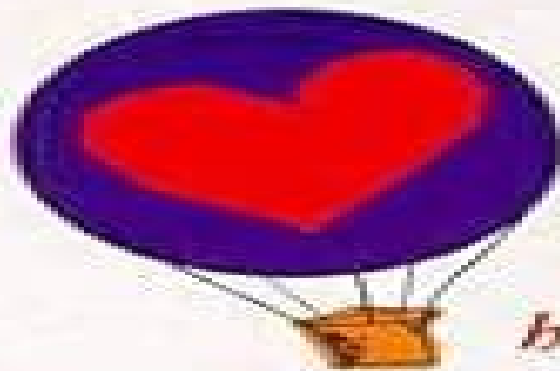


emotional clearing



*Releasing negative
feelings and
awakening
unconditional
happiness*

john
ruskan

How to *practise* emotional intelligence

Emotional Clearing Releasing Negative Feelings Awakening Unconditional Happiness Q

Mantak Chia,Dena Saxer



Emotional Clearing Releasing Negative Feelings Awakening Unconditional Happiness Q:

Emotional Clearing John Ruskan,2003 In this ground breaking work John Ruskan focuses on the vital but often misunderstood issue of emotional healing and growth on the path to higher consciousness He presents a revolutionary synthesis of Eastern and Western psychological principles resulting in a profound system of spiritual self therapy that can touch and transform all levels of your being *Emotional Clearing* John Ruskan,2000 Turning Western psychology inside out this groundbreaking book shows you how to release negative feelings once and for all After years of teaching his Integrative Processing Therapy technique John Ruskan explains his revolutionary and highly successful self therapy designed to enable personal happiness and fulfillment improved health and relationships and growth on the path to enlightenment With an emphasis on feelings as they are happening right now Emotional Clearing presents a guide to inner work for experiencing and accepting feelings and finally releasing them Contrary to the Western philosophy in which the expression of feelings is the route to their clearing Ruskan shows how talking about and acting out negative feelings do not ultimately provide relief In fact these activities can reinforce the very feelings you wish to resolve Emotional Clearing teaches you how to get past incessant thinking and reframing of emotions and get to the core feelings underneath It presents an enlightened program for taking responsibility for feelings opening to them and experiencing them fully in order to have them cleared from the subconscious where they have been building and causing havoc Combining the Eastern spiritual healing principle of acceptance with the Western idea of the subconscious Ruskan s theory is a radical departure from the Western paradigm that negative feelings must be disposed of actively Covering topics such as feeling through the body the centers of consciousness and addiction direct experience transformation practical inner work and breath work Emotional Clearing will help you integrate your emotions and achieve the functional and spiritual goals you ve only wished you could attain Emotional Clearing John Ruskan,2011-12 In this ground breaking work John Ruskan focuses on the vital but often misunderstood issue of emotional healing and growth on the path to higher consciousness He presents a revolutionary synthesis of Eastern and Western psychological principles that will empower the reader to release negative suppressed feelings and end the havoc they can cause transforming all levels of their being *DEEP CLEARING* John Ruskan,2021-03-14 Negativity is rampant in the world but it will most severely affect you when you harbor negative energies within If you are clear on the inside the outside can t touch you Inner negativity is trapped in the subconscious and becomes known to us as painful feelings and emotions Based on a unique synthesis of humanistic Western psychology and Eastern mindfulness principles the DEEP CLEARING program activates your Feeling Emotional Enlightenment Level empowering you with a feeling based holistic self therapy process that will clear the subconscious release negative energies raise your vibration and spontaneously shift you into authentic unconditional joyfulness and higher transcendental consciousness Bulletin of the Atomic Scientists ,1970-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments

that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world Healing Feelings Geri O'Neill,2015-05-12 Behind the face we show the world is a hidden self the home of repressed emotions negative programming fear guilt and grievances This dark energy casts its shadow on the body and the world dictating thoughts emotions behavior and experiences Only by making the unconscious conscious bringing the darkness to the light can our True Self be revealed HEALING FEELINGS explains How our life force gets stifled and twisted Why the Law of Attraction often backfires How the present shapes the past The cause of passion and addiction How victims become victimizers and much much more HEALING FEELINGS provides techniques for detecting unconscious blocks and dismantling them It is a pathway to our True Self the source of the love light and happiness we all yearn for

