

Emotional Healing Technique

A powerful 60 second exercise to heal emotional trauma.

How To Do It

Supply Needed: A pencil or marker with a black lid. Sharpie markers are the great if you have one. The black top makes it easy to focus on. You want something that your eyes can easily see and that will not blend into the background.

1. Go to a quiet place. You can sit or stand.
2. Decide on the experience you would like to heal.
3. Close your eyes and think of the issue that upsets you or causes you emotional pain or suffering. Recall the most uncomfortable part of the situation and feel it *deeply*.
4. Once you do this open your eyes.
5. Either you or someone else holds the marker up at eye level about 1 1/2 feet away from you and moves it from side to side in front of you going as far as each shoulder, back and forth. You need to follow the top of the marker with your eyes, but do NOT move your head. Each swipe should take about one second. You will do this for 30 seconds, or 30 swipes. Try to just let your mind empty and focus only on the marker or pen while you do this.
6. When you're done take a deep breath and try to recall the awful feelings you had before you started.
7. You shouldn't be able too.
8. Though you will remember the event it should not have a strong emotional effect anymore.



Key Points

- You should only have to do this once per issue, though you can certainly do it more if you feel you need too.
- You don't have to delve into the reasons why you feel how you do. It's immaterial as far as this exercise is concerned.
- It's important that you want to change the feelings you have. This can be tricky for some things such as anger. You have to want to let go of the anger towards someone, even if you've not been able too as of yet. Sometimes we hold onto it because we feel the other person is "getting away with it" if we don't. If that's the case you will find it difficult to heal.
- This is generally used for extreme situations which cause us severe emotional turmoil Or things that you realize shouldn't be a big deal but for some reason they eat away at you.
- It's nice to have someone help you with this but you can do it alone as shown.
- Of course everyone is different and while amazing things can happen from doing this there will always be a chance, for whatever reason, that it might not work well for you. But it's simple and it's free. So if you're suffering emotionally in any way, please give it a try.