

# The Basics of Mind Clearing 2020

Clearing the mind & developing communication  
for fulfilled living



A standalone course, this is also the first year in the Mind Clearing 3-year Practitioner Training

Suitable for personal and professional development

**30<sup>th</sup> Jan to 2<sup>nd</sup> Feb, 21-24 May, 18-20 September 2020**  
**London, UK**

Classes run 10.00 – 18.00 with a break for lunch.  
The location will be in Finsbury Park and Central London

*There will be an Introduction to Mind Clearing on **26<sup>th</sup> October 2019** at the London School of Capoeira, Finsbury Park, London (cost £80).  
This will be an introduction to the work together with context and some basic exercises and opportunities to ask questions.*

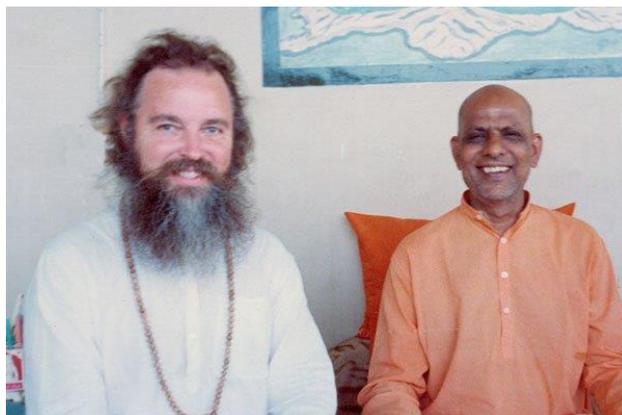
The *Basics of Mind Clearing* will be presented by Alice Whieldon assisted by Dominique Rivoal, Frankie Jaggs and Sally Parham

Cost: £1500, planned payment possible – please contact to discuss.  
£200 non-returnable deposit payable on booking

Contact: [info@living-in-resonance.com](mailto:info@living-in-resonance.com)  
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# Charles Berner Mind Clearing & the Enlightenment Intensive



Mind Clearing was developed by Charles Berner in the 1950s through the mid-1970s and has been fine-tuned by Lawrence Noyes [www.lawrencenoyes.com](http://www.lawrencenoyes.com). For Berner, human purpose is essentially about relating, so getting this right is crucial to being truly alive in every aspect of our existence. Working on a model of the mind best articulated in Patanjali's famous *Yoga Sutras*, Mind Clearing dissolves fixidity and neuroses, freeing us from automatic reactivity to enjoy more fulfilled relationships and success in all aspects of our lives.

Observing that the swiftest progress in Clearing was made by people with a clear sense of who they are, Berner developed the Enlightenment Intensive (EI) format in 1968, to help more people gain this fundamental knowing of the true self that has been the prize of wisdom traditions for millennia. He used the ancient contemplative question, *who am I*, in a Zen-style sesshin, combined with the partnered communication dyad developed by Ava Berner.

The EI quickly became an international phenomenon and has been offered in a wide variety of countries and contexts since the beginning. While Mind Clearing has seen quieter growth, it too is widely taught, gradually gaining recognition as the world wakes up to the value of mindful approaches.

The EI and Mind Clearing belong together and are a powerful combination for self-realisation. Anyone involved in EIs should ideally work with Mind Clearing in order to bring direct experiences more fully into their life and also to process the mind/body material coming up on these intense retreats.

But Mind Clearing also stands on its own as an efficient, focused and intellectually coherent way of dealing with the difficulties of the mind. Its processes enable us to defuse stuck parts of the psyche which manifest as unsatisfactory patterns of being and relating such as victimhood, the suppression of our personal power, depression, repeated patterns of relationship breakdown, guilt and alienation from our true nature.

# The *Basics of Mind Clearing* Course

Working with a partner, using key Mind Clearing processes, participants will explore current problems. This might range from relationship issues to problematic areas such as money, guilt, life purpose and unfulfilled desires.

Participants find joy and relief in expressing themselves honestly and being fully received, often for the first time. For some of us, positive thoughts and emotions can be more difficult to express than negative ones; both are equally heard here.

As we become clearer, we gain awareness of deeper fixed attitudes and whole-body states of being that stand in the way of wholesome, honest relating from who we really are. The processes are a great way to boost self-understanding and resolve old wounds in a supported environment, through structured exercises.

The course (Year 1) combines theory and practice for fully rounded learning. In receiving student sessions, giving supervised student sessions and learning about the mind, you will embody intellectual understanding with practice. Facilitating others by giving sessions also shows us how the mind works from a different angle; in performing this service we reinforce our own progress, undermining the tendency of the mind to descend into victim thinking. In this way, understanding is consolidated and embodied for speedy progress.

The focus of the teaching and learning is on improved communication skills and dealing with basic life problems in a structured way alongside gaining an understanding of how the mind operates so that you can deal with it effectively. We will also practise basic body exercises and touch to help integrate learning and enhance group communication since the emotions are largely identified with the body and will come up in dealing with the mind.

