



EMOTIONAL CLEARING

A GUIDED TRAINING with John Ruskan

Jacket notes:

In this 12 CD collection, John Ruskan masterfully guides you through an experiential learning process, teaching you how to process and release negative feelings, empowering you to achieve the unconditional happiness you seek.

Included in the program are:

- A carefully-conceived spoken dialogue designed to take you into a right-brain guided process where you easily and naturally let go of negative feelings.
- Embedded binaural beats to induce the relaxed Alpha brainwave state and lower.
- Non-intrusive music carefully designed to induce deep relaxation.
- A guided breath count with alternating left-right beats to stimulate left-right brain integration.

The programs:

DISC 1: DEEP RELAXATION

DISC 2: THE FIVE CONDITIONS OF EMOTIONAL CLEARING

DISC 3: AWARENESS

DISC 4: ACCEPTANCE

DISC 5: DIRECT EXPERIENCE

DISC 6: WITNESSING

DISC 7: EMOTIONAL MANAGEMENT TECHNIQUE (EMT)

DISC 8: RELATIONSHIPS

DISC 9: THE CHILD

DISC 10: ADDICTIONS

DISC 11: MUSIC, BINAURAL BEATS, AND BREATH COUNT

DISC 12: MUSIC & BINAURAL BEATS

EMOTIONAL CLEARING GUIDED TRAINING INSTRUCTIONS:

You must use STEREO headphones to benefit from the binaural beats.

The 1. DEEP RELAXATION program is probably best experienced lying down. For the other programs, you may lie or sit. When you are starting out, you may be inclined to lie down. It's preferable that you not lie on a bed, unless it is firm and you do not sink into it, collapsing your chest. Lie on a soft rug or yoga mat on the floor with a pillow under your head. However, for serious emotional processing work, it's usually preferable to sit. This helps keep you alert and more in the mood for processing feelings. In your practice, try to include at least some sitting with lying.

The best position for sitting is the yoga cross-legged easy pose on the floor, spine straight without leaning back. You are upright and alert, and the crossed legs push the blood into the upper chakras and brain, energizing them. If you are not able to sit this way yet, you may compromise by reclining on a soft chair, your head supported, legs crossed on the seat or feet on the floor.

It's recommended that the first 6 disks be experienced in 6 weeks. Listen to one disc per week, in the suggested order. Listen to that disc 3 times during the week to embed the information into the subconscious. Each disc increasingly hones your skills in the EC Process, creating new neural pathways with which you will begin to automatically process experiences as they happen, while giving you an opportunity to release feelings.

The remaining 4 disks cover other important aspects of the work that you can use anytime, in any order, after the 6 week course.

After you have gone through the series, you may use any of the programs to help you process feelings, but 1. DEEP RELAXATION, 2. THE FIVE CONDITIONS, 11. and 12. MUSIC with BINUARAL BEATS, which you can use if you want to process without any voice guidance, may be most useful for ongoing work.

DISCLAIMER:

This program is designed to bring about states of relaxation and awareness to encourage the body/mind's natural healing. This program does not presume to offer psychological therapy or advocate the use of any technique for the treatment of any psychological condition without the approval and guidance of a qualified psychologist. The intent of this program is only to assist you in your quest for emotional and spiritual health. If you use this program as a form of self-therapy, the producer and manufacturer assume no responsibility for your experience.

This program contains "binaural beat" technology. It has been found that a small percentage of individuals who are susceptible to epilepsy may react with seizures to pulsation stimulation, such as contained in this program or on any brainwave product. On rare occasions, this condition may be undiagnosed and a seizure may be stimulated by the programs. Individuals using pacemakers, or suffering from any form of cardiovascular problems or heart disorders may also be adversely affected. If you have any of these disorders, or any other major health disorder, or are on heavy medication, or have a history of severe mental or central nervous system neurosomatic disorder, you may not be able to use this product and must consult with a physician before use. If you begin to use this product and experience disorientation, nausea, or increase of symptoms, immediately discontinue use.