

EmoTrance: A New Emotional Energy Tool

by Janette Isaacson Ed.D

I came across EmoTrance by chance. It wasn't something that I set out to find. One of my friends referred me to Sandra Hillawi, a first generation EmoTrance Healer. EmoTrance is short for Emotional Transformation and it's a new tool developed in the United Kingdom. EmoTrance was developed primarily by Dr. Silvia Hartmann and Nicola Quinn in 1998. EmoTrance was developed by direct observation of cause and effect of how energy flows through the body.

There are some basic principles that EmoTrance is built upon. The first principle is that emotions are nothing more than the devices that describe the affairs currently happening in the energy body. The immediate effect of this truth is that it must mean that no emotions at all have any other origins other than the energy body.

The emotions that emanate from the energy body, such as anger, hatred, despair, grief, depression, anxiety, fear, terror, loneliness, love, delight, joy, sadness, exultation... are all nothing more, and nothing less, than: direct responses of the energy system. When the emotions are flowing and moving throughout the body there is an instant sense of happiness and joy. When emotions become stuck there is a warning system that goes off to let a person

know of the blockage.

Another principle of EmoTrance is that there is no such thing as good energy or bad energy. Energy is just energy. The goal is to help it flow through the body and not remain stuck.

During an EmoTrance session a person is asked where in the body they feel their emotional pain and to point out the location. Now, both the client and the practitioner know for a fact where the injury or disturbance is located, and both can get to work on healing this energy disturbance right away. Every human being has an energy body, and this energy body has healing hands of energy. By simply focusing on the disturbance and beginning to work with the energy there directly you can feel the changes in the energy body happening immediately, in real time.

This is unprecedented energy work for everyone. In EmoTrance treatments, the client and practitioner work together to clear the energy disturbance and to re-establish the even flow and the natural state of the energy body with the disturbance repaired. The practitioner asks the client for feedback throughout the treatment and proceeds accordingly, always working with what is really happening at that time.

A problem is defined as an energy disturbance that should be resolved as quickly as possible and by focusing on the problem itself, i.e., the blocked

energy, rather than talking about it. Healing is swift, elegant and very profound. During the EmoTrance treatment, where the energy needs to flow and what needs to be done becomes revealed automatically as each individual client has their own individual experiences.

EmoTrance is also about learning to take in more energy from the environment. This includes: nature, other people, art, animals, everything has energy to give. When this happens, a person starts to feel good, energized, alive, and their thinking becomes clearer and more expansive. EmoTrance does not just alleviate bad feelings; it goes the other way to create good feelings which is a natural side effect when energy flows.

It's a life skill. Being able to work with one's own energy system in the moment, in real life, in direct response to the environment and the situations one is in, allows someone who knows about EmoTrance to protect themselves much better, to handle emotions in a whole different way, and to extract joy and energy from the environment much more profoundly. This leads to a healthier

energy system and a much happier human being in any circumstance of modern life. Because the emotional transformation process is a natural state there is no conflict with other treatment modalities and religions. Here is a client who comments about her experience after doing EmoTrance.

"My business is suffering due to the economic climate. I have a lot of stress, relationship problems also, and as partner involved in the business. I've been having anxiety and panic attacks going on for months, but increased in intensity the last few days... tightness in chest, racing heart, headaches, heavy arm. Well, the stress released from my chest, heart, head and back, plus the weight on shoulders lifted in about 30 minutes of EmoTrance, leaving me relaxed, clear, laughing, free

and with clarity about how to move forward. I've got my sanity back and I know how to deal with it... for the first time in many months." H.A.

To try this yourself, the next time you feel sadness or anger, tune into your body and ask yourself where you feel the emotions. Once you find where you hold it in your body, simply hold the intention that it soften and flow. Try to help the stuck energy exit the body and see if it doesn't make you feel better.

To read more about EmoTrance go to the website at www.emotrance.com

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