

15 Ways to Health, Happiness and Abundance

Wisdom from the Energy Therapy,
Health and Abundance Experts



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Introduction and History of EFT

By Nicolas Ortner, Creator of “Try It On Everything”

Millions of people are settling for lives filled with [quiet desperation](#), poor health and emotional baggage. Not knowing how to achieve the joyful and satisfying lives they desire, they're stuck accepting a lifestyle of emotional trauma, chronic physical pain, compulsions and addictions, or perhaps just an empty feeling inside. Along with these problems come pills to kill the pain, sleep at night, and suppress anxiety – but this "cure" is hardly better than the disease.

If you're like many people, you feel trapped, caught in this cycle. You're tired of feeling sad, depressed, anxious, discontent, and unwell. You're sick of the expensive and ineffective treatments. You're fed up with relinquishing the power over your health and happiness to psychologists and doctors. You'd like to grow, flourish, and thrive, putting the past in the past. You want to be your best, living a life that is filled with peacefulness, joy, and fulfillment, from day to day and moment to moment.

With EFT, you can do that. You can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands. It's simple for anyone to master, and it's free.

EFT provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases. While EFT is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, EFT is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power.

Your body is more powerful than you can imagine... filled with life, energy, and a compelling ability for self-healing. With EFT, you can take control of that power.

So, How Does It All Work?

“The cause of ALL negative emotions is a disruption in the body’s energy system.”
-Gary Craig, founder of EFT

This fundamental principle is the basis of EFT. All negative emotions are felt through a disruption of the body's energy. And physical pain and disease are intricately connected to negative emotions. Health problems create feedback – physical symptoms cause

emotional distress, and unresolved emotional problems manifest themselves through physical symptoms. So, the body's health must be approached as a whole. You cannot treat the symptoms without addressing the cause, and vice-versa.

The body, like everything in the universe, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. EFT restores the body's energy balance, and negative emotions are conquered.

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 12 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

You may be wondering about these meridians. Put simply, energy circulates through your body along a specific network of channels. You can tap into this energy at any point along the system.

This concept comes from the doctrines of traditional Chinese medicine, which referred to the body's energy as "ch'i." In ancient times, the Chinese discovered 100 meridian points. They also discovered that by stimulating these meridian points, they could heal. Call it energy, call it the Source, call it life force, call it ch'i... Whatever you want to call it, it works.

In some ways, EFT is similar to acupuncture. Like EFT, acupuncture achieves healing through stimulating the body's meridians and energy flow. However, unlike EFT, acupuncture involves needles! "No needles" is definitely one of the advantages of EFT.

Acupuncture also takes years to master. Acupuncture practitioners must memorize hundreds of meridian points along the body; the knowledge and training take years to acquire.

EFT is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It's less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives *you* the power to heal yourself, putting control over your destiny back into your own hands.

The History of EFT: An Accidental Discovery Leads to a Healing Revolution

It began in 1980, with a psychologist by the name of Roger Callahan, and a patient with an extreme phobia of water. Mary's fear of water controlled her life and kept her from daily activities. She was unable to take her children to the beach and was unable to drive near the ocean; she grew fearful when it rained, and could not even withstand the sight of water on TV. She had vivid nightmares involving water.

Dr. Callahan and Mary had been working on this problem together for over a year. Finally, Mary worked up the courage to sit within sight of the pool at Dr. Callahan's house. Even doing this caused Mary extreme distress, and though she found ways to cope with the intense fear and emotional pain, she did not overcome her phobia. They discussed her problem, and how to overcome it, but without success.

Her fear of being near the water caused Mary stomach pains – a common "gut reaction." Dr. Callahan had recently been studying traditional Chinese medicines, and learning about meridians. Suddenly he had an inspiration. Remembering that there was an acupuncture point for the stomach meridian on the cheekbone, he asked her to tap there, thinking it might cure her stomach pains.

Mary tapped her cheekbone as directed, and this little action changed medicinal history! The response seemed miraculous, to both Mary and Dr. Callahan. Her stomach pains disappeared. But even more amazingly, her phobia of water **disappeared too!** She ran down to the pool and began splashing herself with water, **rejoicing in her newfound freedom.**

Based on this discovery, Dr. Callahan began a series of investigations to develop and refine this technique, which he termed Thought Field Therapy. Gary Craig trained under Dr. Callahan's tutelage in the 1990's, learning the procedures for TFT. As time passed, Craig began to observe some problems with TFT, aspects that he saw were unnecessary complications.

TFT required practitioners to tap on a specific sequence of meridians (called an algorithm) for each different problem. Diagnosing the problem required a technique called muscle testing, wherein the practitioner would measure the relative strength of a muscle, while the patient explored various thoughts or statements.

Craig observed repeated scenarios in which the problem was incorrectly diagnosed or the practitioner tapped out the meridian points in the wrong order, yet the patient was still cured. Based on these observations, he concluded that it did not matter in which order the meridian points were tapped.

Craig developed EFT as a simplified, improved version of the concepts behind Callahan's TFT. EFT has one basic, simple sequence of points to tap, no matter what the situation. It does not require complicated muscle testing. It is simple to administer and easy to master.

Because of this, thousands of people have used EFT for illnesses and to resolve emotional problems. EFT practitioners have studied the techniques and trained to take on more complicated and difficult cases, and these dedicated practitioners report more successful applications daily. More and more people are discovering and exploring EFT. Many are discovering how EFT can change *their* lives.

EFT Sequence for Anxiety

As discussed, EFT can be used for **everything - try** it on everything! In this example, we'll focus on general anxiety.

Try it now with this initial sequence. Here's how a basic EFT sequence works:

1. Identify the problem you want to focus on. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.
2. Consider the problem or situation. How do you feel about it right now? **Rate the intensity level of your anxiety, with zero being no anxiety at all and ten being the highest you could possibly feel.**
3. Compose your **set-up** statement. Your **set-up** statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

*"Even though I feel this anxiety, I deeply and completely **accept myself.**"*

"Even though I'm anxious about my interview, I deeply and completely accept myself."

"Even though I'm feeling this anxiety about my financial situation, I deeply and completely accept myself." (italics)

"Even though I panic when I think about _____, I deeply and completely accept myself. "

"Even though I'm worried about how to approach my boss, I deeply and completely accept myself."

"Even though I'm having trouble breathing, I deeply and completely accept myself."

4. Perform the set up.

With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

5. Get ready to begin tapping! Here are some tips to help you achieve the right technique.

- *You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.*
- *You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.*
- *Tap with your fingertips, not your fingernails. The sound will be round and mellow.*
- *The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.*

6. Now, tap 5-7 times each on the twelve meridian points in the following sequence:

Head (H)

The crown, center and top of the head. Tap with all four fingers on both hands.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CH)

This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, about four inches beneath the armpit. Use four fingers.

Head (H)

And back where you started, to complete the sequence.

As you tap on each point, repeat a simple reminder phrase, such as "*my anxiety*" or "*my interview*" or "*my financial situation.*" Tap firmly with the first two fingers on each hand.

Now take another deep breath!

7. Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.
8. If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. *"Even though I have some remaining anxiety, I deeply and completely accept myself."* *"Even though I'm still a little worried about this interview, I deeply and completely accept myself."* And so on.
9. Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.

*Note: This is a different approach **from** traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you've confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and your self. Now, you're turning your thoughts and vibrations to the powerful and positive. That's what makes EFT so much more effective than the "positive thinking" techniques that many of you have already tried. It's not just a mental trick; instead, you're using these positive phrases and EFT tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You're actually changing your body's energy into a more positive flow, a more positive vibration.*

Here are some example phrases to guide you:

"I have faith in my ability to change."
"I am joyful about these positive changes."
"I am accomplishing so much."
"I enjoy the calm and peace that I have."
"I love the person that I am."
"I am becoming a more relaxed and joyful person."

You can use these positive phrases with the same EFT tapping points and sequences described above.

Congratulations! You've completed your first EFT sequence. Keep reading to find out how to take EFT to the next level!

Nicolas Ortner is the creator and producer of the documentary film about EFT, “Try It On Everything”. You can see a trailer for the film and more information at www.tryitoneverything.com

Happiness Is An Inside Job

C. Norman Shealy, M.D., Ph.D.

I first heard this phrase about 30 years ago. Prior to that it had never occurred to me that happiness was an outside job! About that time I had also read one of Hans Selye's books in which he stated that you should strive in live to find a job which is not work but play.

And after working with over 30,000 depressed people, I began looking at people who attend various conferences. To my surprise I learned that Freud the Fraud was correct about one theory---most people have a death wish! At least 40% of Americans are clinically depressed and another 40% have what I call a subclinical depressive miasma. In other words, they are NOT happy!

Everything in life is relative. As Maslow emphasized the basic essentials are water, food, clothing and shelter. Without these life is such a struggle that happiness is hardly an issue. The issue is survival. Beyond these essentials and air, little is essential.

Even without these one still has the choice of attitude. As Viktor Frankl emphasized in MAN'S SEARCH FOR MEANING, everything, including freedom, can be taken away, as it was in German concentrations, except one's attitude towards the situation. He wrote that even in such serious abuse situations, one has to accept that there must be a purpose. Even if you never learn the purpose, you have to assume there is meaning, as anything else is insanity!

Money, jewels, fame, unlimited sex, etc are often available to great celebrities, movie stars, sports heroes, etc. But how many of them are happy? Watching one of the wealthy on "You're Fired", I am repulsed by the vindictiveness and obvious lack of compassion that substitutes for entertainment. I actually once tuned in for five minutes and turned it off! A vast majority of movies today emphasize violence. I see nothing of artistic or redeeming value in such trash. I have known personally several of the super wealthy. I have yet to know a truly happy one, although I am sure some exist! In India on two occasions I have been amazed that many of the poorest, wearing only something like a diaper, engaged in very hard menial work, appear to be happy. I spent many hours talking with them, attempting to understand the essence that leads them to happiness.

It seems to me that happiness is an attitude about life in general. It is a sense that I AM OK. Happiness is recognizing that your only real responsibility outside yourself is to do no harm to others. Then your responsibility to yourself is to do no harm to you. It may not be obvious, but science demonstrates that anger, guilt, anxiety and depression---and all their synonyms---are the major causes of virtually all illnesses, including accidents. You cannot afford the luxury of anger, guilt, anxiety and/or depression. Holding a grudge is like taking poison and expecting it to kill the other person.

There is, of course, a greater purpose in life than just surviving, without harming. That purpose is expressed best in THE URANTIA BOOK:

“Love is the desire to do good to others.”

That greater purpose is indeed love, the essence of spirituality. The single greatest human drive is to love others, nurture others, to help others, to do good to others.

Nothing outside self is as gratifying as the joy that one receives in helping others. And of course there is also doing good to self! This does not mean being a narcissist. It does mean taking care of your body, mind and emotions---nurturing you. Common sense, the uncommon commodity, should be the guide in making choices.

Treat yourself with compassion.

Choose health enhancing food, exercise and thoughts. “Every thought is a prayer. Thinking sets in motion spiritual forces to bring about change in body, mind, companions, environment, hope and despair.”

Think happy. Happiness is indeed an inside job! And it should be JOYFUL PLAY!

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Article © Norman Shealy

Gravity and the LOA

By Dr. Joe Vitale

Sometimes I get nasty emails.

They are usually from people who strongly disagree with my book, *The Attractor Factor*, and/or the movie *The Secret*.

They say the law of attraction isn't a law.

They're pretty angry about it, too.

Their number one proof is that the law of gravity is repeatable: drop something and it falls.

But, they say, the law of attraction can't be repeated at all.

What these well-intended people don't see is that they are attracting all the time.

They even attract other like-minded skeptics, completely oblivious to the fact that they have *attracted* each other, but let's leave that observation for someone else to ponder.

They say they aren't attracting because they *appear* to attract what they *don't* want.

So, in their mind, the law of attraction can't be a law.

I can't blame them for thinking that way. They simply expect the law to work in their favor at all times. (As if gravity does.) They expect everything to be measurable and predictable.

But this is where their logic is twisted.

They never seem to notice that they can drop a pen from a roof a million times but it won't land in the *exact same spot* every time.

Why not?

Isn't gravity a law?

Shouldn't gravity be exactly repeatable?

In other words, because something falls, they say gravity is proven.

Well, because you attract something, even what you didn't consciously want, doesn't that prove the law of attraction, too?

I think the confusion comes from expecting to hit a specific target every time.

With gravity, people are forgiving. If it falls, that's proof of gravity. They don't look any further. Experiment over.

But with the law of attraction, people are more demanding: if they don't attract precisely what they said they wanted, then the law doesn't exist (in their mind).

Now this is what's interesting to me:

If the law of attraction is working just as the law of gravity is — neither are precise (they *can* be but that's a different article) but both are laws — why don't some people want to agree to it?

And why are so many of these outspoken people *angry*?

My guess is that as soon as they admit the law of attraction works, then they have to take full responsibility for what they are getting in their life.

Few can admit that.

It's scary.

It means there is no one to blame.

Think of the apparent burden this places on a person.

If I could shirk responsibility, I'd do it, too!

But once you understand the truth, there's no going back to sleep again.

And get this —

Taking full responsibility for your life is only stage *two* in the process of awakening. There's still stage three. (I explain all three in my latest book, *Zero Limits*.)

Considering how tough it is to get people out of stage one, I think I have my work cut out for me.

Please join me in saying –

“I love you, I'm sorry, please forgive me, thank you.”

Note: It would be fair to ask, “Joe, why did you attract those nasty emails from the skeptics?” Good question. I attracted them to get me to write this post. Had I not gotten any emails, I may never have written this or even thought about writing this. In short, those nasty emails were a good thing and I attracted them. Now that I've gotten the lesson from them, I don't need to attract any more of them (unless there's another lesson to learn from them). This is called getting clear. I believe it is The Missing Secret to a successful life.

About the Author:

Dr. Joe Vitale, President of Texas-based marketing firm, Hypnotic Marketing, Inc. has **written** more books on marketing than most folks have **read**—including one for the American Marketing Association... not to mention the worldwide best-seller "The Attractor Factor." Visit him at www.mrfire.com.

EFT and The Law of Attraction - A Perfect Match (Part 1)

By Carol Look, PhD, EFT Master

You've written down your wish list, you know what you want and what date you want it by, and you've patiently been waiting for the "stuff" to fall into your lap.

So where is it?

What's the missing piece, and why hasn't it come to you yet? According to the popular philosophy of the **Law of Attraction**, you haven't yet **allowed** it into your life. How do you **allow** it into your life? You relax, feel more joy, appreciate what you have and choose positive thoughts instead of dwelling on fear or scarcity. This raises your vibration. **Your job is to raise your vibration.**

How can you possibly focus on joy and appreciation when your life is full of pain, strife, angst or past memories that scare you? **You use EFT!** We've all done plenty of asking, plenty of telling the universe who and what we want in our lives. **The missing piece is that we don't know how to get out of our own way and open the door.** Enter EFT...

