



Holistic

Holistic Specialist Strips Away My Emotional Junk

Excerpted from *Chicago SunTimes*

Does this bitterness make my butt look big? Is this anger giving me the dreaded muffin top? OK, from the side, does this guilt look like a double chin? Nothing a little emotional liposuction couldn't cure.

At least, that's what I was thinking when I headed off to see Master Gary J. Clyman at the Chicago Wholistic Health Center in Lake View. I'd noticed Clyman's ad for "emotional liposuction" and figured it must be some kind of weight-loss gimmick—ya know, get rid of your emotional baggage and get rid of your saddle bags. Presto! After checking out his detailed website, www.chikung.com, I called up his office and Clyman, friendly and witty, seemed harmless enough. So off we went, my photographer and I, to see what we might find.

A grinning Clyman greeted us at the door and invited us into his simple office. Just a few bookcases, files, a shelf of what I later found out were vials of "emotional power remedies," and a padded treatment table—the kind you might find at the chiropractor's office.

Jammed Up Emotions

Clyman, 54, is a Qigong master [though he uses the spelling "Chi Kung."]. No matter how you spell it, Qigong [pronounced "kee-jung"] is an ancient Chinese healing art that is related to Tai Chi, a popular fixture at many health clubs. In this healing art, qi or chi is our life force or energy. In "emotional liposuction," Clyman says he uses "jing," which is basically chi that has been harnessed and turned outward, to adjust my qi.

As Clyman explained, our qi gets jammed up and doesn't flow the way it should because of the emotional and psychic baggage we carry around with us. Things like rage, anger, abandonment, fear, bitterness and guilt are often the root causes of physical ailments ranging from sciatica to substance abuse, he said. He believes he can actually suck out your emotional junk using the jing that he channels through his hands.

Feel the Anxiety

It hurts, Clyman says. Most people scream, he says. But once the pain and

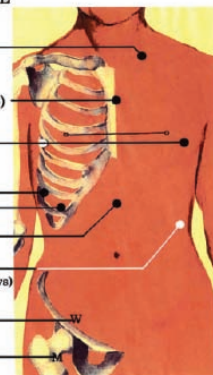


Gary Clyman, healer and Qigong master, removes Sun Times Religion editor Cathleen Falsani's bitterness.

EMOTIONAL ENERGY RELEASE TECHNIQUE™

PRIMARY STORAGE LOCATIONS:

- 1) ANGUISH (L)
- 2) ABANDONMENT (C)
- 3) SORROW (L)
- 4) RAGE (R)
- 5) ANGER (R)
- 6) BITTERNESS (C)
- 7) FEAR (R&L)
(On Back, Behind Kidneys)
- 8) GUILT (R)
(On Women = W)
(On Men = M)



screaming are over, your junk is gone. He doesn't ask what ails me, if anything. After he explains his healing philosophy and method, along with a few anecdotes from his nearly thirty years as a healer and Qigong master, he simply motions toward the table.

"Now, feel the anxiety...that's normal," Clyman says as I climb onto the table and lie on my back, fully clothed. I'm even still wearing my boots. Clyman begins poking me with his finger, first up by my clavicle, then on my sternum, and over by my left armpit.

"Nothing," he says. Clyman was checking for any signs of anguish, abandonment or sorrow.

A Spot of Guilt

In almost thirty years of practice, he says he's discovered that people have eight "emotional energy release" spots on their upper body. Not everybody has the same emotional baggage, which would explain why when he poked the abandonment spot on my sternum, I felt nothing special.

But when he got to the spot on the side of my right rib cage that indicates anger, I nearly lept off the table and started to howl in pain. It felt like he was stabbing me with a finger.

After a few minutes of writhing and screeching, he moved on to the guilt spot, which for women is near the inside of our right hip bone, and for men is down a little lower, by the groin. It hurt a little, kind of like a scraped knee, and after a few seconds, it was gone.

But then Clyman went for the big one: bitterness. Apparently we keep that in our abdomen. Using two hands, he drove in—literally—pressing down a few inches below my diaphragm. The pain came in

waves, I couldn't breathe, it was unrelenting. I've never had a child but from what my friends have described, this may have been in the ballpark. "Just blow it out, blow it into my hands," Clyman said as I gasped for breath, trying, in vain to shout "Oh God!"

"That's bitterness, self-hatred," Clyman said. "Take the bitterness and blow it into my hand. Just blow it out. Take whatever you have and you don't even have to know what it is. Bitterness is the worst. Bitterness is the most physical feeling emotion of them all." No Kidding, buddy, I'm thinking, writhing in pain.

Something Happened

After about ten minutes of this mixed with several swift punches to the stomach to get his jing moving inside me, he explained, so it could suck up all the bad stuff like a dustbuster—we were done. And that's it. I had a bruise. It's nearly gone now.

And I feel, well different. I'm not one to believe in such things, but something transpired. Something happened. Maybe it was spiritual. Maybe it was qi. Maybe it was the power of suggestion. Who knows? "It will take you awhile to recognize what's missing," Clyman said.

This much I can attest to: A week later, I yell less in traffic, have had only one major meltdown (when my computer crashed), my tension headaches are mostly gone, and I've succeeded in avoiding doing anything out of a sense of guilt. Maybe I'm nicer? A little lighter, perhaps. Even if it doesn't show on the scale or in the mirror.

CALL AND VISIT:

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Do any of these words describe you?

- Angry • Depressed • Anxiety • Stuck • Trapped
- Tension • Tired • Headaches • Back, neck or shoulder pain?

If so, CALL me!