

# Introduction



From time to time we all experience unpleasant emotions and go through stressful periods of emotional upheaval. These emotional upheavals are an inevitable part of living. What is challenging for many of us is that we mistakenly look upon our emotions as if they are our worst enemies. We avoid and resist them, wishing them to go away as quickly as possible. The self-produced emotional alienation is at the root of intense, enduring, highly uncomfortable, and attention holding emotions. Many of us seek distractions to avoid our stuck emotions and strive mightily to repress them. Over time the emotional stress keeps weighing heavily on our autonomic nervous systems and eventually robs us of the joy of living. The emotional pain may feel unbearable. Its mounting stress and tension forces emotional avoiders to seek numbness and distance by resorting to addictions, workaholism, psychosomatic pains, and other compulsive and other self-defeating measures. For our treadmill of emotional avoidance we pay a heavy emotional and physical price.

What are well researched ways of better coping with and mastering our emotions? How can we effectively handle our emotions and befriend them instead of practicing emotional alienation? The book you just began reading provides a treasure trove of cutting edge and highly effective methods for mastering even your most powerful and

negative emotion states and befriending them. This book is based on the famous Emoclear techniques created by Steve Mensing.

This book's techniques go to the source of our emotional well-being: our body's natural way of integrating and desensitizing the most stuck and painful emotions. Emoclear methods enlist our natural neurological and physiological talents for emotional integration and desensitization. The book also draws on our indwelling abilities to make these exposure based methods more comfortable and to slice quickly through emotional resistance.

*Your Emotional Power* will show us that all emotions are powerful allies and friends capable of informing us about what is happening in our lives at any given moment. Often these emotional communications can tell us what alterations we need to make. Yet alas, sometimes we don't listen to their valuable messages or we distort those messages and misinterpret them due to common thought distortions. The techniques in this book will help us access our deeper intuition and clearer thoughts so we can follow our best paths.

I'm excited to be publishing this book and you'll soon know why I believe *Your Emotional Power* is destined to be a self-help classic. This book is rich with valuable learnings. In the first chapter we will learn the art and science of feeling our feelings and fully accepting them. Even the most highly charged and unpleasant emotions melt in strength and give up their information in the face of full feeling and acceptance.

In the second chapter we will learn the simple, yet powerful techniques: The Emotional Integrator and the Heartbeat Integrator which draw on our natural abilities to integrate and to desensitize the most difficult of emotions. Both of these exposure based techniques have undergone years of feedback and refining. At the end of the processing, with both state of the art integrators, the emotion will no longer be intense, enduring, uncomfortable, and attention grabbing. The emotion is accepted and feels okay.

In the third and fourth chapters we will meet two extremely potent and revealing written exposure techniques: The Emotional Writing Process and The Event Reviewer. Expressive writing is a powerful way to undo traumatic experiences and improve our emotional well-being. This style of written exposure is backed by research and is well known for its power to untie the Gordian Knot of traumatic events and life's hard spots. Research has shown that expressive writing can even improve our health and immunity. Dr. James W. Pennebaker, professor of Psychology at University of Texas at Austin and an early

explorer of emotionally expressive writing, said: *“When people are given the opportunity to write about emotional upheavals, they often experience improved health. They go to the doctor less. They have changes in immune function. If they are first-year college students, their grades tend to go up. People will tell us months afterward that it’s been a very beneficial experience for them.”*

Later in the book we will learn action techniques that will help us overcome procrastination and emotional paralysis. We will discover the Creator, a super method of envisioning what we want, utilizing Milton Erickson’s Miracle Question linked with Chant Visualization. Linking these two superb methods easily and quickly creates highly believable visualizations. The Goal Maker is a high-powered tool based on studies of what make successful goals fly.

This practical book also delivers methods for overcoming distorted and self-defeating thinking.

I first met Steve some years ago, through his website Emoclear.com when I was finishing college. As an avid reader and student of self-help I devoured countless books and recordings on the subject. I remember wanting to get rid of what I viewed at the time as unwanted feelings. Steve very patiently taught me the very idea of unwanted feelings creates resistance and makes for intense and enduring emotions. He showed me how to feel feelings and stay with them without trying to get rid of them. He had me viewing them as buddies, willing and able to inform me about myself, others, and the world around me. It took some time to come around to this view, but Steve stuck by me and intuitively and uncannily knew what was going on inside me every step of the way. Today my feelings are welcome friends! I learned through Emoclear to embrace, accept, and even appreciate my friends no matter how rough they were at first.

Working with these fantastic processes changed my relationship with my feelings forever. Now I embrace and welcome them. I know this first Emoclear book will do the same for you.

Thomas Carlyle once remarked that “The best effect of any book is that it excites the reader to self-activity”. I trust ***Your Emotional Power*** will lead to your productive activity and highly rewarding emotional growth. Let me know your story of emotional growth and transformation though these methods. I’d love to hear from you!

*Gurpreet Narang,  
Publisher,  
Hobblet Books  
gpnarang@gmail.com*

