

Emo Trance

About Emo Trance

Emo Trance is a natural, simple, yet powerful Meridian Energy Therapy from the field of Energy Psychology. Developed in recent years by Sylvia Hartmann, EmoTrance is based on the principle that emotions and feelings are caused by underlying disturbances in the body's energy system that can be felt within, or acting upon, the body. Feelings such as stress, anxiety, anger, fear, phobia, loss, need, etc., are therefore just symptoms that arise from such imbalances. Disturbances can arise from what is being experienced presently, recalling emotionally charged events, thought processes, visualization, etc. The bringing of such disturbances back into balance and even flow enables you to regain control, and the emotion is reduced or/and eliminated.

Although EmoTrance should not be seen as a diagnostic tool, a skilled and intuitive practitioner can learn to recognize indications of underlying difficulties through what is going on energetically. You will remain clothed throughout the therapy. Your practitioner will facilitate you in the use of EmoTrance techniques to help you focus the power of your mind on the locations of energy imbalances, enabling you to soften disrupted or stuck energy thus helping it flow freely and your energy system regain balance. It is not necessary to share difficult, traumatic, or embarrassing events or situations with your practitioner for EmoTrance to be effective.

Benefits

EmoTrance can help improve and resolve a wide variety of difficult experiences, problems and limiting beliefs that carry an emotional charge, regardless if they are from past history, present or future.

Indications for use

- Stress, anxiety and hypertension
- Fears and Phobia
- Bullying, physical and sexual abuse
- Depression and self doubt, low self esteem and limiting beliefs
- Anger and pain management
- Personal and work relationship difficulties
- Bereavement and loss
- Addiction and eating disorders
- Severe trauma (PTSD)

Aftercare Advice

If you feel light headed or dizzy following treatment, please inform your therapist. Avoid excessive exercise shortly after treatment. If you are diabetic, please check your blood sugar levels. Consult with your GP before thinking about reducing anti-depressants or other medications. Drink plenty of fresh water.