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# The Quantum Clearing Method

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The quantum clearing method is a series of simple exercises that I will instruct you to do for a specific amount of time only. There are two parts to this method: the two day intensive stretch and then the “curing process” which seals in the positive effects and clears out all which is not serving you.

This method will allow you higher insights to behaviors and traits that are no longer serving you. In turn, it will help you to connect more deeply with the behaviors and traits that you hold which provide you benefits now. Imagine your personal positive attributes and characteristics being a knob on a receiver and the attributes and characteristics no longer serving you being another knob. The Quantum Clearing Method allows you to turn up the positive attributes knob while turning down the knob of attributes no longer serving you.

The exercises to come are very, very simple in practice, yet the results are astonishing. I have completed this method myself and have never had to do it again. I have given this method to one-on-one clients only to date and am now ready to take it to a wider audience.

The greatest part of this method is, in the spirit of Reality Transurfing, that you will be asked to *change* absolutely nothing about yourself. You will not be asked to conform to foreign standards, take on foreign practices, or take action in the direction of your higher self. If you wholeheartedly pour yourself into the suggestions I present in the audios to come, you will naturally merge to the highest version of yourself with ease. And I swear to god this is exactly how it has happened for me, folks.

“So Renee, if I really don’t have to change anything, how does this all work?” you may ask.

It is actually so simple, it is quite shocking. It works by elevating your awareness to all of your personal traits that are helping you or hurting you towards your intention or goal.

**\*GULP\***

Yep, I am going to ask YOU to get real with YOU like you have never gotten real with YOU before. The good. The bad. The ugly.

Sidebar: getting into the bad and the ugly is actually extremely enjoyable and quite fun in this context! Consider it giving yourself a good ole' roasting, in the comedic sense of the term. It is a darkly engaging and highly entertaining method. I challenge anyone who participates to dispute this after the fact. Going on this journey is like moving through a haunted house on a trolley that also doubles as a house of fun. It's a wild ride and you will most certainly be blown away at how unimportant and laughable it all seems once you get into it.

So, the only thing that stands in between who you are in this very moment and what it is you want is YOU. It is your mind, your thought quality, your action or lack thereof. It is you presenting images and frequencies towards your mirror that do not correspond to what it is you want in life.

I will speak in depth about what this challenge has done for me and my life in the next recording, but will give you a couple of quick examples to give you an idea.

After finding Reality Transurfing, my life absolutely and dramatically improved. I developed an entirely new worldview, shifted my paradigm, began taking higher action, my thought quality evolved and the Alternatives Space opened up before me. Lots of good came in my direction naturally and with little effort. I still had my challenges however, and the areas in which I struggled simply did not seem to budge or improve, even with me fully understanding the Reality Transurfing concepts.

I held onto and acted out of deeply embedded programming that was not a match to what I was asking for in my life. The primary areas I was struggling with were my romantic and professional life.

First, I wanted to feel a deep emotional connection and intimacy with someone that I could trust. When I felt absence and lack, I blamed my world, the men coming and going from my life and my past trauma. The truth is that I was keeping this experience from myself via a number of habits and traits - habits and traits I couldn't even see. I was choosing people that were not capable of deep emotional connection for a myriad of reasons. My "picker" was broken, but instead of fixing my "picker", I blamed those I picked or blamed my world for an inadequate supply of good men. Lurking within were feelings of being unworthy, unlovable and as though this quality of bond with another was simply not intended for me.

Secondly, I pushed people away out of self-preservation, habit and a simple lack of awareness. I was essentially gesturing for people to come in closer and when they got up close, I would put my arms out at full length and declare with my thoughts and actions, that they were not to come a step closer!



Once I dove into this method, I quickly saw just how much my own characteristics and habits were the source of my failure in my romantic endeavors. I realized that my world was not holding back from me out of cruelty or defiance; I was simply not allowing and repelling.

Once I acknowledged the personal characteristics and behaviors holding me back, enough was enough! I did not have to try to uproot these things about myself or change them in any way whatsoever. With my eyes wide open, the volume on these characteristics, behavior and traits turned down naturally because I could see exactly what they were costing me.

Now for my second example...

Around the same time, I hit a brick wall professionally. I was burned out, running out of ideas and frustrated. I had lost passion for running my business. I was the fly banging on the wall trying to get out when there was an open window right next to me. Outer Intention was still a challenge for me to grasp and I used Inner Intention for nearly all my professional moves. I wished for ease and comfort, yet my actions and thoughts projected towards my mirror told another story. I would stress, try methods that once worked but had since stopped working with desperation and annoyance.

Once I dove into this method, it all opened up in ways that still amaze me to this day. The answers and solutions were right in front of my face, yet I was completely blinded to them. Behaviors, thought patterns and toxic persistence buffered the space between my coordinates in the Alternatives Space and my desired location. I saw myself and I saw my reality with such clarity! All it took was for me to call it out on paper and stay connected to all that would help me and all the ways I was working against myself in regards to my intention.

The Quantum Clearing Method is essentially about you clearing everything that is between what it is you want and your mirror. It's YOU, a version of you that is ready to be left on a lower Lifetrack. You then invite in the higher parts of you and the merge begins. Even subtle and minute shifts can change things beyond words however, allowing you to level up, change Lifetracks and improve nearly every aspect of your reality.