LAW of ATTRACTION:

The **Law of Attraction** is ALWAYS working for us. For those of you who've seen **The Secret**, **What the Bleep Do We Know**, or been following the **Abraham-Hicks** work, (just to name a few) you know what the **Law of Attraction** is --- the popular term to describe why we have what we have or experience in our lives. It means "**like attracts like**" no matter what. If you vibrate in fear, you will be delivered more experiences that cause fear. If you vibrate in a joyful place, you will bump into more experiences that bring you joy. Pretend your thoughts and vibrations are like slow moving boomerangs...they always come back to you.

RAISING YOUR VIBRATION:

The theory of this metaphysical "**Law**" of the Universe states that whatever we are feeling or vibrating (**not what we are saying**) is what is communicating our energetic "position" or posture to the Universe. The

Universe then “hears” this vibration we are emitting, and then *matches* it by returning to us similar experiences to produce more of the same feeling and vibration. (This is why I have been obsessed with using the Gratitude List and Gratitude Walk that I talk about in my book. When I use these tools along with **EFT**, I immediately improve my vibration which in turn magnetizes into my life the desires I have been focused on.)

Many people misinterpret the principles behind the *Law of Attraction*, and think they can “fool” the Universe by *pretending* that they are joyful. This is not possible, as the Universe reads your vibration, not what you say or do.

The key points of this article are:

- (1) The *Law of Attraction* is *always* operating
- (2) The Universe “hears” your vibration/energy, *not your words*
- (3) Knowing about this Law allows you to have more power in your life and feel/ be less of a victim
- (4) You **DO** have control over your vibration if you make choices about your thoughts and focus
- (5) **EFT** is one of the fastest and easiest ways to change your vibration

So when you use **EFT** to release any negativity and conflict in your energy system, you will naturally be vibrating in a more positive, uplifting space. Then the *LAW of ATTRACTION*, which is always working, will bring you more of the positive things that you have been asking for. *It's a perfect match.*

Think about all the pieces of **EFT** --- (1) choosing a specific problem, (2) affirming that you deeply and completely love and accept yourself no matter what, and (3) tapping on the points in your energy system and relieving the stress, tension, and conflict that has been stored there. What a wonderful way to raise your vibration!

What do you want to attract in your life? Professional success, money, love, friendships, joy, peace, spiritual depth, happiness? It's all available, but you need to know how to control your “vibration” which is in direct communication with the Universe. We need to use the *Law of Attraction* to our advantage since it's working 24 hours a day for us anyway.

In his recently released serious diseases DVD series, Gary Craig described

how the hurtful or traumatic events in our lives drain and reduce the effectiveness of our immune system over time. This makes perfect common sense. When we have negative feelings and don't find ways to relieve or express them, we eventually run our immune systems down and we end up in a compromised physiological place. Then we are a favorable "host" for the flu bug or cold virus circulating in our environment. The same is true for our vibration. When we run ourselves down by focusing on negative thoughts, painful experiences, or upsetting *what if's*, we lower our vibration which the Universe then answers. (Remember the image of a slow moving boomerang...)

RESPONSIBILITY:

Using the theory behind the ***Law of Attraction*** is NOT a system of blame! It is an explanation of responsibility and an opportunity to take back control of your life and stop being a victim. We have all attracted negative things into our lives from time to time, some more than others. When people argue, "*but I didn't want that bad thing to happen...*" you can bet that at some point, and definitely over time, they were inadvertently focusing on negativity, resentment, and probably fear. We all do it, we all attract negative things into our lives, and we are all afraid much of the time...it comes with being human. ***However, we have many more tools at our disposal now to reduce the fear, transform the powerlessness, and increase our genuine joy.*** It's an individual decision whether we want to pick up and practice using these tools or not.

PATIENCE:

It is also important to note that the ***Law of Attraction*** mechanism is carried out by the Universe in a "big picture way." You don't have a resentful or fearful thought at 10:00 in the morning, and get a flat tire at noon. It's about your ***overall vibration*** on particular subjects, your accumulated vibration, and this is something you can change and influence in a very short period of time. So consider being patient, believing that what you want is on its way to you, and work on raising your overall vibration.

Everyone oversimplifies the issue and manages to turn it around again into victimhood. ***Why did the universe send this to me???*** They ask...Because they were pulsing, vibrating, communicating that same level of vibration that was returned to them, on some subtle level in their energy system by focusing on resentment, pain, hurt, anger or feeling powerless. We all do

it, we all have done it, and we all will continue to do it in our lives. But now we can choose to do it less, relieve the feelings, take back our power, and harness the incredible power of the ***Law of Attraction***. Remember, this “law” works as often and as predictably as gravity, so it’s up to you what targets you want to offer it. The ***Law of Attraction*** has perfect aim.

“I wouldn’t have asked for the flu” you protest... No, you wouldn’t have and neither did I last winter, but I did communicate resistance, tension, fear, and irritation for a long time before I weakened my immune system enough to allow myself to react to the flu bug. In other words, I had to be ready, or a favorable “host” for it. (I also still “expect” to get sick at some point in the winter...another vibration I can work on changing.)

Remember, WE ALL DO IT. ***If any of you are hearing blame, you are not hearing me and what I am saying in this article.*** We all use the ***Law of Attraction*** in our daily life, why not use it for our benefit, rather than to hurt us or slow our progress down?

GRATITUDE:

If you want more in your life to be grateful for, focus on the appreciation you already feel for what and who you have in your life. Try the gratitude list or gratitude walk I talk about in my newsletters, or my gratitude tapping sequences from other articles. ***This all you need to attract outrageous success and abundance into your life: (1) Law of Attraction, (2) EFT, and (3) An Attitude of Gratitude.***

Try a marathon of gratitude tapping and measure how you feel afterwards, and what tail-enders surface. Start by addressing the genuine mood or feeling state you feel right now, then move into appreciation and gratitude.

Karate chop point: *Even though I feel a little down right now, I choose to focus on positive emotions...Even though I don’t feel very positive right now, I accept who I am and how I feel...Even though I’m wallowing in self-pity right now, I accept all of me and how I feel.*

EYEBROW: *I’m always afraid of what might happen*

SIDE OF EYE: *What if something bad happens to me?*

UNDER EYE: *I feel the fear in my vibration every day*

NOSE: *I can feel the fear no matter what I do*

CHIN: *I don’t feel safe unless I’m feeling worried*

COLLARBONE: *I'm afraid to let go of my fear*
UNDER ARM: *I don't know how to feel any other way*

HEAD: *What if I can't let go of my fear?*
EYEBROW: *I'm always afraid of what might happen*
SIDE OF EYE: *What if something bad happens to me?*
UNDER EYE: *I feel the fear in my vibration every day*
NOSE: *I can feel the fear no matter what I do*
CHIN: *I don't feel safe unless I'm feeling worried*
COLLARBONE: *I'm afraid to let go of my fear*
UNDER ARM: *I don't know how to feel any other way*
HEAD: *What if I can't let go of my fear?*

After you have relieved the sensation of chronic fear in you mind and body with EFT, move towards more positive and appreciative thoughts and statements:

EYEBROW: *I love feeling grateful*
SIDE OF EYE: *I choose to feel good no matter what*
UNDER EYE: *I feel appreciation for being alive*
NOSE: *I love who I am and how I feel*
CHIN: *I'm grateful for my life*
COLLARBONE: *I appreciate so much in my life*
UNDER ARM: *I'm grateful for the clarity in my life*
HEAD: *I love feeling so joyful*

EYEBROW: *I love feeling good*
SIDE OF EYE: *I appreciate feeling so grateful*
UNDER EYE: *I appreciate who I am*
NOSE: *I love who I am becoming*
CHIN: *I'm grateful for all my feelings*
COLLARBONE: *I appreciate the guidance I am getting*
UNDER ARM: *I'm grateful for who I am*
HEAD: *I love feeling such joy*

About the Author:

Since discovering EFT, Carol has been a pioneer, bringing unprecedented innovations to the application of the technique, and publishing her work for the benefit of others. Carol was one of the first practitioners to be named an **EFT Master** by EFT Founder, Gary Craig. Carol is the author of two of the field's classic EFT training manuals, [How to Lose Weight with Energy Therapy](#) and [Quit Smoking Now with Energy Therapy](#). She is

also the senior author of the new computerized EFT program, *[The Key to Successful Weight Loss](#)*. You can find out more at www.attractingabundance.com.

EFT and The Law of Attraction - A Perfect Match (Part 2)

By Carol Look, PhD, EFT Master

As a refresher, the following is from part 1 of this series:

The key points of this article are:

- (6) The *Law of Attraction* is *always* operating
- (7) The Universe “hears” your vibration/energy, *not your words*
- (8) Knowing about this “Law” allows you to have more power in your life and feel and be less of a victim
- (9) You DO have control over your vibration if you make choices about your thoughts and focus
- (10) **EFT** is one of the fastest and easiest ways to change your vibration

Using EFT and LOA TOGETHER:

So the million dollar question I answer a dozen times a week through emails, and hundreds of times in my *Law of Attraction* workshops is ...***But EFT makes you focus on the negative, won't that make you attract more negativity into your life and make things worse?***

Good question. I have studied, experimented, pondered and come to the conclusion that the answer is a resounding “NO.” After 10 years of doing **EFT**, I can safely say that my personal and professional experiments have determined that **EFT** and the *Law of Attraction* are a perfect match.

We need to STOP TRYING TO RESIST OUR REAL FEELINGS. EFT allows us to name them, feel them, and release them. Once this step is done, you are in a vibrational position to allow into your life (or magnetize) what you want.

When we use **EFT** and target an emotion you have (what I call the truth) you have pinpointed the feeling that is causing your vibration anyway... you are already feeling that way, so why not call it what it is? **EFT** is effective in direct proportion to the “truth” you are able to tell and the bullseyes you are able to hit. So instead of saying “I’m upset with her” I recommend you say words that more deeply resonate with the truth: *I feel*

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enraged at what she did and it wasn't fair. This allows you get more of a “hit” and more of a positive result with **EFT** as you have *nailed it on the head*. **EFT** is the fastest tool I have ever come across to identify, address and clear an issue and find immediate relief. The event itself doesn't change, but your experience, memory, and perception of it and emotions about it change. What more could we ask for?

And when you feel relief, the Law of Attraction is “listening” and allows into your life (by sending you) more of what you were asking for, whether it is relationships, money, opportunities or clients.

FEELING vs. PRETENDING:

When the *real feeling* (the one you've been trying to hide in your daily life) is finally addressed with **EFT** and soothed in your thoughts, mind, and body, you free yourself to vibrate in a more grateful, peaceful, joyful place, to which *Law of Attraction* then responds and adds more joy and more reasons for gratitude.

Consider this...

(1) People think that just because they're pretending they don't hate their boss, that they're not exuding anger or vibrating negativity and resistance. Humans are very transparent, so our feelings “show.”

(2) People think a few seconds of **EFT** where they focus on a “negative” feeling is an eternity. They ignore the fact that they have spent 23 hours *pushing hard against* a feeling of fear, then worry about a few seconds of **EFT**. When they are asked to focus on the negative feelings, there is a direct connection to their vibration. This allows the deep feeling to finally be relieved. It's very quick...there is no wallowing in **EFT**...

(3) **EFT** allows you to clear the decks which makes space for peace and joy in your life.

So once again, it's all about relief. Even saying well-formed setup phrases allow people to feel more joyful and relaxed.

When you feel relieved, the “stuff” you have “asked for” receives an invitation to show up for you, through many unusual channels. When you

use EFT to get relief, you instantly vibrate in a better place, and voila, the manifestations start to appear. *What stuff?* Relationships, money, career opportunities, love, peace, coincidences, guidance, serendipity etc., you name it. I have actually had to stop some of my own “experiments” as I haven’t quite caught up yet with what I am receiving.

So stop pretending you aren’t hurt by what happened. Stop pretending that you’ve forgiven everyone when the truth is you’re seething mad inside. ***The Universe hears your vibration, not your words.*** Use EFT to target the feelings and release them once and for all, and allow peace into your life.

Once you have cleared the negativity with EFT, you can be assured you have opened the door a little more to let into your life whatever you have been asking for, writing about, and visualizing.

Karate chop point:

Even though I have been too embarrassed to admit my hurt, I accept who I am and how hurt I really was by him...Even though I didn’t want to admit I was hurt, so I pretended I wasn’t, I choose to express it now...Even though I felt devastated, I accept who I am and how I feel about it.

EYEBROW: *I was so hurt by what happened*

SIDE OF EYE: *I’ve been pretending I wasn’t hurt*

UNDER EYE: *I’ve been so hurt all along*

NOSE: *I thought I was supposed to forgive him*

CHIN: *But I wasn’t ready*

COLLARBONE: *I still feel hurt*

UNDER ARM: *I feel hurt by what happened*

HEAD: *I need to admit my hurt*

EYEBROW: *I was deeply hurt and couldn’t get over it*

SIDE OF EYE: *I kept trying not to be hurt*

UNDER EYE: *It feels so good to say it out loud*

NOSE: *The truth is I’ve never gotten over it*

CHIN: *It feels so good to admit the truth*

COLLARBONE: *I can finally say it out loud*

UNDER ARM: *I’m ready to release it*

HEAD: *It’s time to release the hurt after all these years.*

Using EFT in this way allows you to release the real pain instead of spending all that energy trying not to feel hurt! Now you will be in an emotional and energetic position to feel more grateful and allow yourself to feel relief and joy.

FEAR:

Fear definitely keeps you in a *lower vibration* and delays the magnetization of what you want. I find that **EFT** is the easiest way to relieve this feeling and change your focus. Remember, when you change your focus, you vibrate in a different place, and attract different (more positive) things into your life.

A client of mine was very afraid of her negative thoughts but she spent most of her waking hours using tricks and affirmations to try and help her *push away the fear* and push away these thoughts. This always backfires, as she spent all her energy actually *focused on the negativity* rather than on something positive by trying so hard NOT to think about these feelings. This of course means she was ultimately focused on her fears anyway, as all her waking hours were spent *trying not to be fearful!*

(You might want to try and substitute “I’m afraid of my negative thoughts” for the sentences below if you related to the above story.)

Karate chop point: *Even though I’m deeply afraid of what might happen, I accept who I am and how I feel...Even though I live with these fears every day, I am willing to consider relieving them now...Even though I’m afraid not to feel fear, I accept who I am and how I feel.*

EYEBROW: *I’m always afraid of what might happen*

SIDE OF EYE: *What if something bad happens to me?*

UNDER EYE: *I feel the fear in my vibration every day*

NOSE: *I can feel the fear no matter what I do*

CHIN: *I don’t feel safe unless I’m feeling worried*

COLLARBONE: *I’m afraid to let go of my fear*

UNDER ARM: *I don’t know how to feel any other way*

HEAD: *What if I can’t let go of my fear?*

Now that you have voiced the real feelings, you are able to gently guide the client and can make the easy transition into more positive statements and vibrations. If the client objects to “positive” statements, they will

hear “tail-enders” surface such as “no I’m not” or “that’s not true” or something that counters the positive statements. ***This is good news!*** You now have more information and targets for tapping. When their tail-enders surface, be happy you are getting to the core issues! But try a positive round first to see where it lands.

