

Clearing Questions: **BREAKING THE FACES** ^{OF} *DISGUST*

1. Where have I learned to feel disgust toward my own body, its needs, or its changes?
2. Where have pleasure, touch, or desire become linked with shame or contamination?
3. What part of me still believes that wealth or ambition makes me impure or greedy?
4. Where do I secretly blame or reject my body for its symptoms or fatigue?
5. Who or what in my life triggers disgust – and what unhealed wound might it point to?
6. Where have I absorbed disgust toward the masculine or feminine – in others or in myself?
7. Where do I recoil from my own power, visibility, or influence, as if it contaminates me?
8. What part of myself do I find hard to face, touch, or forgive?
9. What ancestral story carries unspoken disgust – secrets, shame, dishonor – that I'm still loyal to?
10. Where do I see disgust being used to divide people, and how do I unconsciously join that narrative?

Clearing Statement

Everywhere I have felt, absorbed, inherited, or projected disgust – toward myself, others, life, or any aspect of creation – I now acknowledge, release, and delete this energy across all levels of consciousness, time, and lineage.

I allow purity, dignity, and discernment to replace the charge of disgust.