You will come away from the course with tools for dealing with problems and improving relationships and have a better appreciation of the causes of relationship difficulties and what to do about them.

The exercises and principles can, additionally, be easily transferred to other settings and employed to enhance other trainings, therapeutic models and workshops.

To enrol on this course you will, ideally, have some experience of Mind Clearing through individual sessions (for advice on how to find a Clearer, contact LiR). However, if you are interested in this work and have not had this experience, we invite you to contact LiR to discuss your preparedness.

### **The year consists in:**

- An overview of Mind Clearing within Berner's body of work and in the wider context of self-development, mindfulness, therapy and spirituality
- Teachings about the mind, its levels, how it is a problem and what we can do about it
- Practice, through partnered work, exploring and unlocking fixed ideas and developing ability in communication using focused tools
- Working on real-life problems and projects of your own choosing (usually not deeper issues in the first year, though these will sometimes be touched upon)
- Clearing up historical relationships using basic, assisted, communication techniques
- Learning tools to work with others in clearing current problems and improving communication, including basic coaching
- Body awareness and integration exercises to complement and support vocalising and intellectual work
- Practice in small groups between workshops plus online supervision
- You will be given a manual on the mind taken from the lectures of Charles Berner, plus work sheets to take away with you as part of this course

### **This course will be of interest to:**

- Those looking to improve relationships and function better
- Anyone wanting to bring greater consciousness and honest, richer relating into their marriage or long-term partnership (if you wish to bring your life partner you should discuss with us the viability of doing so)
- Those engaged on a spiritual path who want to understand the mind and work on clearing barriers to progress
- Anyone interested in learning Mind Clearing for use in other areas such as mindfulness teaching, yoga, counselling and meditation
- Anyone who has been participating in spiritual retreats and Enlightenment Intensives who wishes to process material arising in these allied practices through a process-based method fully aligned with that work
- Those interested in becoming Mind Clearers

### **Confidentiality**

It is a requirement of participation that confidentiality is maintained. Nothing heard in the group must be shared outside the structured exercises, except within supervision.

### **The Enlightenment Intensive**

Students wishing to progress to the Mind Clearing Practitioner training (which will be offered in 2021, numbers permitting) will be required to participate on an Enlightenment Intensive. This is a requirement of passing the Mind Clearing Training and should ideally be done before or during Year II.

# People

## Alice Whieldon MA PhD SFHEA

Alice trained with Lawrence Noyes in Mind Clearing, as a teacher of Mind Clearing and as an Enlightenment Intensive Master. She completed the EI Senior Monitors' training with Jake and Eva Chapman and Lawrence Noyes. Since 1985, Alice has participated in and staffed many EIs and is well-grounded in Berner's philosophy and approach and committed to disseminating it as widely as possible. She practises Mind Clearing in London and online.



In addition, Alice is a Sei-ki Soho practitioner and presents workshops internationally in this touch-based art. She is an expert at working with the manifestations of mind and emotions in the body and, uniquely, brings this to the Mind Clearing training.

She founded [www.Living-in-Resonance.com](http://www.Living-in-Resonance.com) in 2018 as a gathering point for mindful touch and words and works with a variety of body and word based professionals.

Alice has an academic background with degrees in Philosophy, Theology, Religious Studies and Feminist theories of self. She was Senior Faculty Manager in Arts for the Open University in London for many years and has been an Associate Tutor for the Open University since 1998. She is a Senior Fellow of the Higher Education Academy in recognition of excellence in teaching and learning.

## Dominique Rivoal

Dominique is a French national and qualified in Mind Clearing with Alice Whieldon in 2019. She has completed the Senior Monitors' training for EIs with Jake and Eva Chapman and has staffed a number of EIs.

She has a Clearing practice in London and online and is a Shiatsu and Sei-ki practitioner of many years standing as well as a film technician with Middlesex University.



“Mind Clearing has been instrumental in becoming progressively more explicit to myself and others while belonging to the world. I am currently a PhD candidate, looking at embodied relationships and the therapeutic gaze within the field of filmmaking.”

## Francesca Jaggs

Francesca is a Year 3 student of Mind Clearing with Alice Whieldon and a Sei-ki practitioner. She qualified in Shiatsu in 1994.

She has a rich background in mind and body therapy work spanning 4 decades and including psychotherapy as well as various approaches to the emotions and body.

Francesca sees clients for Mind Clearing in London and online as well as for Sei-ki.



## Sally Parham

Sally and Alice are sisters and were introduced to Berner's work by their father, Tony Whieldon who was a Mind Clearer and EI Master, along with Jean Whieldon, Alice and Sally's stepmother and retired EI Master. Both are committed to continuing the family work.

Sally participated in her first Enlightenment Intensive in 1985 and went on to train as an EI Master with Jake and Eva Chapman. She also completed the Senior Monitors' training in 2018.

She is an Elder and organiser within the Quakers and a counsellor for bereaved children.