EYEBROW: *I will consider letting go if my fear*

SIDE OF EYE: *I’m afraid to let go of my fear*

UNDER EYE: *I intend to be freer and lighter*

NOSE: *I love feeling peaceful more often*

CHIN: *I’m ready to let go of my fear*

COLLARBONE: *I love feeling grateful about my life*

UNDER ARM: *There is so much to feel grateful for*

HEAD: *I appreciate who I am and how I am living*

POWERLESSNESS:

Of course the feeling of powerlessness is overwhelming and lowers our vibration immediately. Usually it is ***perceived powerlessness***, rather than actual powerlessness, but it doesn’t matter, it’s the feeling that counts, not the reality of the situation! For those of us who suffer from feelings of powerlessness, we need to find ways to feel more powerful, and using EFT is a wonderful tool.

Karate chop point: *Even though I have no control in this situation, and it makes me anxious, I deeply and completely love and accept myself anyway...Even though I feel powerless, AGAIN, I choose to feel calm and peaceful...Even though I feel out of control and powerless, I love and accept all of me anyway.*

EYEBROW: *I feel powerless*

SIDE OF EYE: *I feel out of control*

UNDER EYE: *I hate feeling powerless*

NOSE: *I want more control*

CHIN: *I’m afraid of what might happen*

COLLARBONE: *I’m afraid of not having control*

UNDER ARM: *I want to feel more power in my life*

HEAD: *I don’t want to feel so weak*

EYEBROW: *I still feel powerless*

SIDE OF EYE: *I want to feel strong*

UNDER EYE: *I hate feeling weak and powerless*

NOSE: *I hate feeling so down about it all*

CHIN: *I want to feel better*

COLLARBONE: *I still feel powerless*

UNDER ARM: *I want to feel better*

HEAD: *I will consider feeling better*

Now you and your clients are in a position to take in the gratitude tapping:

EYEBROW: *I love appreciating who I am*

SIDE OF EYE: *I love receiving what I want*

UNDER EYE: *I am so grateful for my life*

NOSE: *I appreciate all my feelings*

CHIN: *I feel better already*

COLLARBONE: *I love feeling so confident and strong*

UNDER ARM: *I love the clarity in my life*

HEAD: *I appreciate the guidance I am receiving*

In closing, ask yourself how quickly you want to manifest more of your desires, small and large. If you are eager to manifest them sooner rather than later, I highly recommend using **EFT** to clear the blocks and neutralize the limiting beliefs. This will allow all that you have been asking for to come in your front door. Remember, the **Law of Attraction** is always working, but with **EFT**, we help it work for us and not against us.

About the Author:

Since discovering EFT, Carol has been a pioneer, bringing unprecedented innovations to the application of the technique, and publishing her work for the benefit of others. Carol was one of the first practitioners to be named an **EFT Master** by EFT Founder, Gary Craig. Carol is the author of two of the field's classic EFT training manuals, [*How to Lose Weight with Energy Therapy*](#) and [*Quit Smoking Now with Energy Therapy*](#). She is also the senior author of the new computerized EFT program, [*The Key to Successful Weight Loss*](#). You can find out more at www.attractingabundance.com.

An EFT Formula for Specific Trauma (Part One)

By Maggie Adkins, EFT Master

This is Part One of Two on using EFT on a specific trauma. Part One concentrates on the situations and methods that are involved in using EFT on traumas. Part Two will focus on particular traumas and the words and phrases that were instrumental in bringing about EFT's incredible gifts of emotional relief and freedom from the sabotage of old traumas.

A trauma, such as a car accident or being betrayed by a friend or lover, can have impacts that reach deep into our subconscious, sometimes causing behaviors or fears many years later. Those behaviors or fears may at first seem unrelated to the old trauma that is actually driving them; however, when we look for core issues to current behavior, those old traumas can show themselves as being huge saboteurs in our lives.

EFT surpasses anything else I know for releasing the negative emotions and resultant behaviors from a specific trauma. In my experience, the biggest obstacle to success in resolving traumas with EFT is people's lack of specificity about the details or aspects of that trauma.

Sometimes, we just don't know the specifics. If that's true, we use EFT by working with what we do know, even if that information is very general. When we start off with general issues, sometimes that wonderful EFT journey will include remembering more specifics and sometimes it will not. We just work with what we have. *When we do know specific details, it is best to do EFT on those details.*

What follows is a formula for working with a specific trauma or event when you DO know specifics. This article does not cover situations wherein the client is overwhelmed at the beginning. If my client is overwhelmed, I would start off with very general phrases. The formula I share with you here is for those times when the trauma is still a major thread in our life, but we are not incapacitated by it.

Central in using the technique is remembering to work with only one trauma at a time and not move around from one trauma to another. It is useful to incorporate different aspects of a trauma in a single round of EFT, however be careful not to switch to another trauma. I often use more than one aspect of a trauma in a single round of EFT when using the free flowing language method. (The free flowing language method is found on many of Gary Craig's DVDs and consists of rounds where the phraseology includes more than one aspect.) If there are multiple traumas, the first question may be:

“Which is the most intense trauma?”

or

“Which one happened first — which trauma from the past may be overloading the more recent trauma?”

If there is more than one trauma I find it is helpful to write them down. Then, consciously choose the one that you feel is the most pivotal in your healing at this time.

Making an Aspect List

Once the particular trauma is chosen, I like to make a list of all the aspects of that trauma, in as much detail as possible. The aspects are what make up the whole, collective trauma. My favorite analogy of how EFT works is Gary Craig’s image of a table top being the issue and the legs being the aspects that hold the table top up. Knock out enough of the aspects and the legs collapse, leaving perhaps a memory, but no more trauma. You don’t have to knock out all the aspects for the issue to collapse, just as you don’t have to get rid of all the legs of a table in order for the table top to collapse.

What follows are two examples of traumas and what might be the various aspects to work on with EFT. The first example relates to betrayal, the second relates to a car accident.

Sample aspects of a Betrayal trauma:

- He lied about me, said I cheated her.
- I feel like such a fool.
- I trusted him — how can I ever trust anyone again?
- I chose him as my friend/lover/whatever — can’t trust myself to choose again.
- I can’t believe he actually did _____ .
- I can’t believe he actually said _____ .
- When I tried to counter the allegation, he lied again about me.
- When I told mom about it, she just said, “Get a life! .No support there.”
- They will think I’m a liar, a cheat.
- This keeps happening to me — must be something wrong with me.
- I feel so lonely — there’s no one to share this with.
- I don’t know what to do.
- I’m embarrassed to face the others again.
- I must be unlovable or people wouldn’t keep doing this to me.

Sample aspects of a Car Accident trauma:

- Saw that truck coming toward me and knew it was going to hit me.
- Woke up and smelled gasoline and couldn’t open my door.
- The car could have burst into flames any minute and I would have died.
- Had to wait a long time smelling gas before anyone got there to help me.

-
- What would my five-year-old son have done without his mother if I had died?
 - I WAS going too fast — it was all my fault.
 - The police didn't even test the other driver's breath for alcohol and I'm sure he was drunk

This issue may remind you of something in your past

The above aspects may all be for a trauma that happened recently and you may automatically do EFT on that trauma. However, it is a very good thing to ask the core issue question, "What does that remind you of?"

If a similar trauma happened long ago, it may be that the first experience that is not healed is stockpiling into the more current trauma and we may have to heal the first trauma before we can get great results with the more recent one. If there are multiple similar traumas, I get the best results by doing EFT with whichever trauma has the most intensity. Most often, the first incident has more intensity.

I determine intensity by using the Intensity Meter – 0-10 with 10 being the worst intensity. Clients rate how they feel before we work on the issue, then again during the work.

The Movie

Once you have decided what you want to work on and the aspects are written down, I ask a client to run the movie through his or her mind. After they have run the trauma movie through their mind, they may have more aspects to record. You can do EFT on the general movie name. Examples are: that betrayal, the car accident. However, faster healing normally occurs when you work with one of the most intense aspects rather than the entire trauma.

Which aspect is most intense?

If my client is in overwhelm or extremely emotional, I wouldn't go immediately into the most intense aspect. However, if my client is calm, I would work with the most intense aspect first. Do several rounds on that aspect. Check the Intensity Meter to make sure the intensity is going down. If it does not go down, it is probably because there is a much greater core issue that must be addressed first. If this happens, keep asking questions and probing to discover the appropriate core issue.

If the Intensity Meter does go down with the first aspect, keep with that aspect as long as you're getting improvement. I like to get issues down to a zero, but often we have to work with more than one aspect before any go down to zero. Because all aspects are interconnected — like pieces of a puzzle — they may not release until more than one aspect is released.

After working with the most intense aspect first and bringing that intensity down, I'd then ask which of the remaining aspects is the most intense and do EFT with that aspect as long as I continued to get improvement.

Has an emotion come up?

After working with one or two aspects, several rounds each, I like to check in with my client and ask if an emotion has come up. I ask this even if my client is not showing any indicatory signs of an emotion. If an emotion has come up within the context of working with the specific trauma, it is a part of that trauma.

At this point, combining the emotion with the trauma can be more powerful than doing EFT on one or the other separately. An example is, "Even though I have this car accident *sadness*, I deeply and profoundly accept myself." In this case, we are combining sadness and the car accident — two aspects of an issue in one round of tapping.

The emotions that present themselves most often are sadness, guilt, grief, anger, rage and shame. I have found that shame is the emotion least likely to be mentioned by my clients — it is important it be acknowledged if it is present.

If the client gets overwhelmed at any time, I use the protocol for overwhelm first. This protocol includes continual tapping — no words — starting with the karate chop point, then going through all the other tapping points and beginning again at the karate chop point, continuing through all the points — until the emotion has subsided. The protocol also includes keeping the eyes open until the emotion is gently released or has subsided.

After an emotion has come up and been tapped on, I would ask what Intensity level the person is now experiencing on the original issue and see if it has shifted.

Continue with original aspects/emotions/or ask if a body sensation has appeared

What is the most appropriate aspect to work on next with EFT? We can either go back to the aspect list and ask which is most intense now, or if any new aspects have come up, we can ask if any other emotions have come up. OR we can ask if any body sensations have arisen.

If a body sensation has come up when we are doing EFT on a specific trauma, I consider that body sensation as being part of the trauma. It becomes another aspect of that trauma that we want to release. If a body sensation arises, I might tap on something like, "Even though I have this car accident *nausea in my gut*, I deeply and profoundly accept myself." Or, "Even though I have this betrayal *tightness stuck in my throat*, I deeply and

profoundly accept myself.” Sometimes the body sensation will move and then there is a choice as to whether to chase it through the body or go back to the aspect list to see which is most intense now. If the body sensation gets down to a 2-3, I have found it most helpful to go back to the aspect list and see if other aspects are higher than the 2-3.

If you’ve worked on an emotion or body sensation

If you have tapped on an emotion or body sensation, go back to some of the original aspects you tapped on and check their Intensity Meter. Sometimes aspects will shift after releasing an emotion or sensation.

Continue until you are satisfied with your results

This formula reminds me of a dance – moving back and forth between aspects already known, emotions, body sensations, and any new aspects that arise, until the trauma is no more than a distant memory.

Summary

Be sure you use the Intensity Meter on all of the aspects mentioned below. This is an important benchmark and helps you to determine what to do next.

- Tap on one or two of the most intense aspects — doing several rounds for each.
- Ask if an emotion has arisen.
- Ask if a body sensation has arisen.
- Tap on emotion or body sensation or, if neither has arisen, keep tapping on the most intense aspect.
- Continue to go through this list until you have great improvement.

And remember to be as specific as possible.

When you are satisfied with your results, I suggest a round of positive affirmation tapping such as the following: “I am deeply grateful for these healings in my body, mind and spirit and I give thanks.” You can, of course, choose your own words.

If your trauma is a complicated one, or if you mix up similar traumas and have difficulty getting results, you may want to work with a skilled practitioner for a session or two. Sometimes we can’t see our forest for the trees....

About the Author

Maggie Adkins was in the first group of EFT practitioners to earn the coveted title of EFT Master. She conducts quality EFT trainings throughout Australia, including a comprehensive Level 3 Supervisory Program with Rehana Webster, EFT Master in New Zealand. Maggie has a global client base.

Maggie is co-organizer of eft Extravaganza, a major Australian annual EFT event.

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An EFT Formula for Specific Trauma (Part Two)

By Maggie Adkins, EFT Master

In Part One of “An EFT Formula for Specific Trauma,” we looked at the basic methodology of how to examine traumas using EFT. After determining whether any previous traumas might relate to the current one, we looked at identifying the different aspects of a trauma, using the Intensity Meter to determine which aspects to work on first, and how to deal with overwhelm by tapping without words until the client could again address the issues directly.

This basic overview is now extended in Part Two to provide more details about using the formula for working on specific traumas. Here we will take an example of a car accident and go into how to be as specific as possible so that all traces of the trauma can be released.

List all the aspects you can think of

As discussed in Part One, the best way to make sure you’re getting all the aspects is to make a written list, as shown below.

- My husband told me not to go out on such a cold and wet night for the treat I promised our son. I went out anyway.
- I was driving a little too fast for the slippery road.
- A child ran onto the road and when I slammed on my brakes, my car slid into a ditch.
- When I awoke I smelled gasoline and couldn’t open the car door to get out.
- I was trapped – the car could have exploded with me in it.
- No one was around to help and I started to scream and beep the horn.
- When a man came to help, he took one look at me and said, “Oh no.”
- I could have died — what would my son have done without his mother?
- All for a stupid treat that I forgot.

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- My husband is furious that I went out against his wishes.
- I feel foolish and ashamed that I had the accident for such stupid reasons.
- It's just like all the other stupid things I've done — I'm just so dumb and worthless at so many things.

Ask which Aspect is the most intense on the Intensity Meter

Ask which of the listed aspects is the worst - which is the biggest on the Intensity Meter of 0-10? 10 is the worst, 0 means it isn't there anymore.

For this demonstration, we'll say that "I could have died - what would my son have done without his mother?" is the most intense and it is a solid 10.

Please note: I use the Short Cut version of EFT. Start by doing the SetUp on the Karate Chop point. Then continue with the reminder phrase at all the other tapping points: top of the head, eyebrow, side of the eye, under the eye, under the nose, under the lip, collarbone, under the arm.

