

INTERNATIONAL
TRANSURFING INSTITUTE



The Quantum Clearing Method

AFTERCARE

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How did you do? Have you started to feel the effects? Feeling an inner change or noticing shifts in your mirror yet? If not, don't fret, they will come. I promise you that. Make certain that you do not skimp on the five minutes a day of reading your lists and remember, reading out loud is much more effective than reading silently.

So, in this final lesson I want to relay to you some of the pitfalls and challenges that may come with this method.

Now, I had it easy. I was prepared for some massive introspection and took the challenge head-on. I was in a beautiful state of acceptance of my current circumstances or any direction in which they would evolve. I was game for anything and also not holding onto the past. I will go over a notable case study here in brief, that will relay to you a few things I've seen which may help you on your journey.

I had a one-on-one client for a single module of private training (4 sessions), but he wanted my heaviest and most effective stuff. He had read Reality Transurfing in its entirety and had also taken a number of ITI courses. His wife had just left him and rightfully so 😊. He had become a monster to deal with in his domestic environment and his wife had had enough.

He lived his entire life in fear of marrying and having his wife leave him. Just as Reality Transurfing states, we always get what we actively do not want, and this was in full display.

This Transurfer knew he had fucked up and was absolutely devastated at the reality he had created for himself. He wanted to take this challenge that I had created to try to restore where he felt he had messed up. I stated beforehand that it might be too late for him to reverse the damage.

He had become highly controlling, and in his final years with his wife, paranoid and slightly delusional. He accused her of cheating on him and did just about everything a person could do to drive someone away. She took their young son out of the home and filed for divorce.

He was hoping to use this method to correct what had happened. He wanted to work on his exact personal traits, attributes, and behaviors that he knew was the culprit for his relationship going sideways.

Sometimes this works and sometimes it doesn't work, however. If it does not work, it does not mean that it is ineffective. Reality is created in the forward direction, not backwards.

We often live our entire lives succumbing to negative patterns. Just because you've lost something and realize your part in it doesn't mean that you can have it back, but it does mean that you have the chance to not recreate that exact same scenario. It's valuable moving forward that you do not attempt to control what has already happened in the past. Remember, reality is created in the present frame for your future. You cannot control reality within the present frame and most certainly not in the past.

If you do not know what it is I am referring to, I would suggest reading Tufti the Priestess: Live Stroll Through a Movie. This is about your future, not your past.

In the case of this client, he was upset that the method did not get his wife back. I was persistent in telling him that maybe there was something better that would come from the experience. He continued to batter himself and blame himself for the situation.

Ain't nobody got time for that.

Secondly, this method might plunge you into a mild state of cognitive dissonance or exacerbate current cognitive dissonance. I mean, this is why we are all here, right? To upgrade our belief systems and our worldview, to evolve into a higher version of ourselves and to create higher thought patterns. Sometimes there is a gap in where we are currently and where it is we want to go, both internally and externally. This method was developed to close this gap, but at first, the gap might feel a little wider than before. That's okay.

Personally, I believe that Transurfing often does not work in people's lives because of cognitive dissonance. People are handed the idea that they can choose anything they want in their world yet still hold the idea that they have no control. This creates confusion and sends inconsistent messages to the mirror, which keeps the person stuck. The idea is to reconcile these inconsistencies, turn the volume up on all of the good stuff and the volume down on the stuff no longer serving you.

This method may drum up additional cognitive dissonance in its attempt to actually close the gap on your current cognitive dissonance. This is where radical acceptance comes in and turns your lead into gold. You do not need to eradicate any personal quality or behavior, just see it and acknowledge when it is not serving you, or ideally use it to your benefit, muting the wonky message it is sending to your mirror.

I know it almost sounds too easy, **BUT IT WORKS.**

Remember, the whole intention of this method is to address the messages we are sending into our world. These messages are oftentimes inconsistent with what it is that we want. This is more like reality dissonance and this method will absolutely reconcile the difference.

Here is a video that I suggest you to watch which explains the clinical breakdown of cognitive dissonance, if you want to learn more.



Lastly, I want to urge you to see the value in going easy on yourself. It might so happen that you are just not ready for this type of work. You may be at a later time and returning to this method down the road when you do feel more solid in your approach might be the ticket. This is incredibly deep and powerful self and mirror work. I encourage you to be as gentle with yourself as possible after taking on this challenge. If there is something that continues to bother you about yourself or a behavior that has become a pattern that is causing you distress, seek professional help.

THIS IS NOT A REPLACEMENT FOR CONVENTIONAL PSYCHIATRY.

Reality Transurfing is a powerful modality, but again, there might be some space in between your current coordinates in the Alternative Space and who you are right now in this very moment, and where it is you want to arrive. Some additional self development might be necessary before taking the next steps.

Do not be shy to reach out for additional help from a trained professional, take a break from Reality Transurfing or do something else you find therapeutic in your journey of evolution.

Please keep an eye out for the dates of the live zoom calls. I will be answering live questions both before and after Transurfers dive into this method. If you are coming to this method after the scheduled dates, the recording will be available in the exclusive Facebook Book group.