# Testimonials

*I have attended Seiki and Mind Clearing workshops with Alice. I love the clarity Alice brings to these subjects. Seiki is about learning to trust the subtle signals, not an easy straightforward concept yet with patience and experiential exercises Alice holds the space beautifully. It is through Alice I then heard about Mind Clearing. I would say it has changed my life so much for the better I think everyone should try it! FJ, London UK*

I knew what it felt like to be counselled.... Mind Clearing offers something more - and fast! ...I sat face to face with Alice ... accepting her steadfast and determined gaze, following her instructions again and again until I put into *words which she fully heard and understood*, the truth at the core of the seminal events and relationships of my life. This was hard work.... But the importance of doing it, the certainty that it was a process that brought its own great reward never left me and stays with me now.

How do I feel now? There is a bigger gap between my individual self and my reactions to people and events.... Mind Clearing has given me a sense that I can work accurately and constructively on my life, not just in Mind Clearing sessions, but all the time.

I'm deeply grateful for the warmth and strength Alice exudes as she took me through this process, and grateful that she has chosen to embrace and refine this amazing way of working with her fellow human beings. PH, UK

*The process of Mind Clearing for me has been by far one of the most significant and useful bodies of work that I have encountered during my seemingly arduous search for what makes me tick and do life in the particular and frequently frustrating way that I do. These processes have enabled me to finally become aware of, or get free from, certain behaviors, attitudes and attachments I have been trying to get at for years. CQ, Florida, USA*

For the first time in my life, I feel heard; and while I am searching within, with the Clearer's guidance, I am blasting out confusion, patterns and buried emotions that keep me down....I am better able to communicate who I am and what I want, and I have much better relationships with others as a result. For me, Mind Clearing is the way forward to a more conscious, worthwhile way of being and living. DR, London, UK

# Connecting Mind Clearing with Sei-ki

Students of Sei-ki will find this course valuable for the following reasons:

- Touch is closely allied with the unconscious, with pre-verbal trauma and the emotions
- It has generally been considered the lowest form of medicine in every culture because it uses no tools, is not generally academic and operates in the space before words
- Touch is associated with women's work and manual work and is thus further undervalued

These associations not only render touch less valuable and less visible than other approaches, but also leads to it being undersold and undervalued by practitioners themselves who inevitably embody these messages themselves as closely woven into the fabric of social meaning.

Those in the field of touch typically struggle to connect with more mainstream approaches in ways that reflect their high levels of skill and understanding at a felt level. They may also be less able than, for instance, their psychotherapy colleagues, to articulate the importance of touch work both to other professionals and clients.

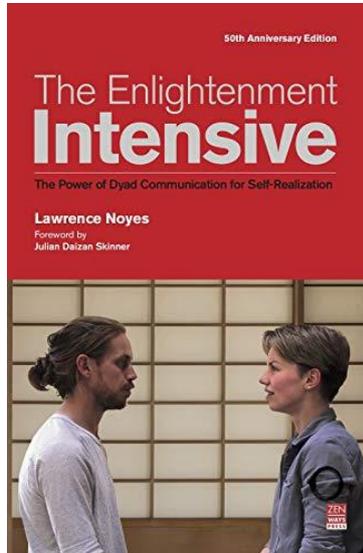
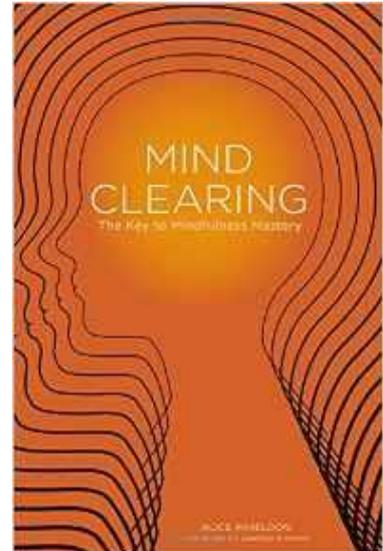
Touch professionals need to get better at all of this, and Mind Clearing is the perfect approach to help. Rooted as it is, in a model of the person that is in line with Sei-ki, Mind Clearing helps us clarify aspects of life we want to examine and shift disabling attitudes as well as help us plan projects. For instance, we might use Mind Clearing processes to put the spotlight on our attitudes to money and the blocks we may have on charging more; we can look at being more articulate about our work and owning it more fully; at selling what we do; at client care and boundaries as well as the difficulties that build up for all practitioners over years of working with people, things we did not get right and people we failed to help.

Clearing these areas, and others, breathes new life into our work and takes it to new levels. This is important, not only for our individual working lives, but for touch to be a plausible, visible offering to society.

Touch is the great unmentioned, untapped panacea and we need healthy, clear minds to compliment and promote it.

## Reading:

***Mind Clearing: the Key to Mindfulness Mastery*** 2016 Alice Whieldon, Singing Dragon, London and Philadelphia



***The Enlightenment Intensive: The Power of Dyad Communication for Self-Realization*** 2018 Lawrence Noyes, Zenways Press, London

***Sei-ki: Life in Resonance, the Secret Art of Shiatsu*** 2011, Kishi Akinobu & Alice Whieldon, Singing Dragon, London and Philadelphia