At the Karate Chop point say,

"Even though I could have died – what would my son have done without his mother? I deeply and profoundly accept myself."

At the rest of the tapping points, say your reminder phrase,

Could have died – what would my son have done without his mother?

Do this for several rounds – until the intensity comes down to a 4 or less. This is merely a guideline – if you are stuck at 5 or 6, stop and go to the next most intense aspect or an emotion or body sensation.

I like to bring the intensity down to a zero; however, with so many aspects, we may have to do EFT on several of the aspects before it all collapses to a zero.

If an Emotion or Body Sensation has arisen, shift to that now

If no emotion or body sensation has arisen, go to the next highlighted paragraph in this article.

If an emotion has arisen, incorporate that with the aspect you were working on. For instance, if sadness has arisen, you would say something like,

“Even though I am so sad I could have died – what would my son have done without his mother, I deeply and profoundly accept myself.”

When you combine the emotion and the aspect you were working on when it arose, that combination can often create more release from both the emotion and the original trauma. Do rounds on this until the emotion subsides.

If a body sensation has arisen, incorporate that into the aspect you were working on when it arose. For instance, if shoulder tightness arose, you could use wording similar to: *“Even though I have this could have died tightness in my shoulders – what would my son have done without his mother, I deeply and profoundly accept myself.”*

Do rounds on this until the body sensation subsides.

Which Aspect is NOW the most intense?

Choose the aspect that is now the most intense.

We'll say that the fact that I was going a little too fast and I could have hit a child is the most intense now. That is a 10 on the Intensity Meter also, but it wasn't as big as the first aspect we worked on.

Tap on the Karate Chop point with the following SetUp:

“Even though I was going too fast and could have hit that child - never would have forgiven myself, I deeply and profoundly accept myself.”

At the rest of the tapping points, use your reminder phrase:

Was going too fast - really stupid - could have hit that child.

Please note I have added “really stupid” in the reminder phrase as an example of how you can change the wording a bit and include another aspect. Feeling really stupid is another aspect and it may or may not need specific rounds of its own.

Do several rounds on this until the intensity comes down to a 4 or less. This is just a guideline - if it is a 5 or 6 and you feel stuck, go to the next aspect.

Has an emotion or body sensation arisen?

If either of these has arisen, proceed as described above for emotion or body sensation.

Which Aspect is NOW the most intense?

Choose the aspect that is now the most intense. Let's say the next most intense aspect is, "My husband told me not to go out on such a cold and wet night." Let's say this aspect has an intensity of 7 — it may have already gone down because of the work we have done on other aspects that were stronger.

Do the SetUp at the Karate Chop point:

"Even though my husband told me not to go out, he's still angry with me, & I'm angry at me too, I deeply and profoundly accept myself."

At the rest of the tapping points, use your reminder phrase:

He told me not to go out - I'm furious at myself that I was so bullheaded and he is too.

I have again changed the reminder phrase a bit to encompass a bit more and show how flexible EFT is.

Continue the Dance

Continue to ask yourself if there is a most intense aspect left.

Has an emotion arisen?

Has a body sensation arisen?

Work with whichever of the above is present.

When you have worked with three to five (I can't tell you the exact number for your trauma) aspects/emotions/body sensations, go back to the first aspect you worked on and see if the intensity has decreased. Check each aspect and see if any have gone to zero.

Continue with this process until the intensity has reached zero for all aspects, or you're feeling enough relief to stop.

When you are satisfied with your results, I suggest a round of positive affirmation tapping such as the following: "I am deeply grateful for these healings in my body, mind and spirit and I give thanks." You can, of course, choose your own words.

Summary

The above formula is meant to be a guide. I can't tell you exactly how you - and your client, if this is the case - will respond. I have witnessed the effectiveness of this formula many times. If you do not have success with this or if you are not comfortable working with a complex trauma on your own, be sure to choose a competent EFT practitioner and allow yourself the freedom that releasing a trauma can bring to your life.

Choose the EFT practitioner who is right for you rather than the one who might be closest geographically. A good way to find a practitioner is through short telephone interviews, where you can ask questions that relate to your situation. You will be able to tell from their responses who among them has a perspective that meshes well with yours. Perspective, simpatico - whatever you want to call it - is far more important than where a practitioner is located. For example, approximately 95% of my client work is now done via phone consultations. Choose your practitioner as carefully as you would choose a physician, a friend, or a teacher in a discipline you care about.

About the Author

Maggie Adkins was in the first group of EFT practitioners to earn the coveted title of EFT Master. She conducts quality EFT trainings throughout Australia, including a comprehensive Level 3 Supervisory Program with Rehana Webster, EFT Master in New Zealand. Maggie has a global client base.

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How could that be possible?

And yet it is, when we're able to access 'the most important dimension of human existence – the sacred, the stillness, the formless, the divine'.

If you're new to EFT you could be grateful to discover that EFT fixes your headache in three minutes, or that you're now free of the anxiety caused by a past trauma. This is indeed wonderful, but what is even more wonderful is that EFT can also be used at the most profound level to help you bring about a shift in consciousness so that you experience peace, joy and fulfilment.

Humanity is now taking a quantum leap forward in its evolutionary development and one of the leading teachers in this development is Eckharte Tolle, the author of "The Power of Now" and "The New Earth". Following his own experience of transformation he is a particularly clear teacher of ancient wisdoms. We learn from these teachings that the ultimate freedom is to live the realisation that all problems are created in the mind and that there are no problems when you access the eternal present.

The freedom bit sounds great, so does peace, joy and fulfilment but how on earth do you get to feel like that when you're busy, stressed to the hilt, dashing around with 'to do' lists in your head, trying to pay the rent or mortgage, look after the kids, deal with difficult relationships, the technology revolution, information overload, as well as battle fears, anxieties and addictions. Let's not even mention the incessant critical voice in your head. Does it ever stop?

It's difficult to know where to begin but a good place would be to make a decision to create some space for yourself and at the same time make a commitment to support yourself by consistently tapping on whatever obstacles are in your path. Use your preferred method of tapping and let the suggestions I give you trigger off your own tapping sequences.

First of all, make that decision!

Even though I'm so busy and stressed, and I don't see any way out of it, I choose to find space and time for myself.

Even though I'm so busy with _____ (work deadlines/business/family/travelling/social commitments etc.) that I don't have time for myself, I deeply and completely accept myself in this moment.

It's really pretty difficult to find any stillness when you're always on the move:

Even though I always seem to be rushing, I choose to STOP, and create space for myself.

After all, what are you achieving by all this doing? That's a question a great many apparently successful people ask themselves. There can be great wealth or great achievement but despite this there is still an underlying unease or emptiness persists.

Even though I feel the need to be doing and achieving, I choose to learn how to just be.

Then there's that racing mind to be calmed down:

Even though my head is full of thoughts whizzing around which never stop, I'm ready to let them go or at least slow down.

Even though I can't sleep because my mind won't switch off, I deeply and completely accept myself.

I find that many people are so up in their heads they are quite disconnected from their bodies and even have a sense of experiencing their emotions in their head instead of their body.

Even though I'm disconnected from my body I choose to become more grounded and connected.

There are a couple of difficulties associated with living in your mind. The first one is that you are either in the past or the future, neither of which actually exist, and not in the present moment which is all there ever is. No wonder you don't feel vibrant and alive – you're not where life is!

Even though my mind is always in the past, regretting things that happened, I choose to live in the moment.

Even though my mind is so often in the past relieving traumatic events, I choose to release the past and recognise it no longer exists except in my mind.

When your mind is in the future it tends to do what I call ‘catastrophising’. I don’t think that’s actually a word but I know you know what I mean by it! All those ‘what ifs’ that scare the living daylights out of you. The thing is you can’t possibly deal with the imagined scenario because it hasn’t actually happened yet. How stressful is that?!

Even though my mind is always creating anxiety for me by imagining the future, I choose to stay in the present moment with what is here now.

Even though I’m always creating worst case scenarios in my head, I choose to stay with what is real.

The second difficulty is that you tend to actually believe your thoughts, some of which are at best highly un-useful and at worst totally untrue. Your thoughts are just passing through and it really pays to examine whether they are really true.

Even though I buy into my thoughts and react accordingly without ever examining them to see if they are true, I totally accept myself.

Even though I think thoughts such as “I don’t deserve _____,” I recognise that this is truly misguided thinking.

Yes, our mind is all over the place and usually not where we are. Check out what happens when you are doing a routine job like washing the dishes – the odds are you will find your mind elsewhere, on a track far removed from washing up. And what about when you drive somewhere, arrive at your destination and wonder how you got there because your mind was totally on other things!

Even though my body is doing one thing but my mind is elsewhere, I choose to bring my awareness back to the task I am doing.

Even though I’m so seldom in the present moment with what I am doing, I keep bringing my awareness back to my body.

The major difficulty we seem to create in our lives is that we don’t like what is happening, think it shouldn’t be happening and are actively resistant and reactionary to what is happening! We do it on a small scale like being annoyed because it is raining when we wanted to have a picnic as well as going into a huge funk because we feel rejected by someone. Some people are so reactive they kill other people – or themselves,

because we are also resistant and reactive to ourselves (i.e. rejecting of our own selves). That critical voice that never takes a break - “you should have done this, you shouldn’t have said that, you are such a loser.” We have little sense of the power of acceptance in creating the change that we seek.

Even though I’m so reactive to situations and people, I choose to accept how they are no matter how difficult it seems.

Even though I fight my life, I’m willing to totally accept it as it is. (You might have to do a lot of tapping on this one!)

Even though I think that things will never change if I accept them, I’m ready to discover the power of acceptance.

When you can start to accept each moment for however it is and however you are in it, then peace emerges.

It’s quite a journey to recognise that ultimately there are no problems except the ones created in your mind and you can be free of those when you live in the present moment, experiencing your eternal nature. EFT is a powerful and effective tool that you can use to support yourself in this journey.

Margaret Munoz is a pioneer in using Emotional Freedom Techniques (EFT) to uncover the end of all problems. Her exceptional skills and knowledge have been gained from 25 years of exploration, learning and study in the fields of human potential, personal and spiritual development, and wholistic health. She shares these with people who want to end their problems and instead experience peace, joy and fulfilment in their lives.

She is the author of ‘The Power of Tapping’, a comprehensive guide to using EFT to create a stress-free life, and ‘Create Prosperity’, a guided journey to overcoming financial worries.

Margaret’s amazing ability to get to the crux of the matter, her finely honed intuition and warm, insightful nature make her a powerful catalyst for change, and her clients appreciate the tangible results.

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Procrastination: Use EFT to Stop Holding Yourself Back From Moving Forward

By Gloria Arenson, MS, MFT, D CEP

Something's holding these people back. Bob missed the deadline for handing in his term paper and had to pay a hefty sum to repeat the course the following semester. Kathy filled her garage with so many boxes and junk that she couldn't park her car in it. Anthony kept postponing taking the test that will allow him to practice medicine in his state, and Beverly postponed finding an office for her new business. What do these four people have in common? "That's easy," you may think. "They are all procrastinators."

Yes, that's true, but why are they willing to put up with the dire consequences of dragging their feet? Bob couldn't graduate on time. Kathy's boyfriend threatened to break up with her because she's so messy, Anthony isn't earning any money, and Beverly can't get her business going. No, they aren't lazy, stupid or weak. Their lack of initiative is caused by FEAR. What kind of fear could be so intense that a person would rather hold back from completing a project and be willing to suffer the negative outcome rather than go ahead with things that seem simple or desirable to most of us?

There are four types of fear that turn well-meaning people into frustrated procrastinators.

- Fear of failure or judgment by others
- Fear of success
- Fear of the future
- Fear of being controlled

The most common one is the *fear of failure or judgment by others*. People who are terrified of not being good enough usually put off starting or finishing things to avoid criticism. Their greatest fear is looking foolish or stupid. That is why Bob couldn't hand in his term paper. He wasn't sure he could get an "A" and believed that anything less was a sign of failure. The more he struggled to get it right the more time passed until it was too late.

Fear of success was Beverly's problem. Beverly, a single woman in her thirties wanted to start her own business. Each time she went office hunting and imagined her name on the door, a small voice inside her head whispered, "If you are too successful what man will want to marry you and take care of you?" Her mother's generation was mostly homemakers who thought their mission in life was to look good and make a lovely home for their husbands. What if her mother was right? Would she jeopardize her chances if she competed successfully with men?

Anthony, who graduated from medical school with honors, kept putting off getting his license to practice. His fear was a *fear of the future*. Anthony's worst nightmare was that he might make a mistake and kill a patient. That fear paralyzed him. He was unable to move forward because he was sure he knew what the future would bring, and he was afraid to chance it.

Lots of people have messy garages, and some of them have the same fear as Kathy, the *fear of being controlled*. I characterize it as "I don't want to and you can't make me!" In her teens Kathy's father rarely let her meet her friends at the mall on Saturday until she had done all the chores he set out for her. He was mean, and she was still angry with him when she remembered how he controlled her. Procrastinators like Kathy are still ruled by their rebellious "inner child." The more her boyfriend nagged her to get her garage cleaned out, the more she procrastinated. No one was going to boss her around anymore, no matter what!

Discover Your Fear

You may tell yourself that your story is different from what Bob, Anthony, Beverly and Kathy experienced. How will you know if you have a genuine problem with procrastination? If these kinds of things keep happening to you, you have a problem:

- If you have experienced painful consequences as a result of putting things off or not finishing projects.
- If you are sick and tired of being late with deadlines, you have a problem.
- If your friends, co-workers or loved ones get upset with you because you don't follow through with promises or projects, you have a problem.

Is there an undertaking that you have been having a hard time beginning or completing? It may be something that is simple to do, yet you don't get around to it. Begin by discovering which fear is involved: *Fear of failure/judgment, fear of success, fear of the future or fear of being controlled*. Here is how to do that.

Name the goal or project you are not completing.

- Ask yourself out loud, "What am I **afraid** will happen if I complete _____? Make sure to emphasize the word **afraid** because most people quickly reply that they will feel great if they complete the task. Yet, if you haven't completed it, there is surely something stopping you that is beyond your awareness.
- As an answer comes to you, repeat the question again and again, "And then what am I **afraid** will happen? And then what am I **afraid** will happen?" Until you reach the real fear.
- Write the fear statement down

Use EFT

Knowing what you are afraid of will not magically remove the fear or change the behavior! When you use EFT and stimulate the acupressure points, the serotonin in the brain will rise and flood the part of the brain called the amygdala, which is involved with relieving fear. The flooding disconnects the fear loop. Once the brain stops experiencing fear, you will find your thoughts and behaviors transform effortlessly.

When you know what you are afraid will happen if you begin or complete a task, use EFT starting with the EFT set up and tapping as many rounds as you need to until you have resolved your negative thought and eliminated your fear.

Even though I am afraid that if I complete _____, people will laugh at me, I am doing the best I can.

