



# EMO LIPO

**FORGET YOUR THIGHS AND POST-BABY BELLY FAT. THE LATEST, GREATEST PLACE TO GET LIPOSUCTION IS IN YOUR BRAIN**

By **JEFF SCHNAUFER**  
CTW FEATURES

**T**he scream, Gary J. Clyman recalls, sent a chill through everyone in the room.

Clyman was holding a personal power training workshop in Portland, Ore., in the late 1980s when

a Vietnam veteran volunteered for a treatment Clyman would later dub “emotional liposuction.” Lying on a table, the veteran allowed Clyman to touch various spots on his body. Using his energy, or jing, to reach out to the man’s stored emotions, Clyman touched an area right by the hip, even with his pubic bone.

“I put pressure. It wasn’t a lot of pressure. But he was able to pop,” Clyman recalls. “He was a captain who lost his entire platoon and blamed himself for their deaths. He let out one guilt screech. It shot a chill through everybody in the room. He felt different on the spot.”

During the past 20 years, Clyman has perfected this art of “emotional liposuction” out of his Chicago offices, extracting emotions of rage, anger, bitterness, grief, sorrow and others from thousands of patients from all walks of life. His clients have included children, grandmothers, stock brokers, geniuses, rape victims and drug smugglers. Some have come from as far away as Europe for his help.

“The most common treatment is anger or rage. One hundred percent of our population has anger or rage,” Clyman says. “Next is abandonment at 50 percent. Next is bitterness at 25 percent. Guilt and sorrow is 10 percent.”

Clyman’s “emotional liposuction” technique uses chi kung combined with a knowledge of several

spots in our body that store emotional pain. Using his jing, or internal power to create healing vibrations, Clyman says he can suck out the emotional cause of illness, disease, pain, depression and other ailments into his arms, which he then washes off with cold water.

“My chi kung practice creates an internal vacuum,” Clyman says. “When I touch somebody, the emotional point is activated and then I suck it out until it’s empty and does not hurt anymore.”

Before he met Clyman, Chicago developer Terry Harb was suffering from sciatic back pain so intense that three different doctors recommended surgery.

“I had a back brace when I came into his office,” Harb, 42, recalls. “Gary touched a bunch of points on my body. Each one of those points he touched where I felt severe pain, he said it was an issue point. The points held anger, rage, abandonment. He told me it was all related to stress. The stress was related to my developing business going under. Each point that he touched that was painful, he would jab at it and I would make a different type of scream or yell until the pain went away.”

And the result?

“I kid you not, when I stood up, I was able to kick over my head, which I was not able to do in more than a year and a half,” Harb says. “I put the back brace in the back of the car and never used it again. I asked him about a follow-up and he laughed at me. He said I did not have to come back.”

While Clyman discovered his own brand of “emotional liposuction” on his own, energy healing and touch therapy have been around for centuries, if not millennia.

“It has its roots in chinese shamanism, as well. You can read old books where they suck emotions out of people and they put it into rocks,” says

William Goit, a licensed acupuncturist in Laguna Hills, Calif., who learned emotional liposuction from Clyman. “To be able to change or affect the emotions is common in chinese medicine. Internal organs are thought to store emotions. The liver is anger. The heart is joy. Abandonment is right over the heart, in the sternum. Bitterness is in the pit of the gut. People talk about feeling bitterness in the gut all the time. But on the other hand, nobody else is doing this but Gary. He’s repackaged it and made it accessible to Western minds. Emotional liposuction is his baby.”

At first, Goit says, he could not envision himself performing emotional liposuction.

“It’s a seemingly brutal procedure,” he says. “The release of this internal emotional turmoil, it hurts. They are hanging onto their pain. You’re overpowering the patient’s will to hold onto the past, their negative emotions, and free them to go into the present. You project your jing or vitality into the body, activating and exciting that latent emotion, and sucking it out.”

“It’s not the most comfortable procedure,” agrees Stephanie, 39, of Orange County, Calif., who received emotional liposuction from Goit for depression, insomnia and grief over the loss of her mother. “It’s painful. It’s like someone giving you a super deep tissue pressure in your abdomen and ribs. My eyes were tearing.”

Despite the pain, Stephanie says she felt “a sense of relief or letting go” during her emotional liposuction. Combined with acupuncture, chinese herbs, the treatment allowed her to stop taking antidepressants and sleeping pills. “It’s not like I walked out and I was a new person,” she says. “But I think it helped.”

“It’s like having a truck rolling off of them,” Goit

says. “It’s an amazing treatment.”

Although Goit has only treated some 200 patients with emotional liposuction, compared to the thousands treated by Clyman, he has seen some amazing changes, including a visit from a male nurse from El Salvador, who was gay.

“I was removing his sorrow, located just to the left of the nipple, below the armpit,” Goit recalls. “I asked if he had a tough relationship with his father. He really broke down. He got real quiet and he suddenly was in the place where he told his parents he was gay. His parents reacted badly. But he’s way more comfortable with being gay now. That was very gratifying.”

While Goit says emotional liposuction is potentially for every one who can handle the pain, he is careful not to call it a permanent solution.

“It’s like getting your teeth cleaned. It’s not like you never have to brush your teeth again,” Goit says. “In many ways it’s a starting point, not an ending point. Then they learn how to be without those feelings from the past. Not to bring them back. I can tell you people whose lives have changed dramatically. On the other hand, I’ve treated people who did not change at all. It’s like that with every therapy.”

Goit also notes that he does not have as much experience in emotional liposuction as Clyman, who touts single treatments of emotional liposuction.

“They feel better and it lasts a long, long, long, long time,” Clyman says.

For her part, one dose of emotional liposuction was enough, Stephanie says.

“I think you only have to do it once,” she says. “It’s not like you’re going to suffer forever.” Then she laughs and adds: “It’s not like chiropractic work.”

© CTW Features

**“I put pressure. It wasn’t a lot of pressure. But he was able to pop. He was a captain who lost his entire platoon and blamed himself for their deaths. He let out one guilt screech. It shot a chill through everybody in the room. He felt different on the spot.”**

—Gary J. Clyman

