



This Field Clearing exercise (from Sasha Allenby, co-author of the Matrix Re-imprinting book) is for when your overall level of social anxiety (either in the specific situations you have social anxiety in or your generalized social anxiety) has dropped to a 3 out of 10 in intensity or less. When this is the case, use this exercise **every day** for at least 21 days.

It will create new neural connections in your brain and allows you to more easily shift to social confidence.

There is some part of this exercise where you visualize. Here are some tips for that...

## **Visualization Tips for the Field Clearing:**

**“Your subconscious does not know the difference between something real and a vividly imagined event!”**

So when you visualize your new social life it will start to feel more and more normal to you. And it will also start to draw experiences, circumstances and people into your life to make sure this becomes a reality.

If it feels real to you in your mind, and you feel the good emotions from living that reality, it will soon BE reality. ☺

### **5 Tips For Effective Visualization:**

I. Try to be very detailed. So try to see those smiles on peoples faces as you interact with them, feel how comfortable and relaxed you feel, hear the laughs at your jokes etc.

II. Visualize with emotion. You want to feel as if what you’re visualizing is already true. So really get into the emotions. Intend to feel how you would feel, then feel it. Make pretend. Do whatever you can to really feel those good feelings you would experience if you had already achieved your goal.

III. Put yourself in the picture. You are looking from your own perspective, out of your own eyes. So you see your own hand reaching out to shake that hand. You see the clothing you’re wearing, your feet kicking the ball etc.

IV. Only visualize the end result. Don’t worry about how to get there. The only thing you are visualizing is the end result.

V. Take your time, find a nice comfortable spot and enjoy this. Make it your 5 minutes of fun and nice daydreaming.

# Field Clearing Exercise (21 consecutive days!):

Take 5 deep breaths into your heart (imagine breathing in and out of your heart).

Take a deep breath in through the nose, taking about 6 seconds to completely fill up your lungs. Breath into the belly first, then into the chest. Exhale via the mouth, taking again roughly 6 seconds to breath out all the air. Repeat this for at least 5 breaths.

Good. You probably feel pretty calm now.

If it is easier for you to feel the emotions and stay focused when you are speaking out loud, feel free to do so. You can say out loud what is happening in your life now that you have achieved your goal. Just make sure you talk in **present tense; this is your life as it is now already of course!**

It might be somewhat challenging in the beginning, but it will get easier and easier and more fun ☺

Allow yourself to have fun doing this, it should be a good time!

By doing this you raise your vibration and you activate the law of attraction. Watch the movie “*The Secret*” for more information on how and why this works.

And if you are interested in the science and evidence behind it, go watch “*What The Bleep Do We Know*” and “*What The Bleep Do We Know Deeper Down The Rabbit Hole*”.

## Enjoy!

Tap continuously on the Karate Chop (KC):

*Even though I haven't always been calm and relaxed in social situations, I deeply love and accept myself.*

TH: *I haven't always been calm and relaxed*

EB: *I want to always be calm and relaxed*

SE: *I choose to always be calm and relaxed*

UE: *I love to always be calm and relaxed in social situations because...*

(and then list all the reasons why you want to be calm and relaxed in social situations either in your mind or out loud.)

UN: Ask yourself what your life would look like if you were calm and relaxed in social situations. Either verbalize or bring to mind all the positive images you associate with being calm and relaxed in social situations.

CH: Ask yourself what you would hear if you were calm and relaxed in social situations. What would you expect to hear others saying about you? And what would you be saying about yourself? (You can say these out loud if it helps you to resonate with them more.)

CB: Ask yourself what action you would need to take in order to be calm and relaxed. Either verbalize the actions, or just bring them to mind

UA: Ask yourself how you would feel if you were frequently calm and relaxed in social situations. Get into the feeling space. If you are having trouble accessing this, try and remember a time in your life when you were calm and relaxed. Allow the feelings of being calm and relaxed to move through your whole body.

Thumb -see hand tapping points chart- (TH): Choose one image that you associate with being calm and relaxed in social situations. Be sure that you are in the image and take this image into your mind

Index finger (IF): With the image in your mind, picture all the neurons in your brain reconnecting to make this image your reality

Middle finger (MF): Send a signal to every cell in your body that being calm and relaxed in social situations is your new reality

Ring finger (RF): Take the new image into your heart

Little finger (LF): Make all the colors around the image really strong and bright, and get in touch with all the positive emotions that you associate with the image

Wrist (WR): Send the new image out into the Universe. Spend some time doing this so there is a very strong sense of the new image out there

Karate chop (KC): Bring to mind all the things you are grateful for in relation to being calm and relaxed in social situations. You can list these silently or out loud.

Finish -either in your mind or in reality- with a dance of gratitude or a bow or an enthusiastic clapping of the hands etc, in order to seal the new behavior with positive emotions!

**Hand tapping points chart:**