Even though I am worried that if I finish _____, it won't be good enough, I am tapping on that now.

Even though I am afraid that if I complete _____, they will want me to keep doing it and I will become bored, I completely accept myself.

Even though I am worried that if I finish _____, I will stand out and people won't like me for being better than they are, I am treating myself for this fear.

Where Do Fears Come From?

You may be able to trace your procrastination to one or more of the fears: *failure, success, the future, or being controlled*, but where did that fear originate? Disorganized desks, missed deadlines, and unfinished projects are often symbols of deeper issues. Sometimes sad or frightening concerns lie at the heart of procrastination.

Procrastinators are not born that way; they are created. Are you holding yourself back for fear of being judged because you believe people won't like you if: you speak up, are too good, break the rules, aren't good enough, aren't perfect, etc. You may be a procrastinator because you were a good child who carried out these commands of your parents, teachers, ministers, and others, and are still trying to please them even though they are long gone.

On the other hand, maybe you procrastinate as a way of rebelling against *them!*

How old do you have to be to be able to decide how to live your life? A wise man said, "What other people think about you is none of your business." Think of the rules you accepted from *them*. Make your own "I don't wanna and you can't make me" list. Think of what you keep putting off because it feels like a chore such as cleaning out the garage, paying bills or going to the dentist.

Use EFT to talk back. Make a list of the rules they handed down that still instill guilt or fear in you. Choose one of the people whose commands have led to great pain in your life.

Tap and say, Mom, even though you told me I had to do/be/have _____, and it led to great unhappiness in my life, I choose to free myself now. "As you tap each point, talk out loud to the person. Say something different at each new point. It is OK to be angry and yell or curse. Keep going around and around until you feel finished with the issue.

Then complete this sentence and tap one round saying it aloud. "I now choose to _____, even if you disapprove." It may take a number of

tapping sessions to complete your entire list, but you will feel light and free when you are finished.

Fear of success may be buried in your unconscious. Many people fantasize about traveling to foreign places or writing a best seller, yet they have a hidden belief that they aren't worthy of having good things happen to them. Sometimes these negative thoughts begin early in life when you decide that it's not OK to make more money than your father or be prettier than your sister. If you feel guilty about out-doing someone else, use EFT to get to the heart of that sabotaging thought.

Tap, Even though it is not OK for me to have more ____ (money, success, friends) than ____ or be better than ____, I deeply and completely accept myself. Keep tapping until you shift into a new attitude.

If you know how young you were when you first decided that you were unworthy, tap about that memory.

Say, Even though I decided that I was bad/stupid/undeserving/a sinner, when I was ___ years old, I choose to be free of that self-imposed curse.

Perhaps you remember the circumstance that led to your decision about yourself. Treat yourself for what happened.

Tap and say, Releasing what happened when I was _____ years old or Releasing what happened when my father caught me stealing coins from his pocket or whatever the incident was.

Take time daily to use EFT to tap away some of your feelings of guilt, shame or rebellion. Some of the have-to's will turn into choose-to's when you decide that you agree with some of what they asked of you. However, you may still disagree and decide to do it your way. After you tap you may be surprised that the anger, guilt or shame is gone for good.

Procrastination doesn't have to slow you down. Use EFT to eradicate all the roadblocks of doubt and fear that keep you from moving forward.

About the Author:

Gloria Arenson, MS, MFT, D CEP, a Marriage Family Therapist, has been in practice for over twenty-six years. She specializes in using Energy and Power Therapies to treat a variety of compulsive behaviors like procrastination, eating and spending disorders internet addiction as well as stress, anxiety, panic, depression, phobias and relationship issues. Her extensive knowledge of compulsive behaviors led her to write four books: *How To Stop Playing The Weighting Game* (St. Martin's Press, 1981), *Binge Eating, How To Stop It Forever* (Rawson Associates, 1984), later republished as *A Substance Called Food* (McGraw Hill, 1989), *Born To Spend* (Tab Books, 1991, new edition Brockart Books, 2003) and *Five Simple Steps to Emotional Healing* (Simon and Schuster, 2001). She is a co-author of *Freedom At Your Fingertips* (2006).

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Releasing Fear and Phobias with EFT

By Steve Munn, EFT Practitioner

Palms sweating, heartbeat racing, tightness in throat and burning butterflies is some of the feelings that accompany excessive fear and phobias. Fear and Phobias can range from a fear of flying, swimming, heights, driving, enclosed spaces, open spaces and in extreme cases even leaving the house. These are just to name a few. What is all this fear? What can you do to help your self or loved ones feel more at ease or completely calm?

Can I share my own experience and a revolutionary new healing tool that can offer some relief?

My girlfriend had a big fear of swimming in lakes. She grew up in Florida where there are alligators and snapping turtles in the water. Her whole life she had been very fearful of getting into lakes and being eaten by something. She most definitely was terrified to swim in deep water- and she really likes to swim. In a pool she's fine. At a lake in Connecticut, she wanted to go for a swim but just couldn't get herself to dive into the dark water- she was terrified! On a zero to ten scale with 0 being no fear and 10 being the most fear possible. Her intensity was at a level 10. I couldn't get her to go in. We went home that evening and watched the Emotional Freedom Technique DVD on Dave's fear of swimming.

With renewed hope we went back the very next day. We created the set up phrase and started tapping on "Even though I have this fear of swimming in lake, I accept myself", "Even though I have this fear of dark water, I accept myself". What the set up phrase does is tune into the disruption in the body's energy system and even though she was scared she still is ok. We tapped the set up phrase along with the reminder phrases "fear of swimming" "fear of dark water" on the meridian points for about 15 minutes. The intensity went down to a 3 and she was able to swim out to the nearest dock. Once she was ready to jump back in she became terrified at the dark water.

We decided to tap and affirm "Even though this water is black and scary I know that I'm safe, I love and except myself. Her fear would go down, She then would get ready to jump in and another memory would come up and so would her intensity. This time it was a triathlon she ran and when she

hit the water she was trampled by the other competitors and had a panic attack.

We went on to affirm and tap “Even though I was trampled, kicked in the face, knocked all over the place and was scared, I’m safe, I completely love and except myself. We cleared this issue and tried to jump in again. She was still too scared. Then she remembered hearing about a young girl being eaten by an alligator while swimming in Florida. So we worked on this issue by affirming and tapping “Even though I heard about this horrific story about this child being eaten by an alligator, I am totally safe, I love and except myself. After this round she was really starting to feel much better and ready to jump, then at the last minute another aspect popped up, remember the movie “JAWS”. I wonder how many still don’t go into the water after that movie?

So we again tapped and affirmed “Even though I saw this movie Jaws and I know there are no possible way there are sharks in this water, my body doesn’t quite realize this, I’m safe, I choose to let go of this old story, I love and accept myself. This last round did the trick her intensity went down to a 2 or 3. She dove in and we swam a 100 yards to the other dock. She was ecstatic. I think we did a total of 60 minutes of tapping. In short order she was swimming from dock to dock and feeling perfectly calm and totally in love with swimming in the lake.

A week later a friend of ours even tried to scare her by swimming under the water and grabbing her leg. She said that there was no fear reaction at all, just a lot of laughter. She tells everyone: “Now I swim in the same lake from one dock to the next- no freaking out included”

About the Author:

Steve Munn is an Emotional Freedom Technique Practitioner and owner of Clear Point Retreat and Learning Center. He can be reached at steve@yourclearpoint.com or www.yourclearpoint.com.

Personal Disarmament

By Dawson Church, PhD

There are two types of eccentrics who I particularly adore. One is the activist. I'm sure you know one too; someone who is perpetually protesting whatever government does, no matter what it is. Perpetually grieving the state of the planet. Perpetually outraged by the scandal of the day. Seeing conspiracies everywhere. Given half a chance, pinning you in a corner to regale you with dark tales of sinister conspiracies. Even though usually broke, always giving money to worthy causes. Beset by a helpless sense of being unable to change any of the problems.

The other type is the mystic. These are the people who you see doing perfect poses in the yoga class, displaying a casual ability to bend their bodies to the most extreme degrees of flexibility. You see them buying the most organic of foods in the health food store. You see them pinning up notices about meditation classes, and talking in very quiet tones. They have a stillness about them so intense that you feel as though a hearty laugh might tear them in two.

I outraged an activist friend recently; let's call him Art the Activist. He lives in Sebastopol, California, and he's always traveling to march in the latest protest—by carpool or bus, of course. My offense lay in calling that general region the International Headquarters of the Impotent Activist. Sebastopol is a quaint and charming little town. As you drive into downtown, a sign greets you naming its sister cities all over the globe, and announcing that Sebastopol is a nuclear-free zone. I can just picture the mushroom cloud as it drifts North from San Francisco. It notices the sign, coughs apologetically, and murmurs, “Er...sorry. I think I'll just detour a few miles East.”

Art dates Yolanda the Yogini, who is a mystic. She once lived as a celibate nun on an ashram for nine years, but now contents herself with meditating for four hours each day. She ekes out a living as a yoga teacher, renting a room in a communal house. She is fragile, beautiful, otherworldly, pure, and soft-spoken. Even her cat is a vegan, and insists upon eating only sustainably grown, fair farming practice, triple-washed, non GMO, locally produced, organic foods.

The rust on the back of Art's Volkswagen van is held in place primarily by bumper stickers. Among the many messages displayed are these: Good Planets are Hard to Find; Compassionate Objector; Wage Peace; Thank Goddess; Practice Impeachment; We Are Spiritual Beings on a Human Path; Free Tibet, and You Can't Take Sides Because the World Is Round. While Yolanda runs from the world to her peaceful meadow of serenity, Art fumes. It is much easier for him to project his demons onto the screen of "the people in power" than it is for him (completely out of power) to deal with the demons that hold the floor of his own inner parliament.

As I sit in my little publishing office, cranking out words by night and by day, I grapple with this question: What am I doing to radically alter the fatal direction in which our civilization is traveling? What actions can I take that spring from the pure heart of the Great Spirit that sees the whole unfolding picture, rather than the hopeless flailings of the limited human mind—which sees only a fragmentary blur? What does it mean to work on my own personal growth and enlightenment, even while the world as we know it totters on the brink of ecological, economic and political disaster? What effect does the work I am doing within the confines of my own consciousness each moment have on the world outside? Am I as powerless as Art; have I abandoned the outer world like Yolanda?

Each morning, after reading an inspirational scripture, I sit in meditation. I feel a sense of stillness and connection with the universal whole that provides an anchor to my entire day. But I cannot afford simply to sit in a smug tower of meditative bliss while the planet burns, and gaze upon the ashes with a benign smile. We cannot afford to marginalize ourselves with marginal issues like painting nuclear-free signs while genocide engulfs the Caucasus, while Nigerian women wade in the toxic runoff from a power plant in order to gather the sludge to make soap, while hundreds of species are vanishing into the dark abyss of extinction every hour.

SIDEBAR: That is why the master can be wise; her perceptions are not clouded by the swirls of emotional attachment that pull the student off his path.

I know, from reading their words and meeting some of them, that great spiritual masters are detached. Students bring to them their great worries and personal problems, and the masters answer from a perspective of calm equanimity. The master is not swayed by all the problems and turmoil that so trouble the student. The master maintains an inner calm despite the

turbulence of life. That is why the master can be wise; her perceptions are not clouded by the swirls of emotional attachment that pull the student off his path. The master sees the path to true change because her consciousness is unclouded.

We can't always affect our external circumstances, or directly change the course of history. Yet we can always change our internal emotional climate, and that changes everything. When our hearts relax, we are subsequently more able to approach the challenge of daily life in a more rational way.

SIDEBAR: We can always change our internal emotional climate, and that changes everything.

A poor farmer came to the Buddha for help with his problems. He told the Buddha about the wilting of his crop. The Buddha said, "I can't help you with that problem." Disappointed, the farmer told the great teacher about his shrewish wife. "I have no advice for you about that one either," said the Buddha. The farmer poured out all his problems, eighty-three of them to be exact, but the Buddha could help with none of them. The exasperated farmer exclaimed, "Well what good are you if you can't help me with any of my problems?"

"I can help you with your eighty-fourth problem," the Buddha responded.

"What problem is that?" asked the farmer.

The sage responded: "Your eighty-fourth problem is wanting release from your other eighty-three problems."

The farmer looked baffled, so the Buddha elaborated. "We all have about eighty-three problems," he explained. Sometimes we solve one of them, or two or three. But new ones always arise to take their places. Every person, rich or poor, old or young, has about eighty-three problems. Being content—in the midst of them—being at peace inside, despite the imperfections of the world, is the heart of spiritual work. That's the only problem I can truly solve."

This story points to one of the great paradoxes of life. Only action that springs from an undisturbed well of inner peace can pierce to the heart of a problem. When you solve the eighty-fourth problem, you see the other

eighty-three in a new and transformative light. Inner peace must come first, then enlightened and compassionate social action can follow. Social action that stems from helpless emotional outrage and flailing intellectual confusion cannot truly succeed.

Defusing your inner triggers solves your eighty-fourth problem, so that you can then look upon the other eighty-three with equanimity. In a calm state, you are much better able to deal with both your personal issues and global ones. When opportunities for social change present themselves, inner calm allows us to notice them and be available to them. We have to be effective in the world. Yet we need inner peace as well. This is detachment. But it is also effective. It is passionate detachment.

SIDEBAR: When opportunities for social change present themselves, inner calm allows us to notice them and be available to them.

What are your eighty-three problems? I'm sure you have as little trouble listing them as the farmer had telling them to the Buddha. Which one of them most disturbs your own inner peace? Which problems reliably make you crazy? Who in your life triggers you the most? Is it your wife or husband? When your child throws herself into your arms, do you clench up? Do you have an employee who makes you wince? Does a screaming baby make your skin crawl? Do you cringe when your wife or husband picks up the TV remote? Are you embarrassed when you see a friend crying? Do you quickly change the subject when a co-worker pays you a compliment?

Mastering our own reactivity to these people and situations is the absolute key to peace in ourselves, in our families, in our countries, and in our world. Our first life-work is to notice who we react to the most, who pulls us out of calmness and into reactivity, and defuse that trigger. Until we master this vital skill, we are toxic bombs, continually primed to detonate whenever faced with the right stimulus. We can be disarmed—but only by ourselves, by our own choice. Dealing with our own triggering is a practical contribution you can make to global peace each and every day.

Here's a test to discover if you're dumping your mushroom cloud into the nuclear-free zone of your neighbor's consciousness. Any kind of an edge, any charge, any sense of urgency in your feelings, indicates that you're triggered.

When a bell-ringer strikes a bell, every other bell in the vicinity tuned to the same frequency vibrates as well, even though they have not been struck. The ringing bell is the external trigger; the feelings of upset or urgency inside of you are the resonant echoes. Getting this distinction right between what is actually happening in the real world, the trigger, and what is happening inside you, the emotional upheaval, is the key to solving the eighty-fourth problem.

