

The Love Clinic



the energy secrets of love, sex and relationships

Sandra Hillawi

Gosport, UK

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Sandra Hillawi, a leading teacher of energy psychology, has written a wonderful book—a true inspirational manual on attracting, expressing, and nurturing love. With many clear illustrations, she describes in detail how to use EmoTrance, a remarkable and simple method of working directly and deeply with the felt energetics of emotions and thoughts. It is all too easy for human beings to become lost in concern with the content of our thoughts and feelings, failing to notice how these are expressed in our bodies and the energy field within and around us. Once we focus instead on these energetic aspects, the distress simply softens, melts, and flows away. Comparisons may be made with the popular mindfulness variants of contemporary cognitive therapy—but EmoTrance takes this many quantum steps further, resolving problems often in seconds that would take much longer using current conventional methods. Sandra’s book is authentic, rooted in her own experiences and those of her clients. She tells of her journey, through EmoTrancing the obstacles deep in the energetics of her own beliefs and fears, to release her capacity to give and receive love—and to find her own soulmate. It is a lovely book, beautifully written from the heart. Sandra Hillawi ‘walks her talk’—and her book is a gift.

*Phil Mollon PhD, Clinical Psychologist and Psychoanalytic Energy Psychotherapist.
ACEP Consultant in Comprehensive Energy Psychology, Herts, UK*

I am thrilled that Sandra Hillawi has taken it upon herself to make the latest research in energy work available to everyone. There is so much need for people to heal from their experiences with love, which have often been so much less than perfect. What is even more delightful is that Sandra shows us that what we have experienced in the past does not need to limit us for the future. I for one am extremely excited by the possibilities outlined in *The Love Clinic*, and have found Sandra’s way of working with emotional pain to be logical, approachable and surprisingly easy. This is a book I would highly recommend to anyone who wants and needs more love in their life—and that would be the whole world.

Nicola Quinn, Reiki Master, UK

Buy this book. Feel the energy of the Sun flow through you. Let Sandra’s clear instructions teach you how to learn to rest in the arms of the one that loves you best....You! I loved the bit about transforming tears, that’s entirely new and such a relief! Such clarity of language, and deep understanding of the subject. Really really love it! A gorgeous and talented writer. No gimmicks, no hassle.....just resolution and well being...priceless....no, really, BUY THIS BOOK!

B. Salmon Hawk, MD Life Solutions, Herts, UK

What a book!! What a book!! What a book!! What a book!!

This book will show you how the human spirit is as magical and beautiful as a flower. Once you start practicing EmoTrance, You will touch your glowing beauty...You will smell your growing charm...You

will see your bright magnificence..You will listen to your sacred music..You will walk your own heroic journey..all before your eyes..all before your eyes. I have to step back and bow and say God bless you Sandra...God bless you...

Dr E Sherif, Toronto, Canada

I loved this book! It arrived whilst I was still hurting from a recent break-up and was a God send. To people completely new to the concept of energy flow this book is so accessible. My ex had found someone else. The Love Clinic helped me release the hurt, anger and blame in my body and now I am only grateful, that he has released me from a destructive relationship that I would have found hard to leave and given me a golden opportunity to move forward in my life. I then used other chapters to attract a new man into my life. This is an absolute handbook for all stages of relationships. Thank you Sandra...for giving me the opportunity to remember IT'S ONLY ENERGY!!!

K.Oakley, Residential Care Worker, Shropshire, UK

What a great book. Even though we were on the original training together and that made an historic difference in both of our lives, I feel this book has much to offer both people new to personal development and existing practitioners alike with its wealth of experience since that time. I loved the simple and clear way you explain the whole energy concept and EmoTrance and generously offering various exercises giving opportunities for personal growth to all.

The personal success stories and exercises, makes a very important esoteric principle a very easy and fun read for all. I loved working with some of the exercises and am still glowing from the last one I did.

I love it, will read it again and expect to gain even more from it this time.

K.Baker, Reflexologist, Hants, UK

Sandra has put together a refreshingly simple guide making emotional freedom a genuine and achievable reality.

S.Bishop, Hypnotherapist, NLP Master, Berks, UK

Both gripping and enjoyable. Applying these concepts dramatically changed my life.

C.Brown, Driver, Fareham, UK

I enjoyed this book so much, once started is very hard to put down. Sandra's writing does keep you captivated.