Emotional Healing and Happiness Handbook M. Gordon,2016-05-15 What is Emotional Freedom Is it feeling free of hurt from previous painful experiences Is it just expressing yourself freely without fear of judgement Is it feeling comfortable with being who you are Imagine being immune to negative comments What if you could be calm and centered no matter what stressful events were happening around you How would life be if you felt peaceful instead of anxious all the time Imagine having wholesome nurturing relationships that gave you a deep sense of love and or belonging This is emotional freedom This book takes you through a transformational journey to happiness and serenity a place where negativity naturally cannot survive No matter how stressed you feel right now happiness and peace is right around the corner You can change how you feel about the events in your life You have the ability to release yourself from anxiety depression fear and anger and instead feel like YOU are the one in control of your happiness This book helps you map out and understand how you interpret the events that happen to you in your world Whether you feel pain around certain current or previous events or have trouble with relationships you can completely transform how you allow them to effect your life Learn how to identify the most powerful negative emotions and what creates them in you Understand the tools you have been using to try and fix situations and whether they serve you or cause you more pain You can also create new better tools to use in your emotional toolbox Easy to follow action steps to heal emotional damage let go of negative emotions and release you from years of hurt so you can live an unburdened free and happy life Within Emotional Healing And Happiness Handbook is your antidote for stress feeling stuck overwhelmed or insecure Learn fun and empowering ways to quickly and easily turn potentially negative events into positive ones Take back the choice of how you see and feel about what happens in your life so YOU are in back your own emotional drivers seat Finding Happiness Finding Inner Peace Being Happy Emotional Healing *The Emotional Cleanse* Linda Knight,2019-10-22 The Emotional Cleanse The Most Powerful Emotional Clearing Tool Ever This workbook is easy to follow and presents an easy to learn One Single Technique that now has been claimed by many to be the most powerful technique in the 21st century This One Single Technique is so potent that there is no other technique required to achieve amazing results Straight to the point explanation and straight into the technique Permanent emotional cleansing effects

When you do The Emotional Cleanse you will clean your body from the suppressed emotions permanently Once you ve removed all the residues you are free of the effects of that event forever Very simple to do It is very easy to learn the technique of The Emotional Cleanse Easy to remember the technique Easy to do the technique Flexible It can be done anywhere It can be done any time Doesn t need a supportive person Can deal with the raw emotions immediately Time effective You can achieve the best results in the shortest time This is a huge advantage when we consider how time poor we are these days Affordable To purchase this program cost less than a meal in a Cafe There are no ongoing costs You don t have to for pay expensive therapy Completely private You will not have to share your inner most secrets with anybody No leftover documentation You can get rid of all your suppressed emotions without hurting anybody Today it is scientifically proven that emotions effect the physical body both externally and internally The expression One must empty their cup before they can take in the new is very relevant Before we try to cook a beautiful meal we need to clean our pot first Before we try to paint an old boat we need to scrape off the junk and so on Before we can focus on happiness and joy it is imperative that as first action we clean our body from piled up negative emotions in many cases as old as from childhood With The Emotional Cleanse you can clear your body of useless emotional knots that you are not even aware of These knots can block the flow of energy in your body that can lead to a wide variety of physical symptoms Once the knots are cleared you can experience changes in your body and physical and emotional well being in a surprising way You will find The Emotional Cleanse Technique is very simple and easy to do with clearly noticeable results Although the technique is very simple and easy to learn it will only work if you do it strictly according to instructions The author Linda Knight is a Qigong Instructor where she clearly experienced the sophisticated clearing motions of the thousands of years old Qigong exercises and their clearing powers Throughout her studies she came across The Emotional Cleanse Technique The impact in her life and many others life was so significant that she decided to dedicate this workbook to this one single technique that anybody can practice without years of Qigong or any other training She also included a Q A section that will answer most of your question Please try The Emotional Cleanse Technique first and then submit your reviews We look forward to your input

