



A BEGINNER'S GUIDE

Your First Drop

Four practices to begin finding emotional clarity — starting today.

By Effie Makri · The Clear Drop Method

WELCOME

A Note Before You Begin

You don't need to be in crisis to benefit from this. You only need a quiet moment and a willingness to try something different.

This guide is a taste of the Clear Drop Method — a contemporary approach to emotional freedom that draws from the Sedona Method™, Buddhist and Taoist wisdom, and the compassion practices of metta and tonglen. The central insight behind all of it is simple: *we are not our emotions*. We are the sky, not the weather. Once you feel that distinction — even briefly — everything begins to shift.

"Like a clear drop of water that reflects everything while remaining essentially unchanged — this is not a poetic aspiration. It is a description of what you already are, beneath the noise."

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PART ONE

You Are Not Your Emotions

Have you ever said "I am angry" instead of "I feel angry"? In that single word — *am* — lies an enormous amount of unnecessary suffering. When we identify with an emotion we carry it forward, build stories around it, and suffer far more than the original feeling ever required.

Beneath the constant movement of thought and feeling, there is something that remains untouched. Clear. Present. Free. You are that — not the weather, but the sky. The goal is not to eliminate emotions but to hold them with an open hand rather than a clenched fist. To let them pass through rather than accumulate.

PART TWO

The Clarity Inquiry

The Clarity Inquiry is the core releasing practice of the Clear Drop Method. It is a two-movement practice you can apply to any emotion — from mild discomfort to intense distress. You are not trying to get rid of emotions; you are simply loosening your grip on them, allowing them to pass through rather than accumulate.

Movement 1 — Acknowledge

"This feeling is here. I don't need to fix it or flee from it."

Simply name what is present, without judgement or urgency. Naming the emotion without resistance is itself the first act of release.

Movement 2 — Open

"Is there space in me for this to simply pass through?"

This is an open, genuine question — not a command. Both "yes" and "no" are valid. The question itself shifts your relationship to the emotion from struggle to curiosity.

Repeat both movements as many times as feels natural. Over time, the Clarity Inquiry becomes less a formal practice and more an inner posture — a way of meeting experience that grows increasingly effortless.

PART THREE

The CLEAR Technique

A five-step micro-practice for any moment emotions intensify. It takes under a minute and can be done anywhere — in meetings, conversations, or quiet moments alone.

- C Center**
Take one conscious breath and arrive fully in the present moment. Not the conversation you just left — here.
- L Locate**
"What am I feeling right now?" Name the emotion without judgement. Naming creates a small but important distance.
- E Embrace**
Welcome the emotion without trying to change it. Let it be here. This is acknowledgement, not approval.
- A Allow**
Apply the Clarity Inquiry: "Is there space in me for this to pass through?" Not forcing. Just opening.
- R Radiate**
Extend care outward. Whoever else may be feeling something similar right now — offer them a silent wish for ease.

Anchor CLEAR to natural transitions — entering a room, sitting down to a meal, picking up your phone — so it becomes effortless habit rather than another task.

PART FOUR

Your Morning Practice — 15 minutes

This practice sets the tone for everything that follows. There is nothing to perfect, no silence to achieve, no state to reach. It is simply a deliberate beginning.

Step 1 — Intention Setting · 3 min

Sit quietly and connect with your deepest intention for the day. Ask: *"What do I most want to cultivate today?"* Notice any attachment to outcomes and breathe space around it. Close with: *"May my clarity today contribute to the wellbeing of all."*

Step 2 — Emotional Landscape Scan · 7–10 min

Gently survey your emotional state without judgement. For each feeling you notice, apply the Clarity Inquiry — Movement 1: *"This feeling is here. I don't need to fix it or flee from it."* Then Movement 2: *"Is there space in me for this to simply pass through?"* You are not trying to clear everything — just loosening your grip.

Step 3 — Expansion Practice · 5 min

Cultivate genuine care — first for yourself, then outward. *"May I be at peace. May others be at peace."* Then breathe space around the need to be the helper: *"What would it feel like to stop needing to fix anyone?"*

"Every moment offers a fresh opportunity to begin again. The method works through consistency rather than intensity, through gentleness rather than force."

WHAT COMES NEXT

This guide is just the beginning. One-to-one sessions are available in person and online, in English and Greek.

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