



Emotional Clearing: An East / West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness

John Ruskan

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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.

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