C.Mansfield, Naturopath Middlesex, UK

John Lennon wrote 'Love is all you need'. Sandra so simply and easily shows how this can be achieved. Let the energy flow.

C. Davies, Retired Civil Servant, Hants, UK



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About The Author

*S*andra Hillawi lives in Gosport Hampshire with a second home in Cairo following her recent marriage to her Egyptian husband Khaled. She is one of the UK's leading voices in the rapidly growing field of energy psychology following a number of years of private practice and teaching hundreds of workshops in the UK and internationally. She started out with a BSc Hons Physics from Manchester University and a first career in Computing and made a radical change to Natural Healing following training as a Master Herbalist and Colonic Therapist in 1998. After her introduction to EFT in 2000 and EmoTrance in 2002 her subsequent interest in stress, the mind-body connection and emotional and spiritual health lead her from there to establish her career in energy psychology where she is now a recognised teacher and an engaging speaker in the field.



Acknowledgements

Firstly, I would like to acknowledge the Great Designer of this Creation, that created us as miraculous spiritual beings with the potential for great love and great joy when we follow the simple principles of the Even Flow.

Secondly, there are many pioneers in the field of energy psychology whose work has influenced me and helped to me to effect positive change within myself and subsequently with others. In particular I would like especially to acknowledge Dr Silvia Hartmann whose creative genius has been the inspiration and catalyst for much of my own personal growth and professional development over the last few years. Dr Hartmann's gift of EmoTrance for transforming emotional energy, understanding the human spirit and how we function in relation to the Creation that we are a part of has been the start of a great wave of healing, change and growth in consciousness of the energy dimension.

Thirdly, I would like to acknowledge my dear friends, colleagues and clients who contributed to this work by their personal experience and by their time in reviewing the manuscript of this my first book, Steve Bishop, Margarita Foley, Clare Brown, Kathie Oakley and not least my very dear friend Baya Salmon Hawk. Baya's facilitation, love and patience in helping me transform my own emotional energy over the last few years as my ET buddy, has helped me to heal, to overcome, to understand, to transform and has been an integral part of my personal and professional path, not to mention helping me overcome a year's procrastination about writing the book.

I want to thank my family for being who they are, for their support kindness despite how challenging my way of life is to them, and for challenging me to grow in patience, compassion and humility. And my dear Egyptian friends Esam Radwan and Mohamed Mahran who live and demonstrate human kindness and generosity of spirit far beyond any western ideas of love and friendship, and who have taught me so much about the possibilities and the greatness of the human heart.

Finally, I want to thank God for the beautiful spirit Mohamed Salama, also known as Khaled, who is my dear and beloved husband. Thank you Sweetheart for your unconditional acceptance, for knowing and understanding me, for your pure heart and, in spite of enormous challenges, for demonstrating your love and care for me in every aspect of your life in thought, word and deed. You have taught me so much and without you this book would not have come into existence. I love you and will love you till the end of my life.

This book is dedicated to you my Sweetheart.



Forward

By Dr Silvia Hartmann

What is YOUR experience of love? Honestly, now. Are you disappointed? Were you hurt? Were you left confused, in pain, in turmoil by the power of love—or was there just never enough of it, or never the right kind, at the right time for you?

If any of that rings true to you, welcome to human race, my friend.

I've certainly had my share of love problems over the years.

On the one hand, you crave love like nothing else, and nothing else will do—we can eat and drink, we can sport and hobby, we can bury ourselves in work and keep ourselves occupied with rituals, repetitive tasks or poetry, for that matter—this is a hunger that never goes away.

Let's face it—we human beings were MADE FOR LOVE.

Then why is there that other hand?

That side of the coin where love hurts more than words can say, where loss of love brings you to your knees, where rejection, disinterest, random words spoken can rip your heart apart in an instant?

The truth is that we did not understand what love was.

We could feel it in our bodies, and we could feel the effects it had on our thoughts and how we would act, but no-one taught us how to do love right.

No-one knew!

But here's the good news.

We have had for the past five years a new definition of the workings of love—one that is simple, profound and actually true.

We know that it's true because it works.

It works for young children, middle aged academics, teenagers, and grandmas; it works for soldiers, check out assistants and artists, and it even works for nuns. It works for Rabbis too—it has nothing to do with philosophy or with religion, there's nothing New Age about it—the new definition of love is simply the result of my life's work of observing how people really work, what really goes on with them, and then making a map of this which includes the energy system as a part of the body by definition.

We call this new map "EmoTrance", but that's not important here.

