

Sedona Method Clean Up Process

Purpose: To return to the place of open hearted love for another.

Process: There are four groups of questions, each focusing on one of the major “wants” that people have: control, approval, security, separation/oneness. (We want all four of these.) Work with the questions as follows:

1. Visualize the face of the person you choose to release about.
2. Ask yourself the questions, one at a time, and allow one or more of the “wants” to arise. Welcome fully whatever arises.
3. The third question is designed to help you see if you are fully released on that want about that individual. Keep asking yourself the first two questions in each set and release whatever is stirred up until you can honestly answer “yes” to the third question.
4. Start with the questions on Control and stay with that set of questions until “you grant that person the right to be the way they are.” This is just a decision to let go of it.
5. Do the same thing with the other three sets of questions. You will know that you are fully released about a person when you can visualize their face and have only feelings of acceptance and goodwill for them.

Releasing Questions

The questions in regular type are the standard release questions. *The italics are additional prompts that may help. Use them if they are helpful.*

Control

1. Did this person try to control me?
If so, could I let go now of wanting to control them back? Or Could I let go of resisting them?
2. Did I try to control this person?
If so, could I let go now of wanting to control them?
3. Do I now grant this person the right for this person to be as this person is.
Remember, this is just a decision.

Approval

1. Did I dislike or disapprove of anything in this person?
Could I let go, just for now, of my dislike or disapproval for this person?
2. Did this person dislike or disapprove of anything in me?
Could I let go of wanting their approval?
3. Do I have only feelings of goodwill/acceptance for this person?
Remember, this is just a decision.

Security

1. Did this person challenge, oppose, or threaten me?
Could I let go of wanting to challenge, oppose, or threaten them back? Or Could I let go of wanting security with this person?
2. Did I challenge, oppose, or threaten this person?
Could I let go of wanting to challenge, oppose, or threaten this person? Or Could I let go of wanting to protect myself in this way?
3. Do I have only a feeling of well-being, a feeling of safety and trust with this person?
Remember, this is just a decision.

Separation/Oneness

1. Did this person reject, cut off or in any way try to be separate from you?
*Could I let go of any wanting to be one this stirred up?
Could I let go of whatever want this stirs up in me?*
2. Did I reject, cut off or try to separate from them?
Could I let go of want to reject, cut off, or try to be separate from them?
3. Could I allow myself to have only a feeling of "you are me" with this person?