The Emotion Code Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing change our lives The Emotion Code has already changed many lives around the world and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones Tony Robbins In this newly revised and expanded edition of The Emotion Code renowned holistic physician and lecturer Dr Bradley Nelson skillfully lays bare the inner workings of the subconscious mind He reveals how emotionally charged events from your past can still be haunting you in the form of trapped emotions emotional energies that literally inhabit your body These trapped emotions can fester in your life and body creating pain malfunction and eventual disease They can also extract a heavy mental and emotional toll on you impacting how you think the choices that you make and the level of success and

abundance you are able to achieve Perhaps most damaging of all trapped emotional energies can gather around your heart cutting off your ability to give and receive love The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage Dr Nelson s method gives you the tools to identify and release the trapped emotions in your life eliminating your emotional baggage and opening your heart and body to the positive energies of the world Filled with real world examples from many years of clinical practice The Emotion Code is a distinct and authoritative work that has become a classic on self healing

The Healing of Emotion Chris Griscom,1990 A guide from spiritual teacher Chris Griscom about understanding and healing painful emotions

Emotional Wisdom Mantak Chia,Dena Saxer,2009 Chia along with one of his senior instructors presents a powerful program one that integrates traditional Taoist theory and practice for transforming the painful emotions of sadness anger impatience and fear into courage kindness joy and peace

Mastering Emotions Salome,2020-04-06 A BOOK THAT OFFERS A UNIQUE PERSPECTIVE ABOUT EMOTIONS Putting happiness aside for a moment did you ever wonder where those painful emotions and feelings come from the ones that suddenly rise to the surface out of nowhere leaving one feeling uncomfortable hurting debilitated or depressed Many form beliefs opinions and judgments about self based on feelings either self imposed or reflected by others that may leave one feeling deep emotional hurt or cause one to re experience uncomfortable memories some traumatic events from the past It may only take words an action of another or simply a reflected reminder to set the process in motion As a result it may cause a repetitive reactive hidden memory pattern to surface one that may have stored imprints of emotional hurt experienced from another time Experiencing inner hurt from childhood the author discovered a way to explore and observe these patterns while re experiencing them coming to recognize them as opportunities of healing and release Ultimately inner truths were discovered of what had been hidden behind the fa ade that fear hurt and pain covered up and came to experience more glimpses into the beauty and strength hidden beneath it all where true happiness exists Shared is a very personal journal written in free form expressions of what insights were discovered over a 45 year period of exploring and writing about what emotional hurt had to reveal not only learning how to release hurtful moments but coming to realize pain was but a messenger to get one s attention and that it did It became a journey that sometimes took courage and willingness to be as honest and truthful with self as possible but ultimately formed a deeper trust that this was a healing process not a self punishing one Emotional exploration became moments of opportunity not only to realize why the hurt existed but ways to release and heal putting them to rest Behind the facade were reflective insights lessons and pearls of wisdom hidden within emotion previously ignored either not understood or perhaps due to fear or lack of perceiving what hurt carried repeated until having a willingness to step through the fear of what might be discovered They often proved to be unexpressed emotions either ignored or swallowed carrying unresolved issues seeking a solution that could not be found at the moment of the experience or a simple acknowledgment all as wisdom developing experiences This is a journal of expressions of what those revelations had to teach The ultimate rewards were

increasing moments of a peaceful mind inner wisdom and guidance and freedom in coming to know the true self beneath it all The greatest gift was a heart opening more to love and compassion for self and others and also reveals writings of happier moments that began to emerge along the way **IMPORTANT NOTE** This book is not meant to be a template for someone experiencing deep inner hurt and pain and is strongly advised to first seek professional assistance and guidance It also is not a full on reading book What is shared may offer some potential deeper insights or broader perspectives to similar feelings perhaps assisting in releasing some of what is being carried