What "is" important is that we finally have a WORKING TOOL for our love problems.

Working with the energy system allows us—every single one of us!—to understand what's going wrong, and more importantly, have a way to fix it, so our love circuitry works as it was designed to work in the first place once more.

In this excellent book, First Generation EmoTrance Trainer Sandra Hillawi, who has worked with love and relationship problems as her speciality and who has helped so many people find a whole new delight in love and loving, giving and receiving this wonderful nourishment each one of us absolutely

needs not just to survive, but to thrive in this world, explains to us in simple terms how we can use these new maps to literally transform our experiences of love.

Some of us may be immediately drawn to healing the old hurts and pains that still exist within us and that make every day a burden, rather than a wonderful new beginning.

Some of us may be drawn to the promise of reaching forward and making our existing relationships as deep, profound, beautiful and inspiring as we had always hoped that they might be.

Some of us may be hoping deep inside that the knowledge in this book will give us a chance to really find true love—just once, just for one moment, before we die—PLEASE!

For all of us who come with our own love problems and love questions, here is the Love Clinic. It is open and you can come inside, learn something new and be inspired by the examples from many people of all ages, all religions, from all around the world, who have found that this way of working can give them back control over their love life in a way they never dreamed.

Love isn't supposed to be difficult.

Love isn't meant to be hard.

Love was never designed to be painful.

Love is the most wonderful thing we can ever experience, giving and receiving, it makes life worth living, love IS what life is all about!

This book will let you in on the REAL energy secrets of love in all of its many splendoured ways and will give YOU what you need to make YOUR love life SPARKLE.

Wishing you joy beyond joy,

Dr Silvia Hartmann

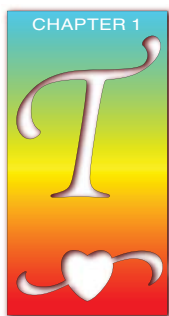
Creator, EmoTrance

Author, *Oceans Of Energy*

SECTION 1

Introduction





The Problem With Love

For most of us, relationships are not only the source of our deepest joy and happiness, but also our deepest stress and pain when they go wrong or they end. They start off well: we fall in love, life is wonderful, somebody loves us, and then things go wrong. Little hurts, lack of consideration, jealousy, insecurity, demands of work and pressures of life that cause us stress or take us away from our relationships, so we seek solace elsewhere when we don't get it at home. Or we actually dare to open up to someone and let them in, old wounds get triggered—the beloved is gone and a monster appears! We are faced with challenging behaviours that we don't know how to handle. We react in anger; words hurt. We close down and lose that loving feeling. Our relationships can go stale and behind those walls we are starving for love. We might fear opening up again. The phrase, “Once bitten twice shy” keeps us safe, but safe in what kind of existence? Life is ok, but it's not ecstatic—and yet it could be. And as for rapture, feeling that great? What is that? Is it beyond our experience? Yet, it could be your experience, very soon.

Apart from our romantic relationships there's family, friends, work and community life. Life happens, we get stressed, we speak and act from emotion, throw a tantrum. It's hard to handle for those around us; we lose our connection. Differences in lifestyle, sexuality, going through major life changes and transitions, changes at work, can all challenge our relationships leaving us feeling unsupported, unaccepted or misunderstood, vulnerable and unloved.

We all want more love in our lives. Let's face it—it is just the best feeling. We want to feel great, we want to feel loved. To truly love and be loved by another human being is one of life's most precious gifts. So why is it so elusive?

And if we were in love, how did we lose that love? If we haven't yet discovered love, why might that be? How can we attract or create more love in our life? And while we are asking, what exactly is love?

This book is about understanding negative and positive emotions. It's about understanding and transforming emotional energy. Transforming the pain, hurt, sadness, anger, fear, sadness, jealousy and neediness that gets in the way of joy, happiness, compassion and love. It's about being able to open up, feeling, letting people and life in, experiencing it fully and then letting it go. Really experiencing fully, and handling all that that entails beautifully, deeply, richly. It's about being in flow. It's about real deep nourishment of the heart and soul—whatever relationship we are in.

But before we can do all that, we need to understand more about our emotions, our energy system, the concept of flow, interruptions to flow and what we can do about that. A simple understanding and awareness can transform our lives and relationships creating all the love we desire. It's the simplest things that are the most profound. It's all about energy.

So herein lie...



