

**Ian Haycroft presents:**  
**Getting Clear**  
**Accessing the Wisdom Within**

**Day One**

- **Session One** – Introduction (9 am – 10 am)
  - Guided meditation
  - Describing the Clearmind System
  - Ten Principles
  - Why meditate and imagine
  
- **Session Two** – Muscle testing (10:15 am – Noon)
  - How and why it works
  - Testing with a partner & with self
  - Major Life Areas
  - Negative emotions

**Lunch**

- **Session Three** – Using the Clearmind System (1 pm – 2:30 pm)
  - Reactive Behaviours
  - Positive Emotions
  - Practice
  
- **Session Four** – Clearmind System cont. (3 pm – 4:30 pm)
  - Chakras
  - Energetic interference
  - Practice
  
- **Session Five** – Guided meditation (4:45 pm – 5:15 pm)

**Day Two**

- **Session One** – The Healing Space (9 am – 10 am)
  - Introduction
  - Getting clear about the Divine
  - Getting in the healing space
  
- **Session Two** – Listening (10:15 am – Noon)
  - Listening when you test
  - Meditation to get into healing place
  - Practice

**Lunch**

- **Session Three** – Clearing (1 pm – 2:30 pm)
  - Going up with God
  - Master clearing technique
  - Intention
  - Practice
  
- **Session Four** – Practice (3 pm – 4:30 pm)
  - Practice
  - Guided meditation & Forgiveness
  
- **Final Session** (4:45 pm – 5:15 pm)