

The Natural Flow Clearing Technique

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1 Introduction

1. You cannot have problems. The problems for you start when you mis-identify yourself as being limited to a body/mind.
2. Instead of denying your assumption, let's work with it.
3. Your body/mind is a product of nature (the physical universe... all pre-soul universes are physical)
4. The physical universe is constantly moving
5. Since you are actually senior to the physical universe, you have the ability to freeze your body and mind, counter to the wishes of nature.
6. This freezing is painful and counterproductive. The freezing is variously known as engrams, trauma, stuck points, etc.
7. Unfreezing your body and mind is the natural tendency of this physical universe — EVERYTHING wants to move.
8. So, when we use the term “LET GO” understand that no effort at all is required to let go, because every frozen part of your body and mind is itching to be free random Brownian motion once again. The only real effort is dropping your conscious choke hold on the body/mind terminal/engram!
9. Almost all traumas can be traced to a negative valence you have chosen to put on. The only trauma that is not valence based is something like

a car crash. But once you clear your negative valences, you will be able to handle those traumas easily.

2 The Technique

1. Start by noticing the natural inhale and exhale cycle.
2. Next, choose a positive valence (e.g. free and happy)
3. On the inhale, form a mental image of this valence
4. On the exhale, simply drop everything between you and this valence
5. Continue to synchronize the image formation / dropping process with the inhale / exhale until nothing separates you from your projected valence.

3 Commentary

The most powerful techniques I have found (PEAT, r3x and the mace method) tend to focus on what you are not and what does not truly exist.

The natural flow technique, similar to Christian Science, pays no mind to what is not real.

I am using the natural flow technique daily in my Ashtanga Vinyasa Yoga practice. During the inhale, I form a picture of myself in the finish posture. During the exhale, I simply let go of all the muscle tension barring me from achieving the posture.

Releasing groin-area tension is quite astounding, you find yourself switching sexual valences and attaching to sexual urges in realtime!