If you were to ask me what I did after this practice, which transformed me into the person I am today, I wouldn't be able to tell you. It all happened seamlessly and with very little effort. I simply did exactly what I will instruct here and did not cut any corners. What I accomplished in two days I was unable to accomplish in nearly 20 years of therapy. It's that powerful, y'all.



So I bet you are curious at this point...

I will get into the exact method a couple of modules from now but will let you know the gist so your curiosity doesn't gnaw away at you or tempt you to skip ahead.

Diving into this method takes a little bit of preparation and setting things up, so please follow my instructions to the letter.

What you will be doing to start is creating a Goal Slide, in written form, and two separate lists detailing characteristics and behaviors specific to you, ones that help you towards your intention and ones that hurt you on your way to this intention. Your goal slide essay can be as short and vague as you want it to be or lengthy and detailed; it does not matter.

Mine is short and vague. Here it is:

I want to feel comfortable, secure and connected to a special person and special people. I want to feel creative, alive with joyful enthusiasm for how I provide for myself. I want to live in harmony.

Easy, right?

Looking back on the moment that I wrote this out, I had no clue the direction my world would send me in to achieve this Lifetrack. But I do know some shit had to go first.

Ever since developing and practicing this method I have evolved and climbed higher and higher in Lifetracks and have never looked back. Seeing the path that I've taken retrospectively has allowed me valuable insights to exactly why my transformation played out in the ways it has. This method was a catalyst, a magical key, which has allowed me to unlock secret sectors intended for my highest self only.

After I wrote out my Goal Slide, I made the two lists. The first list is all the personal traits, attributes, and behaviors that I am active in that will help me towards the Goal Slide and then all the personal traits, attributes, and behaviors that are not serving my Goal Slide. What I did with these two lists is exactly what I will relay in the audio titled, "How do you do it?". Don't worry if this is sounding ambiguous now. If your experience is anything like mine it will pour out of you as soon as you put pen to paper.

So from where did this idea for The Quantum Clearing Method come?



I accessed this idea after becoming incredibly frustrated with my layer of reality after not seeing results with Reality Transurfing in certain areas. As stated, my life had improved so much after finding Reality Transurfing, but I was still struggling and the struggle was causing suffering. I succumbed to Induced Transition after Induced Transition and just couldn't get a hold of what exactly was causing the imbalance. I did know one thing however, it was originating within.

If you have listened to my teachings on videos or within the Facebook group you've probably heard me use the analogy of combing your hair in the mirror. When you get out of the shower, after towel drying your hair, and you stand in front of the mirror wanting your hair to be fixed, you do not attempt to fix your hair in the reflection itself, do you? If someone were watching you and you attempted to comb your hair by pressing a comb to the mirror and moving it in a combing motion the person would think you were insane. This is what we do as humans, however. We attempt to fix the image within the image itself. The way your hair becomes fixed in the mirror is by you combing your actual hair, duh. Yet if you are challenged to have something in your life, it is most likely because you are not tending to where the image is originating. It's that simple and what I'm about to teach you is extremely effective.

So, I decided that I would dive in and take an extended inventory of ME. I decided to write this all down instead of just thinking about it. I wanted to see it on paper and go about dissecting every little bit of who I am.

As I was doing this exercise, I was quite shocked that it wasn't an actual thing in modern psychology. We speak of, ruminate and recount in all sorts of ways the ways we fall short yet we don't just sit down and take an honest and clarifying account of what exactly we are doing, how we are thinking and the messages we are sending to our world. We are somewhat clueless to what it is we are working with and subsequently befuddled by the results that our ambiguousness of self creates. It's like living in a house with a roommate you don't speak to, in this case you are your own roommate.

I realized that if I wanted something higher and better, I was going to have to evolve to get it. I was going to have to OPEN MY EYES, stare that shit down and start truly seeing and speaking to myself.

I created this method as a means to evolve myself and have mostly kept it for one-on-one clients because of the level of support I offer. I'm now ready to lead you through this method if you are ready.

Since my experience with this method, I have obtained many insights on how to improve it and maximize results which will take you to the next level.



I will offer a bit of a warning here before moving forward. This exercise is no joke. For those learning this method, with little time in the self development space, I caution you. Cognitive dissonance is real, y'all. I will go into this more deeply in the 'Aftercare' lesson.

**cog·ni·tive dis·so·nance**

**/ˈkɑɡnədɪv ˈdɪsənəns/**

**noun PSYCHOLOGY**

1. the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.

This method consists of two exercises: the two day immersion into dissecting who you are as a human being and then the 28 days to follow. The two days are the meat on the bone and the 28 days to follow is sucking out the marrow. I'm sorry to use such a crude analogy but this is just how I see it.

You will build your Goal Slide and dive into your lists over the course of two days and then you will literally stare at it and repeat it out loud for an additional 28 days for 5 minutes a day. This will close the gap on the cognitive dissonance and your lower self and higher self will begin to merge. Your reality will begin reflecting the transformation within and you will be on your way. Fuck! I'm so excited for you.

In the next audio I will read my lists to you and give you a blow by blow of exactly how this allowed me to shift everything I needed to in order to punch my reality in the throat, quantum karate chop style!

So, are you ready to hear this business? Well, let's go!