It's easy to believe that the person or situation out there "caused" your distress. Something happened, and you feel bad. Therefore, we believe, the something that happened caused us to feel bad.

But this is rarely the case. Your nemesis Harry may say something callous, cruel, harsh and unkind to you, and you may feel angry and upset. It's easy to point to Harry's harsh words as the "cause" of your upset. But they are not. The real cause is the Inner Harry right inside your own head, resonating in perfect frequency with the words spoken by the Outer Harry. When you've disarmed the inner Harry, when you've healed, soothed and silenced your vicious inner critic, then the words that spiteful Outer Harry says to you have no emotional impact. Outer Harry can then say the meanest things, and there's no bell to ring inside your own heart in resonance. That is how the master stays calm despite the outrages of the outer world. She has defused the frequencies inside herself that resonate with the outrages of the world.

When you aren't emotionally jangled by what Outer Harry says, then you don't need to react to him. You don't feel hurt. You don't need to take revenge on him. You don't need to defend yourself, or point out how wrong he is. You stay cool and collected—maybe even cool enough to notice how much pain Harry must be in for him to speak to another human being that way. Maybe cool enough for that noticing to lead to compassion, allowing you to laugh and say, "Gee, Harry, you must be having a bad day. What's up with you?" Perhaps Harry hasn't been heard for years, and been stewing unnoticed in a toxic brew of his own anger and frustration. Maybe your compassionate response will open a door for him to be able to share his pain. Maybe it won't. You're whole, either way, and you haven't contributed to the sum of pain in the world. You haven't tried to take care of Harry's pain. You've taken care of your own pain in an act of enlightened selfishness. Yet once your own pain is gone, you are able to offer compassion to Old Dirty Harry.

When someone does or says something that sets your teeth on edge, and you feel upset, nothing is wrong. In fact, something is very right. A part of your psyche has presented itself for your examination in order to be healed. If you feel uncomfortable, angry, or upset, give thanks! A part of your subconscious that has been split off, suffering in the dark, has come to you to be embraced, loved, and integrated into the whole of your being. Having the feeling come up is a gift from God, because it gives you access to your unhealed material so that you can heal it. Your anger doesn't come up when Outer Harry yells at you in order for you to be able to nuke him back. Your anger comes up at that time saying, "Hey, here I am, presenting myself to be healed." If you pause, and reach within, focusing on yourself rather than on counterattacking Harry, then you have a sudden priceless moment in which to heal yourself and your old wounded pattern.

If, when we're triggered, we look at ourselves, then we seize that opportunity to heal. If—instead—we look at the other, blaming and projecting, then our opportunity to heal is lost, and the wound festers on; in Shakespeare's words, we "but skin and film the ulcerous place, whilst rank corruption, mining all within, infects unseen." Eckhart Tolle suggests that we be at least as interested in our own reaction as in the person who caused that reaction. In the second before you react, if you can catch yourself, and redirect your enquiry to your own feelings, you suddenly have healing within your grasp. Mastering that instant of reactivity is key.

Curbing our own reactivity may sound simple. In fact, it may be the hardest challenge we ever take on. It makes stopping logging in the rainforest—"cutting out the lungs of the Earth," as David Brower phrased it—seem easy. Stopping North Korea or Israel from making more bombs might seem like a more reasonable goal. Try intervening in your own reactive patterns for a day, and you'll find out!

We can't physically remove the triggers from the thousands of old Soviet warheads in Russia, which the Western powers have been disarming at a shamefully desultory pace. But every day, we can pull the triggers off our own reactive bombs.

We saw America rush reactively into a senseless war with Iraq in 2003. While people blame George Bush, anyone who read the newspapers at that time will recall a jingoistic rush to judgment by the whole country, including virtually all stripes of public opinion, all the media, the Congress and all the organs of government. The verdict of the nation to go to war

was virtually unanimous. To my shame, I went along with the tide. After a couple of months of harboring uneasy misgivings, I eventually thought that I must be the only crazy person on the block, since every commentator and neighbor seemed to believe in the rightness of going to war. Eventually I thought, "Every voice is for this war, even the most distinguished of our opposition leaders. Perhaps it really is right." It wasn't. It was a seductive group psychosis. That's what reactivity looks like on a national scale. The collective reactivity of a nation of individually reactive people is very dangerous to the world.

SIDEBAR: The collective reactivity of a nation of individually reactive people is very dangerous to the world.

Changing our individual reactive patterns is difficult. Very, very difficult. We have spent a lifetime engraving neural pathways in our brains. Taking all that wiring and rewiring it is very difficult. Especially since it's on automatic. That's why the many books, tapes and classes on personal growth and change don't work in the real world. It's easy to be loving in a seminar, or while reading a relationship book. But when Dirty Harry's in your face, the old patterns immediately take over.

They're very familiar, your body's used to feeling this way, and anything else feels strange in your body. And the feelings come up so quickly that you can't stop them. So how do you find the Pause button, so that you have even a fifty-fifty chance of changing your old reactive patterns?

What to do?

Here are a few very simple yet valuable ways to stop the clock before you lash out reactively.

The first comes from Thomas Jefferson. He said, "If you're angry, count to ten before replying. If very angry, count to one hundred." The reason that a quarter-millennium-old piece of advice still works is that any pause at all interrupts our automatic patterns. It gives the flare of anger time to cool. It disables the reactive pattern before it expresses itself in angry words that, once spoken, can never be unspoken.

The second is to breathe. Shifting your attention to the breath breaks the cycle of reactivity. Take a few deep breaths, and your desire to retaliate against the person who has triggered you will dissipate. Lionel, my eldest

son, learned this in preschool: “Breathe out the bad stuff, breathe in the good stuff.” Perhaps nothing else he ever learned in school has been as important.

The third is to tap the end points of the energy meridians of your body a few times with a finger. There are thirteen of them, and the process takes under a minute. Yet I have repeatedly seen people go from bubbling anger to utter calm in moments using this technique. It’s like hitting the “reset” button your emotional body. You can find links to these therapies at the Soul Medicine Institute site (www.SoulMedicineInstitute.org); you will be amazed at the instant results you will experience if you use this method of defusing yourself.

The fourth is to meditate daily. Starting your day this way gives you a foundation of peace. It is like filling up your reservoir; when you face an arid world, its challenges do not find you dry if you have tapped into the great reserve of spirit upon waking.

The fifth is to be fully present in your body. When you’re triggered, shift your attention to notice what you feel physically, and exactly where. Fully feel how your body feels. Often, the reason we jump on poor old Harry is that we can’t deal with the cauldron inside us. We jump out of our bodies and into Harry’s face to escape the huge emotional burst we’re feeling. So staying in your bones, feeling what you feel, keeps our attention in the one place it can do the work of healing: within.

Any technique you can use to bring you back to consciousness, bring you back into the present moment, is going to break the cycle of reactivity. Getting emotionally triggered and feeling hot and upset isn’t a signal to talk or lash back. It’s a signal to grow. The bigger your feeling of upset, the bigger the signal your psyche is giving you to grow. Experiment until you find your own method of disarming yourself, something that works for you. Practice it till you’re so good that nothing can shake you. Become the master of your own emotions.

It doesn’t take a change in 51% of the people in a culture to shift a culture. It takes only a very small percentage changing to change a culture. One of the most striking and amazing experiences I had was being in Central Park, New York, on June 12th, 1982. Perhaps half a million people gathered that day to protest the martial policies of the government of U.S. president

Ronald Reagan, who was locked in a testosterone-laden alpha male staredown with Soviet Premier Yuri Andropov.

We forget, today, that that whole generation lived with a very real and concrete possibility of imminent nuclear annihilation. The U.S. was developing neutron bombs, parodied as able to kill people but avoid damaging property. Europe were outraged by U.S. proposals to deploy them there. A powerful new missile with the Orwellian name of the Peacekeeper was in development. Both sides rattled their sabers, neither blinked.

The huge peace rally was covered by all the major television networks. Then the talk show commentators interviewed U.S. secretary of state George Schultz. With a face graved in stone, his lips barely moving, he said, in effect, “Such protests will have absolutely no effect on American government policy.” We had failed—or so we thought.

Within a year, the world gaped in blank astonishment as Ronald Reagan made a complete U-turn. He didn’t just start paying lip service to disarmament. He didn’t even merely start focusing on the issue. He went the whole way, declaring nuclear arms reduction the primary goal of American foreign policy and his presidency. Suddenly the values of June 12th became the values of a nation. It was a defining moment in Western civilization, and four billion people began to breathe a little more easily as the threat of a nuclear showdown receded. The actions of a few people can have a disproportionate influence on the whole.

Imagine, with me, three actually and genuinely peaceful nations. Imagine if most of the individuals in the United States, Great Britain and South Africa, to pick some names, every day and in every human interaction, consistently practiced disarming their own attacking thoughts and creating peace. Imagine all the mystics of all three nations providing a national reservoir of connection with the Great Spirit. Imagine all the activists of all three nations joining together to spread goodwill, and to find non-adversarial solutions to society’s problems. Imagine those bells of thought being rung millions of times by millions of people each day, setting up a resonant frequency to every other peaceful person in the world.

Let’s do that. Let’s become the first nation in which every citizen thinks, projects, and practices peace. Start with yourself, and the world will follow.

About the Author:

Dawson Church, PhD, has edited or authored many books, and collaborated with many best-selling authors, including Robert Kiyosaki (Rich Dad, Poor Dad), Deepak Chopra, John Gray (Men Are From Mars, Women Are From Venus), Wally "Famous" Amos, and others. He is the founder of Soul Medicine Institute, which researches and teaches emerging psychological and medical techniques that can yield fast and radical cures, especially EFT. His new book, The Genie in Your Genes, pioneers the field of Epigenetics, (control of genes from outside the cell), explaining the remarkable self-healing mechanisms now emerging from this science. It has been hailed as a brilliant breakthrough by leading scientists. See www.GenieBestseller.com.

WAKE UP and Create Something

By Bob Doyle – Law of Attraction Expert

It's time for the "mainstream" to WAKE UP. The alarm clock is ringing, they keep hitting snooze, and in the meantime, the life they could be living is passing them by.

Day after day, millions of people go through their lives wishing and hoping and dreaming that things could be better, with absolutely no knowledge that it is they themselves that perpetuate their own dissatisfaction.

It is not the "gifted few" who create their realities. It's not just for those in the metaphysical community. It is all of us. Every single one. However, there are a few who have awakened to this knowledge, and make creating their reality a daily event...manifesting whatever it is they want in their life with seemingly no effort!

Meanwhile the rest of the world looks on in wonder and disbelief. They assume that these "fortunate few" are among the cosmically lucky.

To be honest, the whole thing generates some anger in me. The problem is that we are "dumbed down" by society throughout our whole lives under the pretense that we are actually being intellectualized. The "scholarly" tell us that metaphysical topics like reality creation are pure fantasy. Science insists on measurable evidence of everything before it will acknowledge such claims as fact.

However, it's really not that difficult to comprehend. Even the most skeptical people should be able to grasp a few simple concepts like:

- Everything in the Universe is composed of Energy, including you and me. Even our thoughts are Energy.
- Through Energy, everything in the Universe is connected.
- The Universe creates without effort, and in abundance. Just look around you. Trees, rocks, air, planets, etc. all were created without stress, effort, or over-analysis. The Force you choose to believe initiated the creative process doesn't matter. They are all there and were created effortlessly.

To learn more about how you can help yourself and others please visit:

www.tryitoneverything.com

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- You ARE a part of the Universe and through the power of thought, have the same creative power that manifests everything you see. The only thing that limits your potential is your own belief system!

Everything that occurs in your life is interpreted BY YOU. You add the meaning, you add the emotional response, you add EVERYTHING. It is your thoughts that literally take the energy "data" and transpose it into your reality. What you consider "real" is nothing more than an agreement that you've made with yourself (and no doubt many others in some cases).

This is how our reality has been shaped. This is how we have learned what is possible, and what is impossible. We learned it from OTHER PEOPLE. The problem is, these other people (family and friends perhaps?) have their OWN limiting belief systems which they ALSO consider "real".

So human limitations spread like a virus, and we don't even realize what's happening.

As discouraging as this is, many of us ARE waking up. I personally feel it my sacred duty to shake people out of this "intellectual trance" that limits them and show them what is truly possible.

So what IS the difference between those who cruise through life in a seemingly perpetual state of bliss, with everything they want coming to them with no effort, and the rest of the population working at jobs they hate for the sake of doing the "responsible" thing, hoping that SOME DAY they can live the lives they hope for?

The difference is that these people know their purpose, know WHY they absolutely HAVE to fulfill that purpose, and commit themselves to never stopping until they realize their dream. They may or may not have thrown the accepted definition of "responsibility" out the window. The only thing that matters ultimately is that they now live lives they love, following their passions.

You see it is our PASSIONS in life that tell us precisely what we are to do. When we follow our passions, our life lights up. We give off incredibly powerful energy which attracts our desires to us. That means people, money, objects, careers...whatever we want that is in line with our purpose. The Universe WANTS to provide those things we want most. It

is only our own limiting belief systems that stop fulfillment from occurring.

About the Author:

Bob Doyle is the CEO and founder of Boundless Living and the developer of the "Wealth Beyond Reason" program, which provides a continuing education of the physics of wealth, abundance, and joyous living through the Law of Attraction. To find out more visit www.wealthbeyondreason.com.

Breaking the Cycle of Self-Created Stress

By Rue Hass

I recently worked with a young friend who just opened her first acupuncture clinic with another young woman. When they were setting up their business bank account, and the personal banker found out that yes, in fact, acupuncture was useful for headaches, she became a good referral source for them.

Now she has invited Joan to a bank-sponsored golf outing for small businesses. Joan is feeling terrified! For one thing, she is not a golfer. And, she hates going to a group of people where she knows no one. Plus, her mind is throwing up all the self doubts she has ever collected about self-worth and inadequacy.

She said, "When I was in acupuncture school I felt competent and I did a good job (except when I froze on exams!). Now, with my business, I have a hard time putting myself out there. I have trouble initiating conversations about what I do. I find myself assuming that people aren't interested in listening to me. I feel like they are just humoring me when I talk.

I feel so inexperienced, and it brings up all my feelings of not being as good as other people. My mind disconnects from my mouth and I begin to feel like I am talking gibberish. And then I start thinking, how can I feel justified in even asking for money for what I do? It is one thing to work with family and friends for free, but I fall into doubting that my services are worth what I am charging.

Help! How can I truly believe in the value of what I have to offer? And I don't even know how to play golf!!"

I am sure that at least one or two of you reading this have had similar feelings...

