



## LIVING THE SKILL 'CLEAR FEELING'

1. Come present to your breath, to this moment, to this now.
2. Attune to a Presence within beyond your body, emotions and thoughts.
3. Breath into the loving neutrality of this inner Presence.
4. Describe any obvious, silent or recurring judgment / thought / disturbance.
5. Identify one main thought / judgment / memory / disturbance present for you.
6. Say out loud and **feel** the statement(s) below:

***“I forgive myself for carrying the thought / judgment / memory / disturbance that [...]”***

Ex.: *“I forgive myself for carrying the thought that Anna is rude and inconsiderate to me.”*

*“ i forgive myself for carrying the judgment that Anna is a spoiled brat.*

*“I forgive myself for carrying the memory that Anna cursed and yelled at me.”*

*“I forgive myself for carrying the disturbance that Anna made me feel humiliated.”*

and,

***“I forgive myself for carrying [disturbance].”***

Ex.: *“I forgive myself for carrying resentment, against-ness and humiliation.”*

7. Take a moment to visualize / **feel** yourself cleared from the thought / judgment / memory / disturbance.
8. In Vertical Leadership, ask:  
***“I ask that this thought / judgment / memory / disturbance be cleared from my consciousness and be filled with Light and Loving for the highest good.”***
9. As you see yourself in the Light and Loving of the Highest Good, describe or journal one tiny action you can commit to take in this situation that will move you towards Light and Loving.  
Ex.: *“I will visualize Anna in Light and Loving.”*
10. If you have time, repeat the process with another thought / judgment / memory / disturbance.
11. Thank your partner.

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**“If we really want to love, we must learn how to forgive.”** Mother Teresa

**“The weak can never forgive. Forgiveness is an attribute of the strong.”** Mahatma Gandhi

**“Forgiveness. It’s one of the greatest gifts you can give yourself, to forgive. You are relieved of carrying that burden of resentment. You really are lighter. You feel lighter. You just drop that.”** Maya Angelou