

## The “Less-Than-A-Minute” Clarity Steps

Mo Wheeler and Rebecca Gurland – 2015, revised 11/19/16<sup>1</sup>

The “Less-Than-A-Minute-Energy Clarity Steps” was co-created by Mo dowsing with her guidance and asking for a fast way to *balance energy*. Both authors have trained with Donna Eden and incorporated her methods into their work. The Clarity Steps adapt many of the ideas of Eden’s book *Energy Medicine: Balance Your Body’s Energies for Optimum Health, Joy, and Vitality* (Donna Eden with David Feinstein, 1998). Mo also used the work of Paul E. and Gail E. Dennison: *Brain Gym: Teacher’s Edition Revised* (1994). We highly recommend both books. Why should you want your energy to be balanced? Because you want to be energized and able to focus and function at your best.

Mo dowsed and told guidance she wanted to create a really *quick* way to balance energy. Using her chart that includes many possibilities of what a dowser can do, Mo asked “Where Do I Start?” The answer was “Balance Energy” and *Energy Medicine*. With the two books (above) handy, Mo continued with “Something in this book?” or “Something in *this* book?” “Do I need something else?” This is how the five Clarity Steps were created—and how you, too, can co-create with spirit!

The Clarity Steps lay dormant for a couple of years until Mo finally persisted in using it with her co-workers to prevent interference with the work of Energy Healing Partners. The response led Mo to not suggest it very often. One day Merrill Cook looked around the room and announced that *everyone* was unclear. Merrill has the gift of being able to see these things and suggested everyone do the Clarity Steps together. Much to our surprise, every one of the ten people became clear! Merrill was also surprised with what she had witnessed. Ever since then the Less-Than-A-Minute Clarity Steps have become the group’s best correction for unbalanced energy.

One great aspect is that all the steps can be done in public without anyone noticing. Another is that it *takes less than a minute!* The order is designed to make it quick, easy and most effective. The technique used to do this is applicable to most issues with more than one possible solution. Think of several possibilities (such as “use 1 finger,” “use 2 fingers,” “use 3 fingers,” “use 3 or more fingers,” etc.) and then test each one on a continuum of at least 1 to 5. This is an easy one to use because you can hold your pendulum in one hand and use the five fingers of the other hand to test the degree it is appropriate. Try using a continuum in *all* your dowsing—it is far more useful than a simple *yes/no* answer.

The steps are listed below with ways you can demonstrate to yourself or others that *it works*. Donna Eden is a wonderful role model for demonstrations and is responsible for many of the ideas given below.

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<sup>1</sup> See original version in *The American Dowser Quarterly Digest*, Fall 2015, Vol. 55. No. 3, pp. 31-37.

**1. Drink water.** It seems a natural place to start, since water is essential to not only our car batteries but ourselves as batteries. Since caffeine is dehydrating, it's best to forego the morning coffee and start every day with a glass of water. Or, drink the coffee and then drink 1-1/2 times as much water to bring you *back to where you started*. Another glass of water will then be in order.

Guidance suggests drinking at least 60 ounces a day. It's not easy. It helps if you carry water with you wherever you go. Keep it handy and visible to help you remember, especially as you work on your computer or become absorbed in a difficult task. Mo finds that gulps work better than sips and tries for 5-7 gulps with each lifting of the glass or bottle. In the morning, you can set out the appropriate number of water bottles needed to help you remember and then watch your progress as you get to your quota. (Guidance recommends Aquafina—*purified* drinking water.) Rebecca takes a thermos when traveling around town or when at work.

**Check it out.** You can tell whether you are dehydrated by touching your hair and testing the strength of a muscle. Your body knows when you are at risk and activates your adrenal response to move energy to where it is needed—*not* your hair! First lift something heavy to see how it feels. Then hold a caffeinated beverage in your hand and test your strength by lifting again. Your strength will probably be weaker. Drink a glass of water and test again. We “rest our case!”

**2. Zip Up.** Donna Eden's method is to run your hand, a few inches from your body, from the pubic bone to the bottom of your mouth, where Central Vessel ends, thus strengthening this important energy meridian. Central Vessel helps regulate which energies are allowed into our energy field and can keep out the negative. It can jump around and help out other meridians as well.

Don't continue beyond your mouth, as that will weaken another meridian—governing vessel—which also ends at the mouth from the other direction. We suggest stopping at the collarbone to be ready for the next step, but you can take it a little further if you wish. Just be careful not to run your hand backwards *down* Central Vessel and *unzip* yourself! We have watched many people zip up and then immediately unzip themselves by letting their hand fall straight back down the meridian. If you move right into the next step, it helps avoid this natural tendency.

