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Definition and Philosophy

Emotional Energy Clearing is the name given to a group of highly effective techniques, which are combined in a personalized way for each client, and used to facilitate the individual healing process of the client at the deepest levels of source – karmic, egoic, and energetic. We live in a time over-specialization, so that the big picture is often missed. Emotional Energy Clearing draws, instead, on many healing traditions.

Each person is engaged on a unique path of spiritual growth, whether it is rapid or slow. As the Buddha taught, we are the cause of our own suffering, through our ignorance and lack of self-compassion. Clearing karmic and mental / emotional energy blocks is a fundamental part of this healing process. Reinforcing this clearing with simple lifestyle changes empowers the client to move beyond recurring patterns of disease and suffering. Shining the bright light of truth on the client's soul journey is a joyful experience, and can also be wonderful, inspiring, and fun as old issues clear up and new energy floods in!

How Emotional Energy Clearing Works

To allow any physical healing techniques to be effective, the client must choose to let go of the energy patterns which hold the body out of balance. These unhealthy imbalances are emotional in nature. Emotional memories are held as quantum fields in the living tissues of the body. The mind has intense difficulty in removing and surrendering these memories, as they have great perceived value to the mind. The emotional memories which cause illness (www.germannewmedicine.ca) justify feelings of victimhood, and fool the mind into believing that it does not need to be responsible for the karmic consequences of its actions. The ego forces in the mind hold onto painful patterns through fear and ignorance. Once the emotional memories begin to clear, the physical body can begin to heal.

Through the counseling aspects of Emotional Energy Clearing, and with the aid of a higher power energy field held by the practitioner as a result of many years of self-practice, the client experiences directly a higher power state inside their own consciousness. This awareness in the client is the key to help the client step out of old engrained emotional patterns.

The client and therapist set an intention for the session. At this point, lifestyle coaching empowers and encourages the client to develop a simple daily practice. Once the client takes this first step, the other Emotional Energy Clearing methods accelerate the healing process. Without clearing the emotional patterns held in the body, healing work does not progress, but merely offers illusionary and temporary gains, followed by reversals. This is an addictive pattern, and remains the same no matter which healing modality is used to alleviate symptoms (drugs, surgery, herbs, bodywork), unless the emotional basis for the illness is first removed.

In the theory of yoga, the mind and its emotional memory are held in the **Manomayi Kosha**. Disturbances in the true self, or bliss body (**Anandamayi Kosha**), due to karmic consequences of past actions, eventually filter down into the physical body (**Annamayi Kosha**),

showing up as disease. Emotional Energy Clearing acknowledges this underlying pattern, and seeks to clear out the entire disturbance to the natural health and balance of the client, instead of just hiding the symptoms, as partial remedies do.

Techniques Used in Emotional Energy Clearing

The techniques employed in Emotional Energy Clearing include medical chi gong (www.scn.org/acu/medical_qi_gong.html), reflexology (www.reflexology.org), yoga therapy (www.iytyogatherapy.com), kinesiology (www.kinesiology.net), (www.craniosacraltherapy.org), crystal work, Reiki (www.reiki-for-holistic-health.com), and other forms of energy work. Physical and mechanical/energetic techniques include Thai massage, yoga, and Tok Sen (www.lannayoga.com/lannayoga-nuat.htm) (a 5000 year old northern Thai energy line clearing, using wooden tools, originating at the same time as acupuncture). The methods used to help the client be aware enough to make a choice for healing and clearing of emotional memories include intuitive visioning, counseling, coaching, and dharma (spiritual truth) talks.

The client is worked with individually, and in complete confidence. Every client has their own soul path to follow, and the therapist's role is to help the client to discover this in its own purity.

Key to the power of Emotional Energy Clearing is the use of eclectic energetic techniques:

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| Ⓢ Medical Chi Gong | direct clearing of energy blocks with the hands |
| Ⓢ Reiki | distant and local energy healing |
| Ⓢ Crystal Healing | focusing and amplification of subtle energy fields |
| Ⓢ Biogenesis Tools | channeled tools using the energy of creation |
| Ⓢ Visionary Healing | images seen through opening of the ajna chakra |
| Ⓢ Craniosacral Therapy | balancing the subtle pulse of cerebrospinal fluid |
| Ⓢ Reflexology | ancient Egyptian foot (or hand) meridian clearing |
| Ⓢ Tok Sen | energy point work on sen (Thai energy) lines |

- ☉ Myofascial Release deep energetic clearing of scar tissue and knots
- ☉ Trigger Release deep energetic opening of blocked meridian points

The Emotional Freedom Technique (www.emofree.com) (EFT) works well to enhance and support. Like Emotional Energy Clearing, it recognizes the emotional causes of physical and mental suffering. Using tapping to stimulate acupuncture points around the head and body, while repeating out loud affirmations which reprogram the unconscious mind, EFT is a simple and powerful tool for emotional and physical healing.

