

In-person + online practice
Cost: £2000

Norwich Wellbeing Centre, Norfolk weeks 1&2
Charles Burrell Centre, Thetford, Norfolk week 3

info@living-in-resonance.com
<https://alicewhieldon.com/>

Dates of in-person training:

November	14-18 2023
March	19-23 2024
June	17-22 2024

The Basics of Clearing

Whether you work in a therapeutic setting already or want to improve your relationships and reduce reactivity & distress, this is a wonderful training in life and its fulfilment.

You will develop communication skills, learn about the mind and experience authentic relating in a held environment.

This is a tried and tested programme with a mix of theory and practice that will likely be life-changing for you for those you are in close contact with.

Contents:

About Clearing

A Personal Invitation

Benefits & The Training

Sei-ki & The Basics of Clearing

The Enlightenment Intensive & The Basics of Clearing

How the Training works

Requirements for participating

Qualifications

Continuing with Clearing

Personnel

Testimonials

Find a Clearer

Locations

Fees & Payment

Contact & Information

About Clearing

Clearing was founded by Charles Berner in the 1950s and 1960s and the current form of training was developed by Lawrence Noyes over the last 25 years.

Clearing addresses the suffering people experience from mental, emotional, and relationship distress. It is based on the observation that inner conflicts and unhappiness are the result of unfulfilled communications and breakdowns in relating.

Clearing takes place in a one-to-one, counselling-style setting and addresses areas of the client's interest. The Clearer guides the client in exact communication processes that resolve current problems, release the effects of trauma and develop responsible well-being.

Clearing clients often report a sense of release and of coming home to who they really are. They report feeling more authentic, having better relationships and being more able to get on with their life projects successfully.

Lawrence Noyes

A Personal Invitation

I participated on my first Enlightenment Intensive in 1985 and went on to participate in about 10 more over the following few years. It changed my life. Since then I have been working to bring what I experienced into my life and into the world. Everything I do is, in some sense, part of that project.

After various twists and turns, including a grounding in Sei-ki, the Art of Touch, with Kishi Akinobu, I trained in Clearing as research for the book I was writing about it (*Mind Clearing* 2016 Jessica Kingsley). In the process, I accidentally became a Clearer myself.

My own journey started with a desire to free myself from a feeling of heavy sadness that I had experienced since early childhood. I was determined to recover my joy and was lucky in finding good help. My curiosity was piqued by the suggestion of meditation at the age of 8, I met Krishnamurti at 13 and Ram Dass at 18. At much the same time I was touched by Sei-ki and by the work of Charles Berner in the Enlightenment Intensive. Clearing was the final key.

Clearing and the Enlightenment Intensive are a family business; my father and stepmother mastered EIs in the 1980s and '90s, my sister trained as a master. Our father practised as a Clearer and assisted with the UK Clearing training.

It is now my turn to offer it to others and this is my invitation. Clearing is rigorous and can be uncomfortable, but engaging with it is also liberating and enjoyable. You will undoubtedly be faced with your own mind-monster and its unappealing habits, but you will also be given an opportunity to acknowledge and celebrate who you are and what and who you love.

Clearing gives you the tools to free yourself and others from fixed ideas, find your centre and purpose and relax in being in better relations with others. And, in case you're thinking that Clearing is just for people who are troubled, you don't have to be sad or confused to benefit. This is an approach that helps you fulfil life, whatever your starting point might be.

My mission is to offer and pass on Clearing and the Enlightenment Intensive in a rounded training. Uniquely, I also have the grounded body-practice of Sei-ki at my fingertips. This brings depth and weight to the experience.

I invite you to join this training and embark on a journey into life in all its richness.

