

## Guidelines and Tips on Spring Cleaning

Spring Cleaning (SC) is an exercise you utilize to dispel charge—positive or negative—on any topic, so you can stay connected to your pleasure, which leads to inner guidance and knowing.

Whether we know it or not, we each carry a backlog of emotional charge (either positive or negative), and when not dealt with, we then lash out at ourselves or others.

Spring Cleaning is a non-judgmental space to simply release all the crap so we can get on with our day and our life. It's about being able to get back in the driver's seat and take emotional responsibility for our stuff. You can feel safe to say anything you want, as whatever you and your partner says during SC stays within the sanctity of the exercise. This means that neither one of you will bring up or discuss the content of the Spring Cleaning with each other or anyone else.

### **Ways to Use the Tool:**

- release/clear negative charge so you don't emotionally dump on someone
- release/digest good experiences/events so you can make space for more good
- get clear on a decision, or dig deeper into your truth
- be proactive/preventative (e.g. If you know you have a date or an interview or a family reunion, you can dump charge so you go into the experience clean and clear.)
- Spring Cleaning challenges on topics where you're really plugged in (e.g. 30 days on "Men" or "Money" or "Relationships," etc...)

Note: Spring Cleaning doesn't have to be only for releasing negative charge. Sometimes we can get plugged up emotionally when we're experiencing a lot of good stuff happening. And as Mama Gena says, unacknowledged good turns to shit—so you can spring clean with all brags, you can spring clean about all the goodness and make space for more to come in!

### **How to Spring Clean:**

The format of the Spring Cleaning is scripted. The reason it's done this way is that it helps a woman release the pressure (whether she's the one holding space or the one Spring Cleaning). The script/format allows each of you to relax into the container of the tool.

As for timing, we recommend a minimum of 5 minutes and a maximum of 15 mins. (And hey, if you've only got time for a few pulls, that's better than nothing!)

If you're the one doing the pulls, your job is to act as a neutral, safe space for her to share whatever she needs to share in her pulls. You don't take any of it on. You don't react. You don't have to fix it for her. You simply hold space and ask for the next pull. At the end, you don't talk about it, you don't analyze it. You don't offer your opinion or advice. You ask for a Holy Trinity

instead, to assist your Spring Cleaning partner in getting back into her juice and turn on.

If you're the one Spring Cleaning, your job is to be authentic, to be clear that the purpose of Spring Cleaning is to release energy—not stir it up.

### **Spring Cleaning Script:**

SG1: SG \_\_\_\_\_What's your topic today, and how many minutes would you like?

SG2: I'd like to Spring Clean on \_\_\_\_\_ and I'll take \_\_\_\_\_ minutes.

SG1: Great. Are you ready to begin your spring clean on \_\_\_\_\_?

SG2: Yes.

SG1: Thank you. What do you have on \_\_\_\_\_?

SG2: I have \_\_\_\_\_.

SG1: Thank you. What do you have on \_\_\_\_\_?

This process continues until the agreed upon time is up, and then you let them know they have 3 pulls remaining...

SG1: Thank you. You have 3 pulls remaining. What do you have on \_\_\_\_\_?

SG2 I have \_\_\_\_\_.

SG1: Thank you. What do you have on \_\_\_\_\_?

SG2: I have \_\_\_\_\_.

SG1: Thank you. This is your final pull. What do you have on \_\_\_\_\_?

SG2: I have \_\_\_\_\_.

SG1: Thank you SG\_\_\_\_. This concludes your spring clean on \_\_\_\_\_. It's been an honor and a pleasure to hold space for you. Would you like to do a trinity?

SG2: Yes. Thank you. I brag \_\_\_\_\_.

SG1: Well-bragged!

SG2: I'm grateful \_\_\_\_\_.

SG1: Thank you.

SG2: I desire \_\_\_\_\_.

SG1: And so it shall be, or something even better, beyond your wildest dreams!

Thank your partner and either switch or end the call.

Remember: NO DISCUSSING your Spring Clean once you're done. It's going to feel really seductive to want to get in there and process it, or give advice. Resist the urge. When it's complete, hang up.

### **Spring Cleaning Tips:**

The best way to dispel the most charge is to provide "frames." Example: "Last Tuesday when Sam yelled at me, he really pissed me off," dispels more charge than "I'm so mad at Sam" or "Sam always yells at me."

If you reach a point when you can't think of something to share, instead of stopping or remaining silent, you should say "I am drawing a blank" or "I have nothing to say right now." And your partner will say "Thank you. What do you have on \_\_\_\_?" This usually helps keep the flow going!

If you are pulling and your partner remains silent for a long time, don't stop pulling. Say "Thank you" and keep going for your allotted time. The work still gets done.

If your partner starts rambling and ranting for a long period, she is adding and not dispelling charge. Interrupt and say "Thank you." Then prompt her again. Feel free to prompt a few times if necessary (but only a few) with: "Thank you. Do you have a specific frame?"

If there is an interruption for ANY reason, formally disengage by stating: "I am going to interrupt our Spring Cleaning right now. Is that alright with you?"

AGAIN, do not make reference to the content of the Spring Cleaning during or after the call. Even if your partner wants to. Especially if she wants to. Remind your partner that the contents of your Spring Cleaning are confidential and are not to be discussed.