Natural Anti-aging Lifestyle Coaching

Emotional Energy Clearing is complemented with Anti-aging Life Coaching. Many people have awareness of the foundations of a healthy lifestyle through eating more vegetables, exercising regularly, drinking good quality water, and having a positive attitude to life. However, few people in the consumer cultures consistently adhere to these principles. Personal life coaching sessions (www.lannayoga.com/lannayoga-antiaging.htm) are available by phone anywhere in the world – please email guyharriman@hotmail.com to set up an appointment. If you decide that you are not interested in the session within the first five minutes, you will receive a full refund. Click here (www.lannayoga.com/lannayoga-antiaging.htm) for more information.

Natural anti-aging uses simple ancient principles for preventive care, setting the body and mind up to stay young, energetic, balanced, and healthy.

[Personal note:] Like many others, I have learnt that having a consistent daily spiritual practice, as well as the energy of the water I drink, and the food I eat, have a huge impact on my health and consciousness. Day by day, the incremental benefits may not be noticed, but they compound rapidly over time.

I have been working on preventive health since I made my first simplification, giving up sugar at the age of 18, and alcohol at the age of 21. Each time I made a change, I tried

it for a month or more to make sure it was not just my ego resisting the change. My intuition has improved over time, so now I trust the feelings I have about what to change. In my twenties I worked on my diet. Since becoming a vegan, my weight has remained very constant in the range of 115 lbs to 123 lbs. My Body Mass Index has remained around 17 (the average in the USA is 23). My pulse rate is 60 bpm, and my blood pressure is 90/60 to 100/60, and they have not changed since my twenties. In my thirties I developed my yoga practice. In my forties I learned chi gong, massage, Reiki and other forms of energy work. In my fifties I am focusing on building more strength through biking and more yoga every day, and fasting and herbal cleansing.

I became a vegetarian in 1979, and have been a strict vegan since 1985. I have slowly simplified my diet and fasted more over the years. Since 2004, I have been eating six meals a week, every day after 6pm except for Mondays when I do not eat. My meals are mostly salads, steamed vegetables, and fruit. I have eliminated most acid forming foods from my diet. Since 2005, I have used a herbal colon cleanse (www.blessedherbs.com), fasting completely for six days each year. I have had a daily practice of chi gong and yoga for ten years. These changes have dramatically improved my energy level and sense of well-being. Also, the power of my energy work has increased greatly. I researched the ormus energy in water (www.spiritofmaat.com/archive/aug4/hubbard.htm) and developed and started selling my Guy Dance Water device (www.guydancewater.com) in 2007.

The Guy Dance Water has been the key to rejuvenating my skin, which used to be dull and slightly wrinkled around my eyes. After drinking the Guy Dance Water exclusively for three months, my skin became shiny, firm, clear and fully hydrated, and the skin around my eyes filled in and became smooth.

Brief Biography

- 1973 – 1974 University of Leeds, U.K. Medical School (one year)
- 1976 – 1979 University of Manchester, U.K. B. Sc. Electronics (first prize)
- 1979 – 2001 Chip Designer (microprocessor, computer, networking)
at companies including Inmos, NeXT, Cisco
- 1979 Began Iyengar style Yoga practice
- 1989 Moved to San Francisco Bay Area, California
- 1994 Started teaching Yoga
- 1995 Completed Integrative Yoga Therapy teacher training course
- 1995 – 1996 Completed Reiki level 1 – 3, started teaching Reiki
- 1996 Completed Vibrational Healing Massage Therapy training
- 1996 Opened Healing Center in Sunnyvale, California (www.lannayoga.com)
- 1997 Completed western massage, kinesiology, and craniosacral training
- 1998 – 2001 Tibetan Chi Gong training, white Nyingma lineage
- 1998 First training in Thai massage, Chiang Mai, Thailand
- 2001 Second training in Thai massage, Chiang Mai, Thailand
- 2004-2005 Exploration of Medical Chi Gong
- 2006 Tok Sen training, Chiang Mai, Thailand