

The freedom, rite and enjoyment to eat food that is 100% nourishing to my body About 30 hours of pumping	Clear Perception chart	Clear amplification chart	Clear spiritual parasites chart
The rite and freedom to be youthful vibrant and in a young energized body and safe About 80 hours	Clear Perception chart	Clear amplification chart	Clear spiritual parasites chart

**How do I use a chart for clearing?**

Throughout this course you'll find charts in each module with guidelines of what to clear and where it is located in your blueprint. If you are already familiar with muscle testing you can identify what of the clearings affect you in relationship to the issue up for clearing.

You can use the quantum pump technique to clear one by one or you can use the recommended time lines for clearing. The best choice of course is to muscle test is this an issue and how much time would I need to clear it, and than test once you have pump for the allotted time, am I completely clear of this issue. You could also test am I down to zero? However if muscle testing is not in your skill set you currently have, just pump with the intention of clearing the issue for the allotted time. And than move on to the next clearing.