The Sensitive Temperament

If Joan took the Meyers-Briggs Personality Temperament survey, or looked for herself on the Kiersey Temperament sorter, she would find herself in a rather rare group of people. The "Idealist" group is said by many to be only about 1-2% of the population. They are highly sensitive, intuitive, and energized by being alone rather than with other people. (This can go the other way too. For yourself, note which is more likely to drain your energy, and which energizes you: being with people, or being alone.)

Knowing Joan, I am guessing that she is also someone who likes to bring closure to what she initiates. Within this temperament she could just as likely be someone who needs lots of options, and feels limited by decisions. (Her business partner is more like that)

The Idealist temperament also sees what is possible, what may be invisible to others. S/he is drawn toward connecting with people in peace and love. People in this temperament process the world around them intuitively, based on feelings rather than thinking.

However, people with this temperament are seldom understood by the "practical" "realistic" people who are in the majority. Highly sensitive Idealists often grow up in families of Rationalists! If this is you, you may have had a hard time seeing yourself in a positive way, because many of the people around you couldn't see what was good about you. Even if they were sensitive too, deep inside, their goodness was never mirrored back to them either, and they grew up having to squelch and repress their essential selves, thinking there must be something wrong with them.

So, confronted with the upcoming golf outing, Joan is feeling nervous and anxious and full of dread and self doubt, while at the same time loving her chosen healing profession, eager to share it with people. She strongly wants to support her business and ready to begin creating her vision of her future! This is a good example of feeling one foot on the accelerator and one foot on the brake.

Create an Elevator Speech!

First I suggested to Joan that she and her partner develop a "30-second elevator speech." Imagine that someone in the elevator asks you what you do, and you have 30 seconds before the door opens to describe your passion about what you do in a way that will catch the person's attention, will tell them what benefit is there for them, and will invite them to ask you a question. Once they ask you a question, then you are off and running in a conversation! It is just the beginning that is hard. The Elevator Speech will serve her well at an event like the golf outing where there are lots of people who are getting to know each other for the first time.

In tapping with Joan I started with all the information that she had shared with me about her feelings and how they showed up in her body. I took note of her self doubts (limiting beliefs) when she imagined herself with all those people:

Ohmigod here we go!

Will I look OK?

Will I sound OK?

You're gonna screw this up!

You are crazy to be doing this!

I am too young to really know anything about acupuncture.

I am too inexperienced to be any good.

How can I charge money for this?

*I am always so hard on myself..
And anyway, people just want to talk about themselves.
I have trained myself NOT to talk about myself.*

For this EFT session I followed a protocol developed by my friend and EFT colleague, Betty Moore Hafter. I often use this protocol when there is a specific issue that has deep roots in the person's life and I think I may only have one session with the person. It is also useful in an initial session, to begin to gently explore the deeper issues. It is a clear, honoring and respectful approach, and it covers all the bases. (see the end of this article for how you can get a CD of Betty's protocol to use for yourself or your clients)

What is Triggering the Stress?

The process begins with tapping for general comments about whatever is triggering the stress. Joan and I used her inner story/movie of "The Golf Outing." We inserted some positive phrases near the end of the tapping process: *"I am willing for this to change...I want to feel better about it...I am willing for this to change."*

Joan was already beginning to feel better about the upcoming golf outing. We went a little deeper, asking, "What about this event bothers you the most?" For Joan it was this feeling that she called "tanking," that when she was in this situation with all of these unfamiliar people, she felt outside of the circle, left out, all alone, a feeling that was familiar from her past. Her mind and her self confidence shut down.

I talked with her about how typical this is for a sensitive person. And it was true — she was not like other people, but in a good way. Joan said that when she felt like an outsider, all alone, that was when the disconnect happened between her head and her mouth, and she felt like she just talked gibberish.

We tapped for these feelings, and again at the end brought in thoughts like, *"Even so, I am willing to see it differently..."* Then there was a space for Joan to sit quietly and imagine how she might see this situation differently now. What could she tell herself about it to change the story a little bit? What would help her feel differently about it?

What Does This Remind You Of?

The next step in Betty's protocol invites the tapper to consider what this situation reminds them of. *"When have you felt this way before?"* I think it is always a good idea to work with specific past events when doing EFT, so that a new awareness can be seeded inside the person about what could have been possible, and still can be, for the rest of their life. In this case, however, because of our time restraints, I just let Joan do this exploration in a quiet inner way.

We tapped for... *"What this situation reminded me of in the past... what I felt then... a part of me still feeling this way... being willing for this to heal... that was then and this is now...I want to heal the past and free myself up in the present."*

Ooops—Mind-Reading Again

Next we tapped through Joan's perception of events — the story she was telling herself about the problem. Betty's language is helpful here: *"What do you know to be completely true? And where may you be filling in the blanks, assuming what someone is thinking or intending...assuming negative motives or attitudes...?"*

Joan began to realize that she had been doing a lot of mind-reading — playing inner movies of the golf outing, guessing what other people might be thinking and reacting to that, making decisions about feeling left out, and about how hard this would be, especially since she had never played golf (*I'll be the only one! I will make a fool of myself!* was her first thought) based on her assumptions, without actually knowing if they had any basis in truth.

Tap tap tap:

What I have assumed

It is a story I have been telling myself

But I don't know if it is true

It has created negative feelings

I have been living as if that story was true

But it may not be true...

I am ready to release my assumptions

If I can't check them out and know they are true, I will let them go...

Looking for a counter-example from her life that actually was true, I asked Joan, "What is a time in your past when you were talking in a group, and you did a good job?" Joan is a shark fanatic, and she talked about being a guide at the shark exhibit called Ocean Journey at a large aquarium. One day her family was part of the group she spoke to, and they were impressed with her knowledge. They had never seen her speak like that.

As we tapped, I made a lot of use of the term "Ocean Journey," bringing it in again and again in various ways. I used Ocean Journey as a metaphor as well, playing with the words and concepts it brought up in my mind: *"You are strong and wise like a shark... you know how to journey through your environment...you are like a fish in water when it comes to acupuncture...you instinctively know what to do...you are in your element...people look to you for direction...so many people would like to know what you know...they will be impressed just like your family was...Joan the Shark...join the shark!"*

Don't Take it Personally

The next step built into this tapping protocol works with a person's tendency to take things personally. EFT can help us come to realize that whatever happened could actually have been a result of the other person's limited perspective, and in fact, "it's not about me." The tapper also gets the opportunity to consider whether they have a need to control a person or a situation, wanting them to act in a certain way, even though the truth is we can't control anyone or anything, ever!

Then the tapper is invited to realize that the place we have the most control is within our own internal process. Trying to control what is outside us just makes us continue to feel helpless, powerless and insecure. EFT helps us to pay attention to and respond to our own feelings, giving us a sense of inner strength.

Connecting with Goodness, Disconnecting from the Toxic

Moving into the next tapping cycle, Joan and I tapped for how important connection was to her, and how painful it was when she did not feel a sense of connection because the other person was too caught up in their own story to respond to her. We tapped for being able to detach from those people with whom she had had toxic interactions. Again, in this particular session, I didn't ask Joan to specify those particular people or interactions that had led to her feeling hurt and wrong. That will be another session, if we have that opportunity.

Even though I need this connection, I deeply accept myself...and I honor myself for my need for connection...but even though I feel this need...I am willing to accept that I can't make this happen...and if that person is not available, I'm detaching now...choosing to connect with myself...to like myself...to approve of my self...and MY CONNECTION WITH MYSELF MATTERS THE MOST...

It is so important for us to be reminded that often what we thought was "wrong" with us may actually be our very best quality! When we stop trying to paddle upstream, against our very nature, and just relax and allow and let the current carry us in ways that come naturally to us, honoring who we are, life is so much easier.

I believe that we are on this earth, as these bodies, at this time to learn this very lesson. Learning how to trust the wisdom of your own feelings and instincts, blessing yourself for who you are, who you can't not be, are sacred skills, in my mind. Sensitive people will learn this first. We must, for our survival. The others will follow. Eventually...

What "Shape" are You Creating?

To complete this lovely protocol, the next step is to consider the energy of the situation. We must ask ourselves: are we creating life-giving energy by our thoughts? Or are we

creating life-limiting energy? We have the right to refuse, to say no, to stand up for ourselves, say YES for ourselves. We have the right to energize our own beings by choosing what feels right to us.

What is draining your life energy? Accept what you can't change, and change what you can.

Throughout this session I continued to ask Joan to check in with her own body, her feelings, and her self talk. Repeatedly I asked her to imagine going to the golf outing, and to notice what happened in her body, her breathing, and her self talk when she played the imagined story of that event happening. All of this continued to change as we tapped. By the end of the session she was talking about how she could just go to the golfing event and keep her mind focused on being approachable, with her body language, her facial expression, her eye contact. She realized that there would likely be lots of people there who would be feeling nervous and shy. Maybe there would even be others who hadn't ever played golf!

In fact, I encouraged her to remember that she could see more deeply into a person than most people can, and see what they need, because of her sensitivity and because of her acupuncture training. So she had the opportunity to think of herself as a resource for everyone there, even if they didn't know it! That was a very different "personal shape" to create. Feeling like a resource is very different from feeling alone and left out. The universe responds to the shape we create for ourselves, like water flowing around a boulder in the stream.

Joan acknowledged that this was true, and that she could actually feel that "personal shaping process" happening inside. I asked her to find where in her body she felt this, and we did some tapping to anchor this feeling in her being, and connect it with her (powerful, wise, shark-like) presence at the golf outing. I didn't even think of adding a riff on "getting a hole in one," but I should have!

By the end of the session, Joan was feeling "buzzy and invigorated" when she thought of going to the bank's golf event, instead of scared and alone and incompetent!

"Everyone Needs Me for Something, They Just Don't Know it Yet!"

Later on, she sent me this email:

As for Thursday, as of now I have to be honest in saying...I don't feel much. But by not feeling much, that includes not feeling the apprehension and fear... I still think I am in over my head (who says yes to a golf tournament when they can't golf?) but when I think that, I also just laugh and shake my head. I know it will give me something to approach other's

about, and if there is anything that I love, it making people laugh. I know the doubt will be waiting on the sides to creep into my mind if I let it...and I will be tapping on it (as I did yesterday for the triathlon) and I will go into it with the idea (and one of my favorite things you said) that everyone there needs me for something, they just don't know it yet and don't know why.

To learn more about Rue and her work, visit her website at:

www.intuitivementoring.com.

There is No Such Thing as an Inconsequential Lie

By Gary King

YOU MAY BE THINKING

This is a very bold statement especially when referring to the beloved inconsequential “Little White Lie”. You may be interested to find out that the coveted “little white lie” is a social construct, meaning that someone thought up a way to sidestep taking responsibility for their actions by telling an untruth and making it totally innocent and responsibility free.

Today *white lies* are as common as the sunrise and seem to have no boundaries. What is far worse is that lying in general appears to have taken over the world’s population as an imperative way of doing business, having relationships and raising children. The real truth is that almost everyone lies on a regular basis.

WHY DO WE LIE

There are many reasons why most people lie. Several of the most popular include; avoiding responsibility, trying to be accepted, creating significance, financial gain and the classic, avoiding hurting someone’s feelings. What is very interesting is that all these reasons are usually connected to lack of self confidence and low self worth issues. Most Human behavior is driven by pain and pleasure. The average person associates pain to being honest, and pleasure to avoiding the perceived issues of being truthful. This usually starts in early childhood when a parent unconsciously punishes a child for telling the truth and starts a life long behavior pattern of associating pain to honesty. Couple that to the fact that most parents lie for their children, to their children and in front of their children. This practice reinforces that lying is acceptable behavior.

THE TRUTH JOURNEY

To put this truth talk into perspective I will share with you the fact that in the mid eighties I had what is know as a near death experience. This experience was brought on by what I would consider to be a basically honest lifestyle. As typical life goes, it was a combination of happy and unhappy times. I ultimately found myself in a state of severe depression that concluded with being minutes from expiring. When expiring was not the outcome, life started over again with a shock. Just like the movie “Liar Liar”, I could not lie about anything to anyone, including myself.

To add to the challenge, I had to relive in my minds eye, all of my life’s indiscretions. This lead me to read over one thousand books on personal growth, spirituality and consciousness to unravel my life’s mystery experience. My conclusion, **There is no**

such thing as an “Inconsequential Lie” For the last several years I have traveled internationally speaking on “The Power of Truth”. I have delivered this message to thousands of adults and children in many different cultures with the same result; there is nothing more powerful than life’s fundamental core issues of honesty, forgiveness and self esteem. There is no substitute for strength of character.

THE TRUTH IS

Everything you do and say matters. It affects every one of the 50 trillion cells that make up your body. Consider that it is a medical fact the stress causes health problems, disease and can be potentially fatal. It is Psychological fact that lying causes stress, add these facts together and you have “Truth”.

For years I have been asking audiences all kinds of interesting questions like, “Do you think that lying could cause cancer?” I would get a minimum of 50% hands up response to a question that appeared to be answered by the individual’s intuition and not medical facts.

Within the last two years there has been numerous research projects using the MRI (magnetic resonance imaging) technology to study the effects of lying on the human brain. The results are fascinating in that there are 5 parts of the brain that light up bright when the individual being scanned lies that do not light up while being honest.

Common sense will tell you that being congruent in all that you do will make you emotionally and physically stronger. We currently live in a culture that is primarily based on getting our physical and emotional needs met externally, this external drive leads to addiction. Addictions that can not be satiated in the outside world. We treat symptoms and totally disregard the causes. It is common practice to manage our emotions with prescription drugs, recreational drugs and alcohol. We continuously lie to ourselves that with enough outside stimulation we will eventually be happy. We avoid taking responsibility for our actions as if it were a formula for success.

We pretend that we are honest and ethical so that we can falsely feel good about ourselves and fit in, and the truth is, intuitively we know that true character is all that really matters. When is the last time you heard a world leader, CEO, School administrator, or religious leader say, “**There is no such thing as an inconsequential lie**”. Over the last several years I have asked that question to several thousand individuals worldwide, the response, no more than 18 people raised their hands.

THE THREE THINGS

Everyone appears to be searching for three primary goals that involve money, a great relationship and vibrant health, all with the outcome of pure happiness. This eternal quest

leads to a process of doing whatever it takes to achieve this goal, including deception at any level. The art of capitalism has turned money into...it is more important than ethics.

It is no secret that corporate scandals have fueled worldwide media with references of the “No Ethics Management style”, anything goes to get the Big Bucks. In my world, most of the wealthiest people I know are the unhappy people I know. This goes totally against the American Dream.

The sought after soul mate relationship is backed by US statistics that 50 to 70% of all marriages end in divorce. With this fact it is also no secret that the primary foundation for a great relationship is missing. If you want to have a healthy and happy relationship, **trust is a must**. Today many relationships start with a magic process called, “Tell them what they want to hear”. I call this deception dating. Let me pretend to be exactly what the other person is looking for and I will get what I want in the short term.

