

# LOCAL FOCUS:

## An Interview with Gary Clyman

**Guy Spiro:** Gary, give us a thumbnail version of your development.

**Gary Clyman:** I started in Tae Kwon Do in 1973 and a year and a half later, I switched to Temple Style Tai Chi. I was taught Chi Kung in 1978 and opened my Tai Chi school in 1979. I taught my first Chi Kung Personal Power Training in 1983 and started creating the Emotional Liposuction Treatment in '85. I completed it in '87 and I've been busy ever since. I'm also a licensed acupuncturist and helped Illinois get licensure in the early '90s.

**GS:** How did you help?

**GC:** I motivated people to get educated and go to meetings to work with the lobbyists to get on track. Twice I had to do it. The first time they called me off. They said, "We don't really think we need you to do this anymore," and it dropped back down to five people at meetings. Then I got a call to get back on it, and when I got it back up to forty people, we got our licensure.

**GS:** I didn't know you had anything to do with that.

**GC:** I had a lot to do with it. It was quite dead before I got involved.

**GS:** You've been doing this Emotional Liposuction since 1987?

**GC:** I started working with it in 1985. In 1987 it became a system. Since then, I've treated probably 10,000 people.

**GS:** Briefly describe the process.

**GC:** I touch points on the body related to anger, bitterness, fear, guilt, rage, anguish, sorrow and abandonment. When someone hurts at any of these points, it indicates to both of us that they have that particular emotion stored there. From my personal Chi Kung practice, I've created an internal vacuum inside myself and I vacuum that point out until it is neutral. I don't take out positive emotions and I don't put in positive emotions. One hundred percent of the population has anger and rage or both.

**GS:** Everybody has some traumas from childhood.

**GC:** And some of it is recent. I pull it out and they aren't angry anymore. Their sleep patterns change and all kinds of things take place. It is basically extracting negative emotions. That is what I do all day long.

**GS:** The work is controversial.

**GC:** You've watched me. How many times have you seen me do it?

**GS:** I have seen you do it many times. I have seen people scream

and cry. At expos, you can hear people screaming from the other side of the hall, which is why I'm not getting on your table. But, I've watched most of the people I heard screaming get up off your table and thank you.

**GC:** Thank me, kiss me on the cheek, hug me, and then the next day bring five of their friends to the show.

**GS:** To hear them, you would think that they're going to get up off the table and try to slug you. But I've never seen anybody be unhappy. I have, however, heard that people have been unhappy.

**GC:** One here and one there, but there are two hundred happy people for every one of those.

**GS:** These specific emotions aggregate in specific points in the body.

**GC:** Absolutely. It's on my chart that's always in my ads and articles and it's on my website also. People always have anger or rage or both. Next is abandonment in about fifty percent of people. About 25 percent have bitterness or what I've termed self-hatred. It's hard to live with these things. That's why everyone is upset all the time and depressed all the time. I've gotten people to get off medication, lower their blood pressure, get out of bad marriages.

All these things happen around me on a daily basis.

**GS:** Whatever some people think, you are successful.

**GC:** They fly in from all over the place. It can be for anything from simply getting rid of migraine headaches and hip pain to extreme traumas that get pulled out. Everybody comes to me telling me they're tired, they're trapped, they're angry. Once they are on the table, I excise "dark energy." It's one of my new trademark terms. I excise dark energy, which could be anything. It could be from child abuse, it could be from rape, it can come from losing a job that they liked or their wife or whatever. I hear it every day, all day long. That is why I'm so busy.

**GS:** Do you see where negative energies are or do you find it with touch?

**GC:** With my internal vacuum, within a second or so, they are screeching or growling. That's the indicator that I use. I don't see anything. Every once in a while I might get a read out on somebody, long before they do, that it's demonic or it's sexual abuse. It can literally be anything in any extreme. I've even had serious exorcisms, probably five or six in the last ten years, but when they come in, they don't know that's what it is for. I don't know that's what it is for. It just unfolds very quickly in front of us.

**GS:** Now this internal vacuum—you are, in effect, pulling this stuff out of them into your own system?

**GC:** Right, absolutely. The reason I can do it and others can't is because I've been practicing condensing breathing, which I learned in 1976. I did hours and hours a day of this for years. In the beginning of my Tai Chi training, I practiced six to ten hours a day for the first ten years. I was the best in my school and when my teacher's school closed, he gave me his sign and his blessing. He closed in '78, I opened in '79. I've been treating people ever since 1974 when I first started learning acupuncture. It has just progressed.

The reason the emotional liposuction was created was because people needed it. Everyone was going to their therapist. Everybody was going to the chiropractor and everybody was sitting on the fence. Nothing ever changed. I wanted to create a treatment that would push people off the fence. And it has, it does every day.

You have seen how popular my booth is. I'll treat fifty or sixty people in a row. People think I have a urinary tract infection because I'm running to the bathroom a hundred times a day. That is just to flush this stuff out. You ask what happens when I take it in. I take it in, but it doesn't go into free circulation in my body. I sort of contain it or encapsulate it in a tube. I go to running water, shoot it back out and then I go back to work. With some people, I have to do this a couple of times in one treatment. But when I suck it out, it's not in them anymore.

**GS:** I don't have a problem with this. I can see clearly how this could work. Have you worked much with PTSD? There is a whole new wave of that now.

**GC:** I don't often treat military vets because they usually have a hard time finding me. I've treated post traumatic stress disorder probably twenty times in the last twenty years. That's always dramatic. I remember one guy. He had just come in from New York. The last time he was excited about anything was during Tet Offensive. He was at a guard post in a tower at this American Air Force base and on a machine gun for six hours. He had a good time in my workshop.

My Personal Power Training, which I do every three months, includes the treatment and the Chi Kung as a package. My specialty in that workshop is creating deservingness, which is another word I made up about twenty years ago, because people have been told their whole life, "You can't. Who do you think you are? You're not special." I never got that from my father. Because I never got that, I'm very capable of recognizing it and removing it and reprogramming the deservingness issues in everybody that takes my training.

**GS:** You've moved your office.

**GC:** My new address is 4255 N Pulaski Rd. That is two blocks north of the Irving Park exit on the Kennedy. And the web address is always [www.chikung.com](http://www.chikung.com) The phone number is 312-446-8218 and can be called 24/7.