

How to get clear
By:
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The below method is a clearing method. Pay special attention to the unusual questions in No. 3 and No. 6. They are there for a reason. Remember to be completely honest with yourself. Be as judgment free as you can possibly be.

1. What are you unhappy about? (Or angry; sad; frustrated; etc, etc...)
2. Why are you unhappy about that?
3. What are you concerned would happen if you were not unhappy about that?
4. Do you believe that?
5. Why do you believe that?
6. What are you concerned would happen if you did not believe that?

Now the above clearing method is not new. I got it from the audio book of The Key by Joe Vitale. I think it was devised by Mandy Evans who wrote Travelling Free. She probably got it from someone else as well.

I am going to display how I used this method to clear myself of a limiting belief I had about my financial situation especially my credit debt. The following Q&A is the answers that I had. This does not reflect your opinions. If for any reason they sound very similar to your thoughts, than by all means, please use them. However, read through this to have an example as it can be used. Ideally, you want to answer the questions in your own words. Do the work. Only you can. Believe me, you will feel so much better. You will immediately begin to attract better credit management abilities. Yes, you will suddenly be an expert at managing credit cards. Ideas will flood into your brain like a waterfall. The idea to write this up can only seconds after I walked through this simple process. I think you will like the ending of my below exercise. I was so shocked when I first saw it. Mind you, I had no idea what the outcome was going to be when I starting the exercise. This getting clear stuff is really lots of fun. I felt so happy, like I just got off of a roller coaster. I still do feel a little afraid before starting the process because I don't know what is going to come out at the end. Just like before getting on a roller coaster. However, I also know that when it is over, I will be cleared and feel excited and happy just like after you get off the roller coaster. Please remember, the below is exactly what I wrote in my journal. I am coping directly from it.

1. What are you unhappy about? (Or angry; sad; frustrated; etc, etc...)
 - a. I am unhappy about my financial situation and especially my credit debt.
2. Why are you unhappy about it?
 - a. I am unhappy about that because I am constantly in debt. I keep recreating this same situation over and over again. I want to be debt free so that I can use the debt and extra income to further my businesses.
3. What are you concerned would happen if you were not unhappy about that?
 - a. I am concerned that I would be in even more debt. If I were not unhappy about that then I would forever be in this same situation. And, I do not want to be in this situation. If I were not unhappy about this, than I would never be able to save any money, or amass capital power. Also, my credit would suffer and I could not get jobs, get loans or be a co-signer on my own companies.
4. Do you believe that?
 - a. Yes
5. Why do you believe that?
 - a. I believe that because I believe it is true. I believe that because fiscal responsibility will not change because I have more money. I believe that because then I would not care about my finances and then whenever I wanted or needed finances I would not be able to obtain. I would never be happy then. I would always be dissatisfied with myself and I would keep hating myself and thinking I'm stupid and irresponsible. How could I ever be passionate about anything if I can't be passionate about my own debt.
6. What are you concerned would happen if you did not believe that?
 - a. I am concerned that I will forever remain the way I am. If I did not believe what I do believe then I would never achieve my dreams even if I achieved great wealth. What is the point of having great wealth and being my worst own enemy and spending it all at Wal-Mart.?
 - b. I will only spend credit on food, travel and business.

And there you have it. In just one page of honest conversation with my self I rid myself of all bad credit management issues. I simply do not use the credit card for anything except those 3 things; everything else is paid with cash or debit card. If I don't have the money, then I will wait until the money comes to me. Then I will buy it. Let's face it people. 99% of the crap we have WE DO NOT NEED. Do you need the shoes on your feet or 50 pairs of shoes in your closet; the shoes on your feet of course. Well, how many shoes have you bought with a credit card? That applies to everything else too. It applies to Christmas gifts, all clothes, dining tables, TV's, and about 99% of all the other crap you have. That's all there is to it. Food, Travel and Business! IF there is anything else you want, attract it. But first get clear and then you know you will attract it.

*God bless and see you on the path.
As always, please do not hesitate to pass this on.*

*Sincerely,
Johnny H. Gautam
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