

Clean Talk Guidelines

Lover-this energy is about connecting and being in our body. Connecting through *feeling*. The element is *water*. Animal instinct is *bonding*. Lover energy is also where our sexuality, sensuality and creativity live.

In Clean Talk language, (also referred to sometimes as doing a clearing) the language is **I FEEL**. We generally refer to the 5 primary feelings of mad, sad, glad, afraid or shame.

The **MISSPEAK** is to speak a *feeling* as a judgment.

Examples include: I *feel* unsafe. (Unsafe is a judgement. The feeling is probably fear.) I *feel* like you are disrespectful. (Disrespectful is a judgement and the feeling is probably anger.)

Warrior-this energy is about protection, strength and action. Warrior energy takes action. The element is *earth*. Animal instinct is about *territory and being territorial*. Warrior energy is used to protect, set boundaries and take action.

In Clean Talk language, the speaking is around **DATA**. This is what a fly on the wall can see. It is fact and data that is quantifiable.

The **MISSPEAK** is stating *judgments* as data. You don't like me. (This is a judgement. What actually happened? What is the data that could be observed?) You are unfair! (Again, this is a judgement. What actually happened here and what was the behavior that occurred separate from the *meaning you attached to the behavior?*)

Magician-this energy is about detaching and transforming something with a new perspective. Our thinking and ability to see things in a new way live here. Magician energy can also be about playfulness and humor. The element is air and the animal instinct is predator instinct.

In CLEAN TALK language, the speaking is **owning our judgement and opinions as judgements and opinions**. The data may be that I asked you to call me when you got home and when you did not, I made up something about that and attached meaning to it. This is the judgement. (Perhaps that

I am not important to you. You do not want to connect with me or make time for me, etc.) Judgements are not good, bad, right or wrong. The key is to own ***what we make up about something that happens*** as ***our judgements*** about it. The language of Magician is **I Judge**.

The **MISSPEAK** here is similar to Magician in that we speak our ***judgements as facts and data***. If someone does not invite us to lunch, we might say, “You did not want to be with me” or “You do not include people and are selfish.” These are judgements, not data. We do not speak the data/facts or name the behavior as data, we name our judgements as data or simply do not own our judgements or own the meaning ***we attach*** to someone’s behavior.

Sovereign-this energy is about visioning, blessing and receiving and giving support. The animal instinct is ranking~Alpha female and Alpha male. The element is fire.

In CLEAN TALK, we speak **I WANT**. Sovereign energy is in touch with wants and desires and knows how to bless and support self and others around these things.

The **MISSPEAK** in Sovereign is speaking our ***wants as needs***. This is as though we cannot survive if we do not get what we want. The Sovereign part of us is able to ask for what we want, but know that we may or may not receive it from another and this is okay.