Zip up before you go out in public—a grocery store or department store, or even for a walk down the street. Be in charge of your energy! Three to four seconds—seconds that can strengthen your biosphere when surrounded by people who are negative, the electromagnetic energy of your television, computer or cell phone—and some of the biosphere disturbing energies that may compromise the integrity of your energy field.

Two or three seconds that say to the environment, “I am in charge of my energy and what I allow into my biosphere. I will only allow in what is helpful to me.”

**Check it out.** You can test this out for yourself. Donna Eden suggests testing the strength of a muscle before and after thinking about something unpleasant. First lift something heavy and see how it feels. Then think a negative thought and lift it. You will most likely be weaker and notice a difference. Zip up and think of the same thing, or something even worse, and your muscle will test strong.

**3. Rub K-27.** The K-27 acupuncture points are the end points of the kidney meridian. This meridian plays a crucial role in helping your energy be clear and balanced, especially helping the other meridians that run up and down the different sides of your body. (If the K-27 points are tender, it’s a sign that you really need it!)

To find these points, follow your collarbones toward the center of your chest. When you get to the bump at the end, drop down and out about an inch into an indentation just below the collarbone, one on each side of the center of your chest. Rub the points firmly for about five seconds. You can do this right after you zip up. The effect is to correct your energies if they have reversed, or are flowing backwards. When your energies flow backwards a *yes* will be a *no* and a *no* will be a *yes*—and *you* will feel tired and unable to focus. Rubbing K-27 is especially helpful if you are driving and start feeling drowsy or if you are working and find you can’t concentrate.

**Check it out.** Donna Eden suggests reading any sentence backwards. A muscle will test weak to indicate this is *not* as it should be; your energy may now be reversed. Testing a *yes* or *no* response will tell you if it is. Remember that *yes* needs to be strong and *no* needs to be weak. Then rub the K-27 points, read the sentence backwards again and test again. For flexibility, you may be able to read forward or backward and stay strong.

**4. Push Space Buttons.** Space Buttons are places on your body that you can push in on to correct the energies flowing from front to back and back to front. You access the energies behind you when you think of the past and energies in front of you when you think of the future, whether pleasant or unpleasant. Stay in the present for a more fully functioning and fulfilling life!

The Dennisons suggest pushing under the nose with one hand as the other hand pushes just above the tailbone, with both hands pushing at the same time. For our modification of Space Buttons, in Step 4 use three fingers (index, middle and ring, both placed vertically) to push simultaneously on the Third Eye in the middle of the forehead and the same three fingers on the other hand to push the indentation at the middle of the back of the head where it connects to the neck.

You can use the same hand and do it as two moves, but it is important to *avoid moving your hand over your head* to the back of the neck. This strengthens the energy moving

backwards rather than forward. Move your hand *around your head to the back of the head*.

You are strengthening the governing meridian that runs from your tailbone over the top of your head to the top of your mouth and is associated with the central nervous system. The Dennisons say pushing Space Buttons will “facilitate increased nourishment to the brain through the blood and cerebrospinal fluid, nourishment necessary for relaxed, optimal functioning” (1994, p. 28). To start, your hands are already under your collarbone—just move one hand to push in on the Third Eye and then the back of your head to feel more relaxed, centered and grounded.

**Check it out.** You can test this for yourself. The Dennisons suggest quickly running your eyes down three columns of numbers (see below) and then test the strength of a muscle. It will usually test weak.

52	24	87
38	92	62
75	85	33
28	41	29
94	52	76

Then do Space Buttons. Now run your eyes down the three columns and test again.

**5. Breathe.** Use a centered breath in through the nose and out through the mouth. Three of them may work even better than one to help you feel clear and relaxed. Donna Eden says this helps connect Central Vessel and Governing Vessel, Meridians that help give you boundaries to the environment.

**The “Less-Than-A-Minute” Clarity Steps.** The final step in creating this technique was to dowse different possibilities for completing various steps on a continuum to see which one guidance preferred. The method described above is the outcome. That is how the “Less-Than-A-Minute” was created and why we feel confident in recommending it to everyone. Like any habit—*it just takes practice*. After a while you may feel a sense of connectedness that is reinforcing. In the places where you are likely to need it, put up a couple of notes to remind yourself. It’s so easy and so fast that you have no excuse not to make it an important part of your day—do it every morning and as many other times as you feel things aren’t going as they should. You can’t overdo it. Keep your energy field clear and balanced. See how your life improves!