The Real Energy Secrets of Love and Relationships

The secrets lie in the most simple, natural, elegant, profound and powerful system for transforming your emotional energy and restoring your natural state of being, which is love and joy.

This book will show you how. This book will not only show you, it will teach you and train you in the basic knowledge, understanding and awareness for feeling more love in your relationships with others, with yourself with your audience, with God—in fact with anything. From romantic love to spiritual love we will explore and release the problems which interrupt our flow. This book will train you in how to do this. It's a book for healing and transformation.

I was 38 when I found this knowledge, and started to apply the principles in this book. Until then I didn't know how to do that. This has been the single most important discovery in my life and has brought me the most important things in my life, and not just in my relationships. It has shown me how to transform my experience of life from the ordinary to the extraordinary, from just ok to deeply nourishing. It can do the same for you.



Getting the Best From *The Love Clinic*

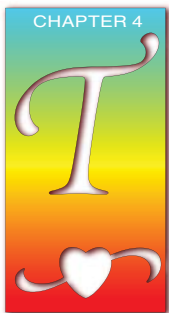
This book can be read from end to end or you can dip in and out at the chapters of interest. We start with the basics about energy, understanding emotions and how to transform emotional energy. Make sure you read the basics and do some of the practice exercises, which will help you to become fluent in the simple technique and at the same time you will explore how your energy system works and how you function as a person in relation to your environment. Doing the exercises will actually create real changes and transformation in you and your relationships. Start with basic practice exercises and progress through the exercises in the rest of the book, which explore different problems that arise in relationships in addition to attracting the relationship you want, and will help you to create the changes that you are seeking.

The book is designed for self-help, but also to encourage awareness among your circles of family, friends and colleagues so that you can assist each other along your personal development paths. Encouraging your friends to read this book is therefore a great idea. Some of the exercises are actually easier with a partner plus you can share with each other how things are changing for you as well as developing your own support network. After many years of working with these self help techniques I still work with my friends. There are still times when the energy of another person can not only make a huge difference, but also creates the opportunity for both the giving and receiving of healing and transformation, which is both a joyful and satisfying exchange and experience, enriching our friendships. There are also times when it is advisable to contact a qualified practitioner and this will be pointed out through the book as appropriate.

How the subtle energy system—our spirit person—interfaces with our physical body and brain creating the hormones that make our emotions or instructing the nervous system to contract or relax our muscles or to increase blood flow is not the subject of this book. Scientific understanding is growing and good books exploring the physics of healing and the biology of emotions and the mind-body connection are *The Field*¹ by Lynn McTaggart, *Molecules of Emotion*² by Candace Pert and *The Biology of Belief*³ by Bruce Lipton.

I have included personal stories of my clients, my friends and myself throughout the book and many more in a separate section at the end. The stories give life to the concepts and principles at work and show how real people make real changes to create what they wanted following the transforming of their emotional energy. All the stories used in this book are true though all names have been changed to protect anonymity unless the source has specifically agreed to be named. I hope you find them inspiring and enlightening at the same time.

This book is about practical simple ways to create more love, happiness, and joy in your relationships, and in your life, working by yourself and working with a partner. Information about further resources available to you, such as qualified practitioners and workshops are at the back of the book. So let's begin.



Totally Transforming Emotions

Recent developments in the field of energy psychology give us a new model for understanding emotions, where they come from, and how to deal with them. Our emotions arise as part of our human response to life experiences, but we now understand that emotions are a direct feedback response of the state of the body's subtle energy system.

We are spiritual beings. We have an energy system. As we respond to life, what people say and do to us, what happens, what we experience, all this is energy being processed in our energy body, by our spirit person. Just as our body has organs and channels for digesting the food we consume and extracting nourishment from it and releasing the wastes, our energy body or spirit person has energy centres and systems for handling the energies of life. Systems for deriving nourishment from those energies and for releasing what we don't need. Our experiences of those energies of life arise from the processing and flow of these energies in, through and out of our energy system. We don't just experience something in our brain, we also feel it in our body, like a kick in the stomach, a thump in the chest, a heaviness on the shoulders, or a thrill of excitement, a rush of warmth. These are real physical sensations. These emotions arise from states of flow or blockage in our system.

All of life is energy. All sights, sounds, fragrances, objects, what comes from people, words, songs, our environment, nature, the sun, stars, our own body—it's all energy. We are constantly interacting energetically with our environment.

