

A Queen's Clearing



Instructions:

A Queen's Clearing is an exercise used to release negative emotions and energies we have about a certain topic. When kept bottled up inside, this negativity can wreak havoc on our health, wellbeing, vibrancy, pleasure, ability to solve problems and magnetize our heart's desire.

As a queen, it is important that we practice owning our limiting beliefs, fears and shadow side. Once we can acknowledge what is really present, we have the power to release it. This exercise truly brings light to our shadows! It is my belief that the greatest triggers in life, often have the greatest gifts once we can truly see through the darkness.

It is not uncommon for strong emotions to be released during this process. As the active listener (AC), your job is to hold a safe space for the queen to emote without speaking or consoling.

1. Determine who will be the active listener and who will be the queen. Set your topic and time frame (between 5-15 minutes). Set a timer.
2. The active listener (AC) is not permitted to coach, interject, attempt to fix or solve the challenge. Even at the end of the session, the topic ends, remains confidential and is not discussed further.
3. AC: what do you have on ____?
4. The queen responds _____.

AC: says THANK YOU (that's it!)

AC: what else do you have on _____?

AC: Thank you.

(this goes several rounds until the end is nearing. At this point, the AC asks to go at least 3 levels deeper 3x. What else do you have on ___? or **if you did know**, what else do you have on?

AC: Thank you

AC: what can you celebrate? brag? be grateful for?

Queen: responds

AC: acknowledge the Queen for who she is or what character traits you see in her.

*inspired by Mama Gena