Alice Whieldon

BENEFITS

- Clearing your own life & reactivity while gaining transferrable skills
- Understanding communication breakdown & how to repair it
- Practical skills in listening and communicating
- Greater authenticity in how you present in the world
- Unsticking thought & behaviour patterns
- Helping others with all the above

WHAT YOU WILL LEARN

- Giving and receiving basic Clearing sessions
- Training in managing successful Communication Cycles
- Training in handling current problems
- Setting up a supportive session environment
- Developing good client care, ethics & professionalism
- The foundations of the art of processing

THE TRAINING

- 90+ hours of in-person training
- All course materials
- Supervision and mentoring throughout
- Online book-club on the training manuals
- A road-map for developing understanding & practice between meet-ups and after the training
- Online practise & catch-ups between trainings
- Practical tools you can use from the start

PROCESSES

- Current Problem Clearing
- Relationship Clearing
- The Standard Session Format
- Modelling problems in concrete form
- The basics of Guilt and Criticalness Clearing

WHO THIS IS FOR

- Anyone working with others in a therapeutic setting
- Those interested in self-development & dealing with the mind
- People wanting to find a way to live more authentically & expand their horizons
- Those who have attended Enlightenment Intensives and want to bring their experiences more into their lives
- Students of Sei-ki interested in sharpening and clarifying their attention
- Anyone looking for a broad understanding of the mind and a wider context for personal and spiritual growth

Sei-ki & The Basics of Clearing

For practitioners of the Way & Art of Touch

If you are a student of Sei-ki, Clearing can help you develop your concentration and awareness. The two approaches are based on the principles of meeting/touching the true individual and shedding the armour that distances us from life and others.

- Sei-ki requires *discipline* and *attention*.
- Attention is a capacity of no-mind and its development requires discipline.
- Discipline is the ability to make clear, moment to moment choices of where to place your attention, and maintain it steadily.
- The practise of Sei-ki develops these capacities; we can help ourselves by improving our attention through other means.
- Clearing focuses on repairing communication and relationship; this quietens and clears the mind, sharpens our ability to make decisions and increases the attention we have available to us at any given moment.
- Additionally, Clearing reduces the neurotic, reactive load which can be felt in our presence and hands. It results in less freighted, more sensitive touch, greater ability in communicating cleanly with clients and seeing more clearly how things are with others while reducing criticalness; a prerequisite for Sei-ki.
- *The Basics of Clearing* is practical groundwork for anyone working with others and is the perfect partner for Sei-ki.

The Enlightenment Intensive & the Basics of Clearing

For participants & staff of the Enlightenment Intensive

Clearing was developed by Charles Berner, through the 1950s and 1960s, as a way of dealing with the problem of the mind. Over the years he noticed that those who had a clear sense of who they were did better with the work than those who did not. So he set out to find a way to help people experience the truth of who they are in order that they might progress more smoothly in Clearing and other growth practices.

The Enlightenment Intensive is the fruit of that research. The structure came to Berner in a flash of inspiration and brings together the structure of the Zen Sesshin with the dyad form of communication he developed with Ava Berner.

Many thousands of people, worldwide, have now participated in this retreat since the first one in 1968; it is a powerful tool for breaking through illusion and fixidity to direct knowing, *satori* in the Zen tradition. But what has also happened is that it has, for the most part, become untethered from its context of growth processes. What it does not teach much about is how to bring these into daily life and live from Truth. The experiences that can be had on an Enlightenment Intensive are really only the start.

The Basics of Clearing is an essential training for anyone for whom the Enlightenment Intensive is an important part of their lives, as staff, participant or both. It offers:

- The background of why and how the Enlightenment Intensive works
- An introduction to the wider theory of mind underpinning the retreat
- Processes to help you communicate and integrate Truth and insights into your life
- The skills to support others more effectively in their journey towards authenticity and a fulfilled life

The next Enlightenment Intensive run by Alice Whieldon will take place in Sheringham, North Norfolk,

February 12-16 2024 [BOOK HERE](#)

How the Training Works

The training includes theory and emphasises experience through giving and receiving sessions under direct guidance:

Theory of mind:

On signing up for the course you will receive *The Basics of Clearing* manual which introduces you to Clearing, Berner's theory of communication and how it relates to the development of mind, along with how to deal with it. You will appreciate how the mind operates and what works to dissolve neurotic patterns of behaviour. There will be a book group to help you understand, discuss and explore this theory.

Receiving sessions:

You will practise basic communication skills which will start the process of learning about your own mind through experience and with support.