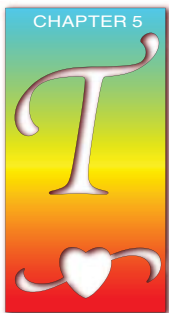
Our energy body or spirit person is designed to handle, process and derive benefit from all of these natural energies.⁴ As we take those energies in and experience them; when all is flowing in our energy system we get positive emotions: acceptance, understanding, enrichment, clarity, peace, happiness, compassion, joy, excitement, delight, rapture and love. This value and benefit that life energies bring us, we call energy nutrition.

When we don't handle life so gracefully, maybe because we have so much to handle or we are faced with a huge life event, such as a loss or trauma, these energies build up in our energy system causing a disturbance or blockage. Life continues to pour in, energy building upon more energy. This energy disturbance starts to hurt; to cause us a pain in the chest, heaviness in the shoulders, tightness in the stomach or the head.

This energy build-up or disruption to healthy energy flow is now known to be **the actual cause** of our negative emotions.

All emotions, such as anger, guilt, pain, hurt, fear, shame, jealousy, anxiety, sadness, loss and worry, are accompanied by a physical sensation: pressure or pain in the chest, head, stomach, etc. This physical sensation is the location of the blocked energy. And while this energy is blocked, just like we have undigested food sitting in our system, which can disrupt the proper functioning of our physical body, so this energy blockage disrupts our spiritual functioning. We are emotional, we throw a fit, we blow

a fuse, we are hurting. Meanwhile, just like our cells are not getting that nourishment because its still trapped in our digestive system, our spirit is not getting the full benefit of that particular life experience, the enrichment, the nourishment, the learning, the strengthening that is available when the energy of life can flow freely through and be released out.



The Discovery of EmoTrance—How It All Began

Fr Silvia Hartmann, a great pioneer and researcher in the field of personal development and energy healing in the UK, observed this phenomenon in 2002. She was chatting with her friend Nicola Quinn who was having an emotional rant about her boyfriend and complaining how much she was hurt by how he was treating her, and in particular, what he had said to her. It was actually hurting in her solar plexus, a real pain. Wanting to get past the wining to talk about something more interesting, Silvia asked, “Well, what can we do about this pain? Can we do something to release it? Where does it want to go?”

Nicola focussed on the pain and asked it, “Where do you want to go?” And the pain shot up, whooshed up and out of her head and she started laughing. It was gone. “Say those words to me again,” she asked Silvia, to see if they would now hurt. The feeling again whooshed up and out of her head. The whole impact of what her boyfriend had said was gone, and she just laughed. They thought wow, that’s interesting, and Silvia started to send more insults to Nicola. Noticing where the feeling came in, asking where it wants to go, the same thing happened. Then Nicola started to send insults to Silvia, but nothing happened. What they didn’t know right then was that Silvia had strong barriers to that kind of comment. So instead, Nicola started to compliment her, called her a creative genius, and how wonderful she was.

“No, no; stop, stop,” cried Silvia. “I can’t take that, it hurts.” Their experiments went on for an hour or so, paying attention to where that energy landed, softening the feeling and asking where does it want to go until they were so energised by all that they were doing and could handle all kinds of comments.

And so EmoTrance was born. The realisation that the negative emotion, anger, hurt and its accompanying physical pain was nothing more than an energy. By simply paying attention to that energy and where it was located in the body with the intention for it to soften and release, the energy flow was restored and with that flow, positive emotions were restored.

Other pioneers had discovered that energy disruptions in the body’s subtle energy system were the cause of our negative emotions. Powerful transformation techniques such as TFT developed by Roger Callahan,⁵ EFT by Gary Craig⁶ and TAT by Tapas Flemming,⁷ and many others, all work in various ways to release this energy and so create emotional freedom. They work by tapping or holding various energy release points, acupuncture points, on the body, whilst tuned in to the distressing thought. Respected scholars and professionals such as Dr Phil Mollon⁸ with courage, vision and dedication to education and healing have helped to bring these new tools into the more established psychoanalytic field through articles, books and training. Other great tools we have, such as NLP and Creative Visualisation all manipulate this energy at a higher level. All these are effective and powerful, but none were as simple, natural and easy as this.

With EmoTrance there are no tapping sequences, eye movements, steps to follow in a process, talking, revisiting old memories, clever visualisation or mental techniques. It is just simply to recognise that **what**

we feel is energy, all energy and only energy and that the energy disturbance causing the emotional distress is located where the accompanying pressure or pain is, so we simply ask ‘where do we feel that in our body?’ We pay that energy some attention, and with the intention for it to soften, the energy starts to flow and to release. That is all that is required. This is the fundamental energetic level underlying all those other techniques. We were now working directly, purely and simply, with the body’s energy system.

