



EMDR and the Universal Healing Tao: An Energy Psychology Approach to Overcoming Emotional Trauma

Mantak Chia, Doug Hilton

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Exercises to deactivate emotional triggers, transform negative emotions into positive ones, and heal from PTSD, depression, anxiety, and addiction

- Provides illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao
- Reveals how negative emotions are stored in the organs, where they also have effects on physical, mental, and spiritual health
- Explains how to release stored negative emotions, transform them into positive energy, and harmonize the energies of your organs

Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. By combining these ancient practices with the recently developed therapy of EMDR, or Eye Movement Desensitization and Reprocessing, you can produce fast, profound relief from emotional trauma, as well as address the emotional imbalances underlying depression, anxiety, PTSD, and even addiction.

In this illustrated guide, Master Mantak Chia and Doug Hilton explain how to integrate the eye movements of EMDR with the energetic exercises of the Universal Healing Tao to rid yourself of the negative feelings associated with past trauma, build up positive feelings about handling similar events in the future, and remove any physical sensations connected to the issue. The authors explore how negative emotions are stored in the organs, the effects they have on physical, mental, and spiritual health, and the maladaptive emotional states people develop to deal with the pressures of modern life.

Providing step-by-step instructions for each practice, the authors show how to deactivate your emotional triggers, trace energy disturbances back to the affected organ systems, transform negative emotions into positive ones, and harmonize the organs with EMDR and the Universal Healing Tao techniques of the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit. The result is a powerful self-healing practice that can be learned and applied quickly and easily.

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