Giving sessions:

You will practise basic receiving and listening skills and learn to set up, manage and hold simple sessions looking at current problems. This teaches you, at a practical level and from a different point of view, how the mind works and how others can be helped to tackle their own. The service inherent in this role is key to developing in Clearing.

You will practice basic processes with fellow students and we encourage you to practice with others outside the training, especially if you are interested in continuing to Years 2 & 3 of *Clearing*.

Prerequisites for Joining this Training

In order to join *The Basics of Clearing*, you should have had at least 5 Clearing sessions with a Year 3 student or above. This is to give you a taste of the work, see if you resonate with the approach and understand a little of how it works. To find a Clearer see below.

You must be a fluent English speaker.

You must be willing and able to engage in online practice and discussions.

You will need to travel to venues in Norfolk, UK, for the in-person training; *The Basics of Clearing* will not be offered as an exclusively online training.

You must complete an intake interview which will be arranged when you express an interest in joining.

Qualifications

On completing the Basics of Clearing, including the requirements set for the course (this includes participating on an EI if you have not already done so) you will receive a Certificate.

You are encouraged to practise Clearing with members of the public if you wish to pursue Clearing beyond *The Basics*. You should do so in compliance with the laws of the jurisdiction in which you live and in accordance with Clearing Ethics.

If you continue with your training and complete Year 3, you may then ask to be recommended for Associate Membership of Lawrence Noyes Clearers Association which will give access to a library of talks and papers and ongoing talks and trainings with Lawrence Noyes (this is the case at the time of writing) plus ongoing supervision with Alice Whieldon.

Continuing with Clearing

The Basics of Clearing is the first year of a 3 year programme but also a standalone course. If you commit to the *Basics* there is no requirement to continue on to Years 2 & 3.

You do not need to decide about continuing until near the start of Year 2 in November 2024. If you continue, you will learn more about the mind and work with depth processes such as Karma/Guilt Clearing, Depression, Boundaries, Sex & Romance, Life Purpose, Attitudes.

The Clearing training is a profound training in the mind and how to deal with it. It is life-changing in all the right ways. It is recommended for anyone committed to dealing with their own neurotic thoughts and behaviours at their roots, for those wishing to end their victim states and stop hurting others as well as for those committed to helping others as their life purpose.

The dates for Years 2 & 3 are below (subject to adjustment):

Year 2

November 12-17 2024
March 11-15 2025
June 17-21 2025

Year 3

November 11-15 2025
March 17-21 2026
June 16-20 2026

Personnel

Alice Whieldon MA PhD: I trained in Clearing, Teaching Clearing and the Enlightenment Intensive with Lawrence Noyes. I completed the Senior Monitors Training with Jake & Eva Chapman. I have been training Clearers since 2014 and am the author of *Mind Clearing* (2016 Jessica Kingsley Publishers).

I work with Berner's oeuvre including: Clearing, Emotion Clearing, Surrender Meditation and the Enlightenment Intensive. I also present Sei-ki workshops internationally and co-authored *Sei-ki: Life in Resonance* (2011 Singing Dragon) with Kishi Akinobu.

I also have an academic background with degrees in Philosophy & Religious Studies and Theology and a doctorate in Feminist Philosophy. I am a Senior Fellow of the Higher Education Academy and worked for many years as an Associate Lecturer and Senior Faculty Manager for the Open University in the UK. I am based in Norfolk, UK.

Assistants

Francesca Jaggs (Frankie) is a Clearer and Sei-ki practitioner.

Students from the last Clearing training will be present to provide assistance, support and guidance to the new intake.

Find a Clearer

Most Clearers offer a free chat to establish if they are a good fit with you and discuss their terms. Most offer online sessions.

Go to: alicewhieldon.com to find a Clearer or: [Lawrence Noyes](#) for an international list.

