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## MIND CLEARING

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### Early Impressions

by

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In the seventies, Gestalt was the most responsible method I found for completing the past, developing clarity of communication and gaining personal power. I grew myself a decent ego and then, through my own Gestalt school, spent a decade helping others do likewise. A few years ago, having 'found myself', I let go of Gestalt in order to 'lose myself' ("First find thyself, 'tis half the way to God. Then lose thyself and all the way is trod" - Angelus Silesus). During these years of belonging no-where, I have developed my own methods and I have written about Forgiveness and Telling the Truth. I have also been open to learning authentic transpersonal methods. My interest in Mind Clearing grew as I spoke to respected colleagues who, like me, had been involved in experiential therapies for many years and now recognised the spiritual dimension as paramount.

Mind Clearing is a psycho-spiritual method developed over decades of diligent experiment by Charles Berner, an American, now living in Australia. He also sourced the Enlightenment Intensive format, in which concise structures, over long days, lead many participants toward direct experiences of themselves and life.

In Mind Clearing there are just two of you, the Clearer and the Clearee, working together to free the Clearee's mind. Before experiencing it, I was able to borrow manuals and spent weeks studying their contents. I was very impressed with the clarity and truth of the teachings. The main purpose of the Clearers Manuals is to present exact procedures, including explanations and pitfalls. The manuals include the very words to be used in the first and last sentences of a session and explicit instructions about the different clearing methods. Teaching and theory, however, are not part of Clearing. After this cognitive understanding of the processes involved, I subjected myself to a few months of clearing (having a little of my own mind cleared) and concurrently began practising as a Clearer. As a result of these experiences, my enthusiasm increased and I went to Austria for an advanced Mind Clearing course.

So what is it that the mind is cleared of? Simplistically, all the stuff that prevents us from being fully ourselves and from recognising the divinity in ourselves and others. There is nothing new in this intent; so let me expand. The Mind Clearing approach to problem solving (especially chronic problems) and

relationship issues is thorough and good, as are many other humanistic approaches. Should you decide to embark on this work for your own well-being, first of all you will have the chance to work on any issues that are foreground in your life. The Clearer will give you instructions, but never impose any observations, judgements or insights upon you. The Clearee in fact clears his/her own mind, through the strict guidance, the genuine understanding and the loving support of the Clearer. The genuine and complete open communication between the Clearee and the Clearer form the essence of the work. Apart from these basics there are two techniques which in my experience are unique to this school, one is their Karma Clearing and the other deep and surprising work on fixed attitudes. I will enlarge upon both.

The fundamental importance of Forgiveness (of others and ourselves) is a truth for me now, and a subject that has occupied me for many years. I am satisfied that Karma Clearing is THE method for the release of blame and guilt . . . both the guilt which is recognised and, most significantly, that of which we are not conscious. These prime spoilers of happiness can go. We have all acted (or failed to act) in ways which we know are wrong, by our own inner standards; in fact we do so many times a day. This confession-without-consequence is an essential part of everyone's Mind Clearing programme. Karma Clearing dissolves false pride, helps us gain clarity about our own inner standards (as opposed to the 'shoulds' of external authorities) and thus builds our inner strength as

individuals. This method is particularly relevant to those who seem to be hard done by. While we are in the power of someone, fearing them, blaming them, it is almost impossible to forgive them. This victim type of personality, who believes they are blameless, keeps meeting a similar fate and no one seems to be able to help. In Karma Clearing we un-earth all our **own** failures, learn to love ourselves and then the heart is free to welcome life's bounty. It is another practice in truth-telling, the universal currency of relationships, and will get us closer to our true selves and closer to others.

The other powerful technique deals with 'fixed attitudes'. It was identifying and working through these which brought about my initial enthusiasm for Clearing. Even apparently 'good' attitudes, if they are fixed, will mean that we relate to the world through a certain 'point of view', instead of directly from ourselves as individuals.

Fixed attitudes are false solutions, substitute ways of communicating. We develop them because our true communications have been misunderstood. The origins are usually found early in life and become entrenched during adolescence. By pondering the opposites, the fixed attitude and the opposite of that attitude, the mind is gradually dismantled. In the process, the ego investment is revealed and the buried message is uncovered and delivered, often with a lot of emotional release. It is an illuminating process.

You may well ask, if Mind-Clearing

is such a brilliant psycho-spiritual method, why do we not hear more about it? To begin with, in England it is new in this form; there is no training and there are not many Clearers. Furthermore, although the "Dyad School of Enlightenment" are very generous regarding the use of their material (of which Mind-Clearing is but a part), the teachings have been for student followers and there are no books published on the subject. A beginner may have to overcome some distaste for the instructions which form the technique of this work. The major snag however, whoever your guide, is the amount of time, and therefore money, that the method requires. It is not unusual to begin with an intensive of sixteen hours in four days and then continue with a two-hour session weekly.

So why should I, established and reaching wise-woman status, start including a completely new discipline into my work? Because I find this method powerful, safe and wholly responsible and it thus

resonates deeply with my intention to join with others in awakening to both our humanity and our divinity. So many therapies ignore the spiritual dimension. So many spiritual paths attempt to push away the creative power of destruction and of ordinary human failure and also perpetuate avoidance of relationship. Mind Clearing is thorough and effective and can carry you towards your highest goals. Our minds are the Masters of our feelings and our bodies; so it is our minds which we need to change. We can transcend their crippling distortions, and no longer be in darkness regarding our own true nature. Our minds can then act in the service of our hearts.

In Mind Clearing we face reality and encourage a balanced and ethical life-style. This method addresses the major barriers to relationship very directly; it increases our ability to lead a better life and lays the ground for spiritual awakening. It brings together willful self-inspection and the miracle of love.

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*If you want to learn more about Clearing or other activities which are available in England from the Dyad School of Enlightenment, contact: Eva Chapman. The Old Manor House, The Green, Hanslope MK19 7LS (the person who started Clearing in England). Telephone:- 0908:510548. Tara Devi. 19 Brambledown, 77 Crouch Hill, London N4 4SA. Telephone:- 01:272 6524.*

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### FORGETMEKNOT

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The Secret Is,  
That there are None,  
For her Grail belongs,  
To ALL,  
And ONE!

Greenstar

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