Little did Silvia and Nicola know of the magnitude and impact that their discovery would have and how this simple most natural process was going to transform the lives of thousands of people around the world. EmoTrance was launched in the UK at The Commonwealth Institute, Kensington, London in July 2002 by Silvia Hartmann. I was privileged to be among the intrigued, but sceptical audience at that launch event.

EmoTrance is simply shorthand for **Transforming Emotional Energy**. Why isn’t called EmoTrans? No other reason than the domain name was already taken, so EmoTrance is what it became. It’s nothing to do with hypnosis, or going into a trance, although it can create states of relaxation as we focus our attention and the energy gently releases.

With EmoTrance, when faced with an emotional problem we simply ask ‘where do I/you feel this in my/your body?’ and then we use our intention to soften the energy. As it softens it starts to spread and flow through the body. We have physical sensations such as warmth spreading, coolness flowing, tingling as the energy releases. Once the energy disturbance is released and energy flow restored we feel positive emotions, which arise from states of flow in the energy system.

It’s a very simple and very natural process. You can do it for yourself. You can assist someone else to release some emotional energy with EmoTrance. You can use it in your professional practice, standalone or integrated into other therapies. You can use it at work; you can do it anywhere and with anyone, on a boat, plane, in a restaurant or at a party, (some of my best healing stories have come from these places!) as it’s just like having a conversation with someone. People of all ages can benefit—even children, who can feel a pressure or pain in the body, but don’t know how to verbally express their emotions. Releasing a problem with EmoTrance is content-free, which is also a blessing when releasing painful memories; we don’t have to regurgitate all the details, cry buckets and need a whole box of Kleenex!

EmoTrance is about real healing that really works, based on actual reality. The person in pain knows when the problem has gone—they’re not in pain anymore. What’s more, that pain is replaced by a happier state and physical relaxation or even a thrill of excitement as a positive energy whooshes through their system. Silvia Hartmann’s *Oceans of Energy*⁴ is a great text book on the subject together with the sequel *Living Energy*.⁹

Once we start to apply EmoTrance for transforming emotional energy, we not only release the pain of negative emotions, but we start to experience and learn from real highs that life can give us. The energy of life and people can now flow freely and unobstructed through us, reconnecting us with the world. When we start living more fully, feeling even more alive, daring to really experience life—not just in our head but in our open heart, deep in our whole being—our experiences enrich our soul. As we open up and allow ourselves this nourishment of life and relationships we have more energy, and we become lighter and brighter; more ‘attractive.’ The Universal Law of Attraction⁹ starts to work for us whenever we want. As bright spirits nourished and shining in our own right we are in a wonderful place to give and to share the best of ourselves with the world and the people around us.

We are now five years on and EmoTrance and its pioneers have matured in their understanding of our energy world through experience in the field and further research. Let’s look now at the basic principles of transforming emotional energy, or EmoTrance.

EmoTrance – The Basics

1. In addition to our physical body, we have a spirit body or energy body, with an energy mind, heart, digestive system, elimination system, hands etc.
2. Our spirit body or person is designed to **handle, process and derive nourishment and benefit from all naturally occurring energies**: from people, nature, plants, music, the weather, etc.
3. There are no good or bad energies—just energy.
4. The experience of ‘good’ or ‘bad’ is down to how ‘we’ are handling that energy in our energy system at this moment.
5. Emotions are a direct feedback response of the state of the energy system—nothing more.
6. Negative emotions indicate blockage, injury, disturbance, deficiency.
7. Positive emotions indicate flow states.
8. We ask ‘where do we feel this pain or injury, show me with your hands?’
9. We heal these energetic injuries by using our thought, or more precisely, intention.
10. We simply pay attention, say and think ‘Soften and Flow’ and the energy softens and releases through and out of the body.
11. We follow it until it’s all released.
12. We test that it’s all gone by returning to the original problem and repeating the process.
13. Having released the energy disturbance we have transformed the negative emotion and pain to a relaxation and calm or even fun and delight.
14. We call the natural state of our energy system ‘The Even Flow,’ resulting in positive states of happiness, joy, acceptance, thrills of delight, high energy, clarity, compassion and love—the natural states we are designed to experience.