From Hurt To Healing Sullivan Kieran Adam,2024-03-26

From Hurt to Healing Releasing Negative Emotions is a transformative self help book that delves into the depths of emotional healing and growth This book serves as a guide for individuals who are seeking to navigate the complex emotions that come with experiencing hurt and trauma With a blend of personal anecdotes psychological insights and practical exercises this book offers a roadmap for readers to confront their pain release negative emotions and embark on a journey towards healing The main topic of From Hurt to Healing revolves around the importance of acknowledging and processing negative emotions in order to move towards a place of healing and transformation The book explores the various ways in which unresolved emotional pain can manifest in our lives hindering personal growth and relationships Through empowering strategies and tools readers are encouraged to confront their past experiences connect with their emotions and release any lingering pain or hurt Targeted readers for From Hurt to Healing include individuals who are struggling with past traumas unresolved emotions or ongoing negative patterns in their lives This book is designed for those who are ready to confront their pain do the inner work and embark on a journey towards healing and wholeness Whether you are dealing with grief heartbreak betrayal or any other form of emotional hurt this book provides a safe and supportive space for you to explore your emotions and begin the healing process The aim of From Hurt to Healing is to empower readers to confront their past hurts release negative emotions and cultivate a sense of peace and healing in their lives By providing practical tools insightful guidance and empowering exercises this book equips readers with the resources they need to navigate the complexities of emotional healing and growth Through self reflection self care and self compassion readers are invited to embark on a transformative journey towards self discovery and healing The value of From Hurt to Healing lies in its ability to offer readers a roadmap for navigating their emotional pain and releasing negative emotions By providing a blend of personal anecdotes psychological insights and practical exercises this book offers a comprehensive approach to healing that addresses the mind body and soul Readers will find solace in the gentle guidance provided within these pages as they are encouraged to confront their pain release their emotions and move towards a place of healing and transformation

The Path to Emotional Healing Robert Moment,2010-08 The Path to Emotional Healing is an inspirational life transforming happiness guide book that will provide you with information on how to step by step break your silence of emotional pain and hurt Inside each power packed chapter you will find the solutions for mastering your emotions and emotional healing Learn powerful life changing principles and

steps on how to forgive others forgiving yourself living happy now and loving yourself This book is for readers seeking emotional closure and freedom from present or past pain and hurt experienced in their lives The inspirational content in this how to happiness guide book addresses answers and provide solutions for your life questions such as Have you ever been hurt betrayed rejected or abandoned Is there any hurt or pain in your life that you have not addressed How has that pain affected your relationships Are you struggling with feelings of hurt resentment or anger toward yourself or others Are you happy with yourself right now No matter what category of emotional pain and hurt you are in learn the most effective steps for emotional healing and finding happiness can be found in The Path to Emotional Healing Be Happy Living Now book

Emotional Healing Barry Harry,2021-03-02 In this instructive and uplifting narrative Dr Barry explores how to recover from loss trauma grief and loneliness by helping readers identify their emotions and providing the steps to emotionally heal yourself When we experience trauma loss or grief the pain can feel as if it will last forever We begin to wonder if our old selves the ones who felt hope and happiness and joy are lost to us And our emotions can lead us into damaging behaviours that compound our problems Dr Harry Barry acknowledges there is no magic wand that will take our pain away completely but he uses his clinical experience combined with cognitive behavioural therapy to show that emotional healing is always possible You can put yourself back together with the simple exercises and straightforward advice that have helped countless others Healing is the process of restoring the healthy mind and body of someone in distress and Dr Barry offers a holistic approach to the whole person Emotional Healing is a practical compassionate companion for anyone who feels that their emotional wounds are preventing them from fully embracing life Learn to feel like yourself again Feelings Buried Alive Never Die Prepress Staff,2014-02-01 Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which she explains can distort not only happiness but also health and well being Leaving no emotion unnamed and in fact listing around 750 labels for feelings Truman helps identify problem areas and offers a script to help process the feelings replacing the negative feeling with a new positive outlook A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level FEELINGS BURIED ALIVE NEVER DIE combines a supportive common sense results oriented approach to a problem that is widespread and that can stop people from living fully

Happiness Is No Charge 2: Target Your Emotions Stephen W. Barham,2019-07-29 A person is out on a nice day but can't enjoy it because of all the negative emotions suppressing his Happiness He feels out of sorts not himself like he is unreal a pale version of himself lifeless then he has a thought maybe there is help If you are looking for help in stopping a negative emotion or reducing the effects of an emotional state Let someone with the problem teach you Emotion The definition of the word is energy in motion E motion Emotion The word came into use in 1579 This book is about this energy and how to stop negative emotions helping a person feel better sooner Everyone experiences negative emotions This book is a summary of the author's 10 years of experience with and research on a technique that can

