



# Emotional Release Therapy: Letting Go of Life's Painful Emotions

*Walter Weston*

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## Emotional Release Therapy: Letting Go of Life's Painful Emotions Walter Weston

Professional spiritual healer and former Methodist minister Walter Weston was frustrated by the lack of therapies effectively dealing with emotional pain. Then he developed Emotional Release Therapy (ERT), a simple technique that permanently removes painful and traumatic memories along with self-destructive emotional states like depression, grief, fear, and anger.

Because emotional pain is often the root cause of many physical diseases, ERT can likewise alleviate painful conditions and speed recovery from disease. A blending of energy and faith healing, ERT heals by helping us re-access our lost connection to God.

Since developing the therapy, Weston has taught thousands of people around the world to practice ERT on themselves and others. ERT is so effective you can also use it to treat animals.

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