

# Peer-to-Peer After-Releasing Clean-Up Procedure

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## Result

To eliminate the feelings and “wants” that are re-activated while assisting others with The Sedona Method. To let go of all identification to any reaction or to being the helper.

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## Logic

When assisting others with releasing, it is essential to let go of whatever gets stirred up from your sessions. You have probably noticed that when you try to help anyone there is an unconscious and sometimes conscious backlash from the individual that you are helping. This process was designed to show you how to eliminate the reactions to your partners and any other feelings they bring up in you. It is also designed to help you move beyond any identity with helping or being helped. As you work with these questions, in addition to supporting you in your releasing sessions, you will see that they help you improve your relationships, communicate more effectively, resolve conflicts, and incorporate letting go more easily into your life. They also greatly improve your effectiveness and contribute to the integrity of all interactions.

Directly after each releasing session—or, if you are pressed for time, at the end of each day—use the following procedure.

There are four groups of questions, each focusing on a separate want: Control, Approval, Security/Survival, and Separation.

How to work with these questions:

1. Focus on (visualize) the face of the person you choose to release about.
2. Ask yourself one question at a time, allowing your wants to surface. You may often notice that simply asking yourself the question will cause you to spontaneously let go of the want you are focusing on at the moment. Then allow yourself to either welcome the want fully, let it go, or discover that there is no one to want anything.
3. The third question in each set is designed to help you determine if you are fully released on the want about the person you chose. 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 set of questions on Control and stay with that set until “You grant that person the right to be the way they are,” or there is only a feeling of acceptance or allowing for the person. This often is simply a decision to let go completely or a recognition that there is nothing to let go of and no one to let go. It is possible to get to this point very quickly if you are open to it.

5. Do the same thing with each set of questions in order. You'll know when you are fully released on the person when you can see their face and have only acceptance/love for them.

Listed below are instructions for the regular Clean-up Procedure, followed by a version using The 5th Way.

## Clean-up Questions

The questions in regular type are the standard clean-up questions. *The questions in italic are suggestions of questions you can use to facilitate your letting go of each want.* Feel free to let go of the wants without the use of any additional questions or to come up with your own.

### I. 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?

Repeat these questions until you do.

### II. 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 love/acceptance feelings for this person?

Repeat these questions until you do. Remember this is just a decision.

### **III. Security/Survival**

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?

Repeat these questions until you do. Remember this is just a decision.

### **IV. Separation**

1. Did this person reject, cut off, or in any way try to be separate from me?

*Could I let go of wanting to reject or cut off from them in return?*

or

*Could I let go of wanting to be one with this person?*

2. Did I reject, cut off, or in any way try to be separate from this person?

*Could I let go of wanting to reject, cut off, or be separate from this person?*

or

*Could I let go of wanting to be separate from this person?*

3. Do I have only a feeling of oneness, a feeling of you are me, with this person?

Repeat these questions until you do. Remember this is just a decision.

Look at the face of each person you are working on, and feel only acceptance or love for them. If there are any other feelings, run through the questions again.

## The 5th Way Clean-up Questions

### I. Control

1. Did [the person's name] appear to try to control [your name]?

*If so, can you find the one who wants to control them back in this moment?*

or

*Can you find the one who feels resistance or is wanting to not be controlled?*

2. Did [your name] appear to try and control [the person's name]?

*Can you find the one who wants to control in this moment?*

or

*Is there anyone to want to control?*

3. Is there only a feeling of allowing or acceptance for this person being exactly as they are?

Repeat these questions until there is. Remember this is just a decision for no one or is simply a clear seeing or recognition of what is.

### II. Approval

1. Did [your name] appear to dislike or disapprove of anything in [the person's name]?

*In this moment, can you actually find anyone to dislike or disapprove of this person?*

or

*Can you actually find anyone to withhold approval from this person?*

3. Did [the person's name] appear to dislike or disapprove of anything in [your name]?

*Is there actually anyone here to want approval?*

4. Is there only a feeling of love or "you are me" with this person?

Repeat these questions until there is. Remember this is just a decision for no one or is simply a clear seeing or recognition of what is.

### III. Security/Survival

1. Did [the person's name] appear to challenge, oppose or threaten [your name]?

*Is there actually anyone here to want to challenge, oppose, or threaten them back?*

or

*Is there anyone here to want security with [the person's name]?*

2. Did [your name] appear to challenge, oppose, or threaten [the person's name]?

*Is there actually anyone here to want to challenge, oppose or threaten them?*

or

*Is there anyone here to want security with [the person's name]?*

3. Is there only a feeling of well-being, a feeling of safety and trust with [the person's name]?

Repeat these questions until there is. Remember this is just a decision for no one or is simply a clear seeing or recognition of what is.

#### **IV. Separation**

1. Did it appear that [the person's name] rejected, cut off, or tried to be separate from [your name]?

*Is there anyone here to want to reject or cut off from [the person's name] in return?*

or

*Is there actually anyone here to want to be one with this person?*

2. Did [your name] appear to reject, cut off, or in any way try to be separate from [the person's name]?

*Is there anyone actually here to want to reject, cut off, or be separate from [the person's name]?*

or

*Is there anyone here to want to be separate from [the person's name]?*

3. Is there only a feeling of "there is no you or me" with [the person's name]?

Repeat these questions until there is. Remember this is just a decision for no one or is simply a clear seeing or recognition of what is.

Look at the face of the person you are working on until the sense of "you" and "them" dissolves. If there are any other feelings, run through the questions again.

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## **Summary**

Using these procedures in a disciplined way can make the difference between failure and success in your ability to assist apparent others in using The Sedona Method. It will also assist you in recognizing the truth of what you are and what you are not. As you use the procedures outlined above, you will find your enthusiasm and ability will increase over time. You will also avoid the typical burnout reactions that are so common in the helping professions.