reduce and even stop negative emotions and episodes like fits and tantrums It is based on 130 years of research and practice Therapists run into many cases where emotions are causing physical discomfort in many forms Many of these concepts are presented What you should expect is to be able to take down reduce and even stop negative emotions and mitigate emotional states and even help with some physical things even some psychological things Many things are connected to emotions some you may not realize In a short while you can hold in your hands a technique that can help you reduce and even stop manifestations of Fits Tantrums Anxiety and Panic Attacks Hysteria Depression and even Suicidal Episodes and much more The author has these conditions himself many have stopped or subsequent episodes have also been stopped Many people have gotten benefit even with severe emotional symptoms It helps with past trauma as well as present trauma Happiness is not lost it is only covered with a type of emotional mud Now you can chip that mud away and a level of Happiness can be restored About The Author Steve Barham has a 2 year study in Psychosomatic Illness He has combated PTSD since 2007 Let him teach you what he has learned *How to Overcome the Negative Emotions* Edwin Nelson,2018-11-10 Have you ever wondered why your colleagues work so much fun and bring inspiration to the people around They do not know sad They are always full of positive energy Have you ever wondered why friends and other people are always happier and more comfortable than you They do not have to endure the same emotions as you Have you ever wondered how many people in this world fall into the same situation as you Why are you not among those who do not suffer from negative emotions If you are among those unlucky people then you have been wondering how to get rid of those negative emotions How can you live a happy life like ordinary people Do you believe that even people who look good seem to be happy but are they in the inside like a hell Because they hide their emotions very well or they know a way to quickly overcome them very easily The best answer is everyone in the world who has at times suffered from negative emotions whether less or more Why are there so many people who easily pass them on to have a good life while others are having a hard time facing them Being able to control your emotions is a very long process but if you know how to overcome negative emotions first then in life you will be easier to master other emotions Did you know that if you have negative feelings for a long time you may become confused and susceptible to diseases such as depression autism etc And if you do not quickly get rid of them your life will slowly deteriorate You will be lonely and feel the world collapse in front of you One of the worst things about any one person is not being able to find someone to love It s a very bad feeling and hard to accept Do you want to become an optimist and confident in life Do you want to be mature and brave in the eyes of others If you have the same situation with those who are not so lucky and you are looking for a solution to your problem this book is your savior The book will be like an expert as an intimate friend who shares with you tips to help you solve your troubles This book will tell you The deep roots of negative emotions A way to easily overcome negative emotions in the most intelligent way A way to get rid of illnesses like autism depression timidity The way you can easily control your emotions The way you have more motivation to live and quickly find

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Healing Through the Dark Emotions Miriam Greenspan,2003 Explains how to use negative emotions and pain including depression anxiety and fear to transform one s life demonstrating how such dark emotions provide a path to growth wisdom and true happiness

Exploring Emotional Release Techniques: Understanding Methods for Releasing Pent-Up Emotions Namaskar Books,2024-11-15 Discover the transformative power of Exploring Emotional Release Techniques Understanding Methods for Releasing Pent Up Emotions This comprehensive guide invites you on a journey to emotional freedom teaching you how to release built up feelings that may be holding you back from a balanced and fulfilling life Emotional release techniques are designed to help people process and let go of the emotions that often accumulate from stress trauma or daily challenges This book breaks down various methods including breathwork somatic therapy journaling and energy healing providing clear steps to practice and integrate them into your daily routine Readers will be guided through the science of emotional energy and the mind body connection gaining insights into why unexpressed emotions can lead to physical and mental distress Engaging exercises will help you recognize emotional patterns release suppressed feelings and cultivate a sense of inner peace and well being Key themes include self awareness emotional healing and the importance of a supportive environment for processing emotions Personal stories and expert insights illustrate the life changing impact of these techniques making the content relatable and deeply inspiring The book s gentle and compassionate tone empowers readers to explore their emotions in a safe and constructive way Exploring Emotional Release Techniques has been praised for its empathetic approach and practical guidance making it an invaluable resource for anyone dealing with anxiety stress or unresolved emotions It is perfect for those seeking emotional wellness and practitioners looking to deepen their understanding of emotional healing methods Whether you re aiming to relieve daily stress or heal from past experiences this book provides the tools and support you need to live more authentically and joyfully It teaches you to honor your emotions and release them in ways that promote long term well being In conclusion Exploring Emotional Release Techniques offers a compassionate roadmap to emotional freedom equipping you with effective practices to transform your emotional health Ready to let go of what no longer serves you Pick up your copy of Exploring Emotional Release Techniques today and embark on a healing journey toward greater peace resilience and emotional clarity Your path to emotional liberation starts now

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