The Resolution of Sexual Abuse with Emotional Complex Clearing: Three Case Studies

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Emotional Complex Clearing (E.C.C.) is a system that allows people to experience freedom from the past. The entire procedure is composed of twelve steps. The first eight steps use muscle-testing to gather information about an unresolved issue. The ninth step involves a clearing technique which encompasses five separate elements-- holding the forehead, lightly stroking the spine, breathing, imagining light, and an Inner Child process. Steps ten through twelve check the degree of resolution and determine whether anything else needs to be done.

CASE #1: MODERATE DEPRESSION

I was teaching a class in counseling and offered to demonstrate how to cure a phobia using N.L.P. (Neuro-Linguistic Programming). Four students volunteered. I muscle tested myself to determine the best subject, and Veronica was selected. I asked what she was afraid of. She said, "Men in dark raincoats."

I asked, "Why?"

"Because I was molested by one when I was a little girl," she answered.

Suddenly she was in tears, and out poured her whole story. The abuse she had mentioned was a onetime occurrence, perpetrated by a stranger when she was about nine. She added, however, that she'd been repeatedly sexually abused by a neighbor from ages five to seven and then molested by her stepfather from ages eleven to thirteen. To the class, it must have looked like I definitely got more than I bargained for.

I could have referred her to another therapist, an approach which the school would doubtless have endorsed, but I was feeling bold that night.

I asked that everything be kept confidential, and then offered, if the class would be supportive, to demonstrate a procedure that I had used which had been very beneficial in similar cases in the past. Both the class and Veronica agreed. We had a very tightly bonded group which was quite helpful.

Her system indicated (when I muscle tested) that she was ready, willing, and able to resolve this successfully now, and that the entire pattern of sexual abuse could be cleared all at once.

She then elaborated on her emotions about the abuse--feeling very unsafe, and decisions she had made--believing that she was dirty and unclean as a result and that men were out to use and abuse her. (Her husband, she added, was the only exception.) When I looked around at this point, I noticed that many of the students also had tears in their eyes as she described the way her childhood and adolescence had been ruined by her perpetrators.

Her system indicated that she was free from self-sabotage and secondary gains on this issue, but there was still a barrier to a thorough release – some missing piece to the puzzle.

She quickly recalled that she'd been afraid to tell anyone about any of this until she got married. She

had hinted about it to her mother, but either mother didn't believe her or Veronica felt discounted and invalidated as a result. Her system confirmed that was the missing piece, and we could now expect a complete resolution.

I administered the clearing procedure. There was a point where she started to hold her breath and I feared her collapsing back into the pain. But I reminded her to breathe, and she eventually opened her eyes with a smile on her face. "Wow! That's much better!" she said. "The little girl inside me really needed that."

No support activity was indicated. I insisted that she call me if the good feelings started to slip away. Our class ended about a week later. At a five-month follow-up by phone, she said she was still grateful and that the changes had lasted.

Several classmates who continued in school with her reported that she seemed more "mature" in the months that followed and that in fact her voice had deepened! This, we speculated, might have been the result of freeing up the little girl energy that was stuck in her throat.

Case # 2: Hypoactive Sexual Desire

Alice couldn't enjoy sexual intimacy with her husband of eight years. Time after time she would freeze or tense up when they started to make love. In her mind she would "go away" and think about other things. In her drinking days this was never a problem. But now she was newly in recovery and wanted to stay sober. "This is a huge issue," she said. "It's come up many times in our years of therapy. There's a huge difference between us, and neither one of us knows how to come together."

Muscle testing for the source of the issue took us quickly to age ten. She said that she had been sexually molested then by a cousin while his friends looked on. Out of shame, she never told anyone. Relating this to the group (which I was leading) made her tearful. Her system indicated that it would clear on all levels, and that she was free from self-sabotage and secondary gains.

The clearing went smoothly. She opened her eyes, again filled with tears, and expressed her amazement to the group. "That was wonderful," she gushed. The whole E.C.C. procedure took about fifteen minutes. She left that night quite hopeful.

Two weeks later I saw her and asked how she was doing. "It really worked," she said. "I feel much more comfortable being intimate with him and much safer. That wall just doesn't come up anymore. He knows there's a difference. I just want to be closer to him. The miracle is happening for us! The change that you helped us start is great!"

In a phone interview her husband confirmed the shift. "In our relationship there was a wall, and that's come down. We're much closer now. What you did really helped."

Alice revealed in group that night that she had been praying for a resolution to that issue for some time. Interestingly enough, that evening I was a substitute facilitator. I had no plans to do either muscle testing or E.C.C., and in that group I had never demonstrated either.

Then someone asked me to show them "the arm thing." So I tested Alice, who was the first to volunteer on a number of recovery issues. All were o.k. It was only on her way back to her seat that she asked if I could help with her sexual barrier-- as an afterthought.

"Too many coincidences," one group member muttered. "It must be a God thing."

At a six-month follow-up Alice said, "My whole life has completely changed. That healing took away my anger and my fear. We have a really active sex life now, and he's a happy camper. Our relationship is better than it's ever been in nine years – it's ten times better!"

Case # 3: Panic Attacks

When I first saw Betty in the hospital, she was shaking and sobbing hysterically. Her counselor told me that she was having another panic attack and asked if I

could help. It was Saturday morning, and her regular therapist had the day off. So I said I would do what I could.

Alice explained that she had been depressed for the past year and thought that she was dying. A former therapist herself, she had sought help from traditional therapists who she said were excellent, but she had only gotten worse. She was experiencing rage and terror, and she had no idea why. As a result, she was losing both her business and her friends.

I demonstrated muscle testing and explained how we could use it to help. It unsettled her to realize that she could find out in a very short time what she had been wondering about for so long. She cut the session short, stating that she had to think before going any further.

The next day she decided to proceed. Her system indicated that the original experience (related to the depression and panic) contained the emotions of fear, anger, pain, and shame, and had occurred at age five. She tested negative for physical or emotional abuse, but positive for sexual abuse.

She told me to ask about her father, and her system confirmed her dim suspicions that he was the perpetrator. She was stunned, but not incredulous. We talked for a while and then proceeded with the clearing.

In her own words:

The results were almost unbelievable! I remember very distinctly knowing that the bad feelings had stopped. The pain and terror and rage were really gone and the ordeal was over. It was more than emotional-- the back pain of twenty years was gone, and my skin condition cleared up also.
I had often felt a deep black hole inside of me. Now I felt that I had been to the bottom of that hole and cleaned it out and it was filled with light.

Within a few days I was back home and feeling better than I had all my life. I find I have a deepening sense of peace and well-being that I would not have thought possible. I am still in awe of the fact that my recovery could be an event instead of a long and painful process.

A three-year follow-up confirmed that she was maintaining these results.

Conclusion

In each case the apparent "coincidental" nature of the encounter between therapist and client is quite interesting.