outside for a moment beforehand

Become aware of your feelings.

Ask if it's appropriate to proceed.

Inform the other person.

Settle into a calm, open, wondering state of mind.

Doing a 5 Element Clearing for yourself or another person

Outer Field

Clearing the First Field: Disturbing Effects of Others

Silently ask your pendulum, "Is there anything to clear in Disturbing Effects of Others?" Holding your pendulum, tell yourself that you're now going to start clearing Disturbing Effects of Others.

Give the pendulum a swing to get it going.

As you let the pendulum swing, hold the thought in mind that you're clearing Disturbing Effects of others.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for

Inner Fields

Second Field - Clearing the Water Field

(Fear, Trust, Ancestors, Inherited Issues)

Silently ask, Is there anything to clear in Water?

Tell yourself, I'm clearing the Water field, and your pendulum will go into its clearing movement.

As you let the pendulum swing, hold the thought in mind that you're clearing the Water Field.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for

Third Field: Wood

(Anger, Forgiveness, Vision)

Silently ask, Is there anything to clear in Wood?

Tell yourself, I'm clearing the Wood field, and your pendulum will go into its clearing movement.

As you let the pendulum swing, hold the thought in mind that you're clearing the Wood Field.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for



5 Elements Energy Clearing

From Jean Haner

Clear Home, Clear Heart: Learn to Clear the Energy of People & Places

Fourth Field: Fire

(Love, Joy, Healing the Heart)

Silently ask, Is there anything to clear in Fire?

Tell yourself, I'm clearing the Fire field, and your pendulum will go into its clearing movement.

As you let the pendulum swing, hold the thought in mind that you're clearing the Fire Field.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for

Fifth Field: Earth

(Safety, Support, Relationships)

Silently ask, Is there anything to clear in Earth?

Tell yourself, I'm clearing the Earth field, and your pendulum will go into its clearing movement.

As you let the pendulum swing, hold the thought in mind that you're clearing the Earth Field.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for

Sixth Field: Metal

(Life Purpose, Authenticity, Recovering from Loss)

Silently ask, Is there anything to clear in Metal?

Tell yourself, I'm clearing the Metal field, and your pendulum will go into its clearing movement.

As you let the pendulum swing, hold the thought in mind that you're clearing the Metal Field.

You may receive thoughts and impressions which you can share with the person you are doing the clearing for

Integrating the healing

Let the pendulum swing in it's clearing motion

As you let the pendulum swing, hold the thought in mind that the healing is integrating.

Grounding the healing

Let the pendulum swing in it's clearing motion

As you let the pendulum swing, hold the thought in mind that the healing is grounding

