

# L&H MENTAL CLEARING PROCESS

**SIMPLE STEPS TO  
A STRONGER MIND.**



## CREATE MENTAL SAFETY

Mentally place yourself  
in your favorite setting.



## RECALL THE TRIGGER

Bring to mind the stressful  
or triggering experience.



## ACKNOWLEDGE BLAME

State the charges toward  
others or yourself.



## ALLOW THE EMOTIONS

Notice and fully experience the  
feelings without resistance.



## REFRAME IT

What lesson or blessing  
came from it? Find the  
good in the situation.



## PRACTICE FORGIVENESS

Release resentment  
through compassion  
and understanding.



## COMPLETE THE PROCESS

Does this event still have  
emotional charge? If yes, repeat  
the process until it has none.



Clearing one event can surface  
older ones you forgot. Keep  
unpacking until none remain—  
then your bag of stones is empty,  
and you reclaim your energy.