Testimonials:

I knew what it felt like to be counselled.... Mind Clearing offers something more - and fast! ...I sat face to face with Alice ... accepting her steadfast and determined gaze, following her instructions again and again until I put into words which she fully heard and understood, the truth at the core of the seminal events and relationships of my life. This was hard work.... But the importance of doing it, the certainty that it was a process that brought its own great reward never left me and stays with me now. How do I feel now? There is a bigger gap between my individual self and my reactions to people and events.... Mind Clearing has given me a sense that I can work accurately and constructively on my life, not just in Mind Clearing sessions, but all the time. I'm deeply grateful for the warmth and strength Alice exudes as she took me through this process, and grateful that she has chosen to embrace and refine this amazing way of working with her fellow human beings.

PH

Alice is inspiring & very present. She brings forth in me a need to be truthful and honest about myself. Her passion is infectious, and I feel honoured to be part of this work.

Kim Martell

The process of Mind Clearing for me has been by far one of the most significant and useful bodies of work that I have encountered during my seemingly arduous search for what makes me tick and do life in the particular and frequently frustrating way that I do. These processes have enabled me to finally become aware of, or get free from, certain behaviors, attitudes and attachments I have been trying to get at for years.

Charlee Quinlan

I just started reading your mind clearing book and I am enjoying it on many levels. It touches me deeply to feel your sincerity and honesty in the way you present and share your journey and discoveries.

Bhadrena VT

Alice has a teaching style and presence that is unlike anyone else and is more effective than anyone else I have come across.

JR

For me all the theory of Shiatsu or Sei-ki made so much more sense when coming in contact with Clearing and later an Enlightenment Intensive. Having an empty mind, being more who I really am, going into real contact with the world and or family members around me - that was suddenly not an abstract theory anymore but a concrete experience.

I would say Clearing brought me so much further with my intimate relationships that the improvement of my touch and ability to be present with a client was then more a side effect which I appreciate of course anyhow.

I see now that giving good Sei-ki is still a life purpose, but it grows and improves steadily while I continue on that path.

I profoundly believe that all this (Clearing, EI) was an acceleration for my personal development.

I am very grateful for you Alice, supporting me and bringing me to that way.

Elisabeth Jessenig-Meyer

Locations

Many trainings are offered entirely online these days. This has clear benefits. Online Clearing sessions are highly effective and I personally see most of my clients online. However, I have elected to conduct the bulk of this training face to face because the contact and body-presence is greater and it gives people a powerful experience that can easily be transferred online. It is less easy to transfer an exclusively online learning to in-person experience. The inconveniences of travel and additional costs are, in my view, greatly outweighed by the enhanced experience of face to face meetings away from life's usual distractions.

Venues:

The first two weeks of in-person training will take place at [Norwich Wellbeing Centre](#) in the heart of the City of Norwich, UK.

Norwich is a small, medieval city with lots of accommodation and a small airport with regular flights to Amsterdam. You can get a train directly from London's Stansted Airport and from other London stations and airports. Norwich is about a two hour train journey from London.

If you wish to drive there are many car parks in Norwich City Centre, near to the Wellbeing Centre with a range of day rates in the region of £15 per day.

The final week of in-person training will take place at the [Charles Burrell Centre](#) in Thetford, Norfolk, UK.

Thetford is small market town with a medieval centre featuring an ancient castle mound and ruined Abbey. Accommodation can be found in hotels or Airbnb. Trains run direct from Norwich, Stansted Airport and Cambridge (and to London via Cambridge or Ely).

Online: You will be given dates and links for the online practice at the start of the training.

Fees & Payment:

The full course fee for *The Basics of Clearing* year is £2000. This covers all course meetings and materials.

Staged Payments

If you would like to pay in stages, there is an option to pay for and complete the first third of the training on its own. In this way you will find out if Clearing resonates with you before committing to the full year. The fee for the first part of the training is £700 which will take you up to the start of the second in-person meeting in March 2024 including online practise and supervision up to then.

The full fee may be paid flexibly but must be paid in full by the start of the final in-person meeting in June 2024. Please contact me to discuss enrolment and payments.

You will need to arrange accommodation separately. If you would like to share accommodation with other participants (likely in an Airbnb) please let me know and I may be able to put you in touch with others who would also like to do so.

Contact & Information

info@living-in-resonance.com

<https://alicewhieldon.com/>