Oh yes, that’s right, we’re short term gratification driven not just with stuff, we do the same thing with people. We are the world’s leader in consumption, including people. Great relationships are based on trust, emotional intimacy, healthy self worth and a deep sense of the value of true forgiveness. I frequently speak to women’s’ groups and have become acutely aware of how many women choose men who they believe have healthy self esteem, when in reality they have an ego bigger than life itself. Ask any woman if emotional intimacy is important in a relationship and all hands in the room go up. Emotional intimacy (in to me see), self esteem and integrity are all connected together... you can not have one without the other. There appears to be no end to the questions posed by the human mind to justify the need to lie. One of the most frequently asked questions in the Q & A Is, what do I say when my wife says” honey do you think I look fat”. Men grill me on a way to deal with that question. My response, if any person asks another person about their body shape or size, you can figure there are self esteem issues. I suspect the real question in that scenario is, “honey do you still love me” If you want to have a healthy happy relationship, there is no substitute for trust, self esteem, transparency and forgiveness.

THE HEALTHY TRUTH

Here is the million dollar question; do you feel physically or emotionally great when you lie? I have never had anyone confirm that lying makes you feel good. This is a perfect common sense indication that lying is not beneficial to the human body and soul. According to C. Norman Shealy, M.D. Ph.D. “*Nothing is more critical to peace of mind and to health than personal integrity*”. As Ambrose Worrall said in his “Essay on Prayer” “*Every thought is a prayer*”---Thinking sets in motion spiritual forces to bring about change in” everything. Lying is the antithesis of spiritual forces!

If you would like further proof that lying is detrimental to your physical body, check out applied kinesiology, commonly known as muscle testing. Typically done by a simple applied pressure test on the right or left arm while fully extended horizontally. The person doing the testing applies minimal downward pressure while you apply minimal upward pressure. During this test try lying while the pressure is being applied, you will be amazed at the result, significant lack of muscle strength. Just imagine that your cell structure is like a bank account, lying is a debit, honesty is a credit. Let's face the real truth, lying is just not healthy.

THE CHALLENGE OF YOUR LIFE

I offer you a path to health, wealth and happiness through uncompromising integrity. The path starts with a challenge that I have been delivering for many years, a challenge that will change your life forever. After my first talk on "The Power of Truth" I was amazed at how many people resonated with information relating to honesty and integrity. I also realized that once they go back to their own respective lives the impact would not necessarily be long lasting. I decided to challenge everyone in the original audience to "The 24 Hour Truth Challenge®". Since truth and integrity are based on human consciousness, this process would create acute awareness to one's personal integrity issues in a 24 hour period. The results were astounding, and have generated hundreds of responses from adults and children on the profound positive affect on their lives as well as the lives of their friends, family and business associates.

So, we have come to the moment of TRUTH, look at your watch, the 24 hours starts right now. This means that for the next 24 straight hours you commit to being 100% honest and authentic to yourself and everyone else. You will discover several very interesting distinctions. First, if you are 2 hours into the challenge and you are having a very difficult time being honest, I suggest that your life is to some degree a LIE. Second, you will start to feel a sense of strength and courage in your solar plexus once you start being honest in spite of the fear. You are now on the path of Health, Wealth and Happiness.

START NOW

And Remember, There is no such thing as an Inconsequential Lie.

About the Author:

Gary knows his past experiences are true blessings that have led him where he is today. As a speaker, author, life-coach and mentor, for the last four years Gary has traveled internationally talking about his belief in **The Power of Truth™**. He has talked to thousands of people from all ages and walks of life and has received overwhelming

enthusiasm for his message at every stop. The many testimonials he has received proves that “We cannot lie to ourselves and others, without it having an effect on our exterior personal lives, but also at a cellular level”. Visit www.ThePowerofTruth.com for more information.

EFT for Mom, Baby, and Dad from the Beginning of Life

Wendy Anne McCarty, PhD, RN, D.CEP

EFT and energy psychology are expanding our notions of what is possible in our ability to heal, change, and to create more of what we want. It is a very exciting time. It is an empowering time.

Prenatal and perinatal psychology (PPN) is another emerging field of psychology expanding our understandings and possibilities. PPN findings reveal how our earliest experiences in the womb and during birth and bonding lay core patterns in our implicit memory, subconscious, and autonomic system that profoundly shape us and set in motion life-long patterns.

We used to think of childhood as the “formative years”. More recently the importance of healthy parent-infant attachment and the first three years of life have received a lot of attention. Now we go back even further to the very beginning of life as the primary formative developmental period.

In this article I want to bring PPN findings and EFT, the self-healing tool, together to give you ideas of how you can use EFT during the time from pre-conception through birth and bonding for you, your baby, and your relationship with your baby.

Spiritual Consciousness Coming into Human Experience Aware and Responsive

In the first decade of the 21st century, we see a powerful convergence of new understandings and evidence from physics, biology, brain development, heart intelligence, consciousness studies, spirituality, multiple ways of knowing, energy psychology, and prenatal and perinatal psychology that bring us into alignment with the ancient wisdom that we are spiritual consciousness who come into human life to learn, grow, and experience ourselves and life in this unique way. Our spiritual consciousness is seen to be our primary nature and we have this sentient awareness AS WE COME INTO HUMAN LIFE.

Prenatal and perinatal psychology’s findings echo this wisdom and go further to map out much more of the consciousness’ journey into

embodiment with the understanding that there is a deep and beautiful intertwining of baby's spirit and human experiences during this primary period. As our babies come into our physical world, they are extraordinarily aware at a consciousness level with paranormal abilities to perceive and communicate mind-to-mind. As growing physical babies they are also exquisitely receptive and sensitive to their physical environment and human relationships. From conception forward babies are in a deep state of awareness, learning everything about human life and about living in their own specific family. This rich imprinting period shapes the essence of their human Being.

Cellular biologist Dr. Bruce Lipton points out that at a cellular level, cells' perceptions of their environment determine whether they function towards survival or growth. PPN findings suggest this is true at all levels of our Being—we develop in relationship with our environment, our parents, and others in our lives. We interact, learn, and adapt accordingly.

One way babies learn is through “resonance”, through states of being. When mom and dad are happy, baby learns and imprints “happy”. When mom and dad are stressed or depressed, baby learns and imprints these experiences. So having tools, like EFT, to help us shift elegantly from, let's say, feeling angry and stressed to feeling resolved about an issue and in a good place again is especially important during pregnancy.

This extraordinary learning and growing time in utero culminates in the sacred ritual of birth, in the process of moving from that inner sanctuary with mom to becoming a separate being out in the world. What happens during this intense transformation becomes an imprint of our core pattern of “journeys,” of how we perceive and respond as we move forward through our lives.

I believe birth and bonding is meant to be an imprint deep within us that supports us throughout our life. The positive birth experience imprints the knowledge that “I know how to find my way all the way from the beginning to completion. I feel supported and loved and in connection as I do this.” We also now understand that the birth journey completes after the baby comes out of the birth canal and is allowed to rest, orient, and crawl up mom's belly to attach at the breast. With this, babies and moms experience a positive bonding and the natural fulfillment of this archetypal journey together: “I found my home.”

When we have this positive imprint, we are more confident. When we move forward in life, grow and try new things, we hold the positive belief of successfully meeting the challenges and experiences of exploring something new. We feel the drive and sustaining ability to see “it” through to completion. The cycle of birth and bonding is meant to set in motion life sustaining imprints of the wholeness of a successful journey.

I will give you a few more key findings as we proceed here, and I will provide you with resources and places to learn more about this new field and understandings at the end of the article. Let us turn now to explore how EFT can help mom, baby, and dad during pregnancy and prepare for optimal birth and bonding experiences.

Using EFT during Pregnancy and for Birth & Bonding

I have worked with families over 30 years and for the past 18 years I have specialized in prenatal and perinatal psychology oriented clinical work and research. Because I know how important this beginning time is for baby and for parents, I have continued to look for gentle and effective ways to heal issues from the past, shift current difficulties, and to work with future events such as childbirth to heal fears and things that could adversely effect how those future events go.

I’ve wanted to find avenues of healing that I could use with families and that families could learn to use for themselves. I wanted to help them feel empowered to heal, shift, and change themselves. I’ve been using EFT for several years now with families and find it a wonderful self-healing tool to incorporate into daily living, not to replace medical care and advise, but to work along side them.

I have chosen 12 common areas to use EFT and family stories from my practice to help illustrate. These areas include the pre-conception period and extend throughout the pregnancy, and in preparation for birth and bonding. There are many more, but I hope these will give you a sense of the possibilities to explore during your prenatal experience and new ideas for EFT practitioners working with families during this time.

Before You Begin, Three Recommendations:

1. Please use EFT within the setting that feels right for you. Some people feel better having someone help them, either in a therapeutic

setting, or by having a spouse or close friend present while doing the EFT process. Other people feel very comfortable and like the privacy of doing the EFT process alone. Take good care of yourself when you explore using EFT for these various purposes.

2. Before you begin, take a few slowing-down breaths so you can be more fully present in the moment. You can tap the collarbone points you have learned in the EFT tapping sequence to help your meridian system flow well to support your EFT process.

3. When doing the EFT process during pregnancy, I suggest that you always make a connection with the baby, to the baby's consciousness, and include the baby in the process. We know that some part of the baby experiences things mind-to-mind.

One of the most important understandings from PPN findings is that as aware consciousness coming into human life, we love and thirst to be recognized as aware beings. We love connection: to be included, considered, and have our perspective understood. These build trust and safety. As we say in PPN, bonding and attachment are building right from the start. By the time we arrive at birth, we already have had nine months of building our relationship with mom and dad.

When I do sessions, whether the couple is trying to conceive and develop rapport with the baby-to-be, are pregnant, or have given birth and have a young baby, I include the baby in the session. I recommend that when you are pregnant, no matter what the focus of the EFT process is, take a moment to connect with baby and include him/her because the baby will be going through your process with you. If the EFT process is about your baby, your experiences during your pregnancy, birth, or other things directly related to him/her, include the baby as directly as possible. This is also my recommendation when an EFT practitioner works with you. How do you do that?

First, just be quiet with your intention to include the baby and make contact. We know baby's first way of communicating is mind-to-mind with us. We can perceive them and their side of things through our thoughts, feelings, somatic sensations, dreams, intuitive knowing, or images and symbols. Each of you will find your own unique way. Each baby is different. You can talk aloud to your baby or silently. I communicate as in any conversation with someone; as if the baby was in the room and we were talking together. Try to slow down and be quiet inside yourself and be open to sense baby's responses. As you move

forward in your pregnancy, you can sense your baby's physiological and movement responses as part of their communication also.

As you would do with a child, include baby by explaining what you are going to be doing and why. Check in to see what it is like for baby and receive anything the baby wants you to know. Do the EFT process, and then check in with baby as you check in with yourself after the process. It can become a beautiful dance. Once you feel the realness of your baby's responses and your baby gets that you are consciously including and relating to him/her, the relational magic happens!

Past–Present–Future Focuses for EFT Processes

Let's now consider 12 ways EFT has commonly helped families during preconception through birth and bonding. I include families' stories and more gems from PPN understandings.

Healing the Past

There is an array of possibilities of using EFT to heal and resolve issues from the past. Dr. Daniel Siegel, in his book *Parenting from the Inside Out*, suggests that the most important factor parents have in helping children thrive is having a “coherent narrative” of their own childhood, their own past. It is not as important whether parents had traumatic childhoods or not. It was that they had been able to make sense of their past, resolving or coming to peace with it. PPN findings suggest that as we incarnate, we come into relationship with our ancestral information that includes unresolved historical scenarios, especially those of our parents. Sobonfu Some, in her book *Welcoming Spirit Home*, describes her African Dagara tribe's rituals and practices for pre-conception, pregnancy and birth. They understand the importance of dealing with their past to give their children the clearest channel to come into human life and develop their potential to the fullest.

Thus, the preconception time is ideal to work with the past, although sometimes, it is important to address it during pregnancy and in preparation for birth and becoming parents.

#1 Using EFT when things have happened earlier in the pregnancy that were difficult, you feel unresolved about, or you suspect may have affected your conscious and sensitive baby.

In the US, 50% of pregnancies are unplanned. Sometimes we are unprepared or find ourselves pregnant when we wished we weren't. Our reaction to finding out we are pregnant is an important experience for the baby. Yet, sometimes there are conflicts when the news arrives. We may even consider having an abortion or not keeping the child. If this has been true in your pregnancy, some healing with EFT and connecting with your baby about it can be healing for both you as a parent and your baby.

PPN findings reveal that some part of us knows whether we are wanted, welcomed, or even if our parents considered or tried to abort us. I work from the premise that it is helpful to be authentically honest with the baby about what actually did happen during earlier times in a loving, caring way. For years this has been an integral part of my healing work with babies, kids and their parents. What I have found is if it is done with the intention of honoring baby's experience, awareness, and needs, and in consideration of how earlier events could have affected them, there is often a fundamental healing and a new closer relationship established. When I began incorporating EFT into my practice, I added it to the basic steps of working in this way:

- Recognize that earlier events with thoughts/feelings/actions could have affected baby.
- Acknowledge what happened and talk with baby about that time.
- Genuinely express regret or apologize for potential hurtful impact (not guilt or shame).
- Listen and be with the baby's responses and point of view.
- Express how you wish it had been and how you feel now about them.
- Forgive yourself.
- Do EFT for the earlier experience you each went through during that time.

Here is one family's story:

Helen and Tom had an unplanned pregnancy. They fought over whether to keep the pregnancy. They finally decided to keep the baby and now at seven months gestation were excited about having their baby. They came to me because they had heard earlier experiences such as being unwanted could have affected the baby. We got quiet together and made contact with the baby. I asked them to talk to baby in their own way, authentically, about the

time when they found out they were pregnant, what did happen, and that is wasn't about who the baby is as a person, it was about their not being sure about being parents.

They expressed how sorry they were that the baby didn't get to feel welcomed and wanted from the very beginning. Then they did EFT for the baby and themselves.

"Even though we didn't welcome or want you at the beginning and we are so sorry that you weren't welcomed or wanted then, we deeply and completely love and accept you and want you and are so happy you are our baby.... and we forgive ourselves for not knowing how much it could have affected you."

With that, we all felt a shift, a softening, and when we checked in with the baby and the past circumstances, it just didn't seem to be energized as it had been before.

Now the love and tender caring between them was filling the room.

#2 Using EFT for previous prenatal loss and/or infertility disappointments.

Maria came in with her husband. Her husband did most of the talking because she didn't speak much English. They wanted help with their little girl. It wasn't until we were almost finished with the session that she shyly mentioned she was pregnant.

Her husband told me that they had lost a baby before this one and that Maria thought her exercising may have caused it. He said that she hadn't really seemed to connect with this baby. She wasn't exercising or doing the usual things she loved. I asked if I could help with this. We connected with the baby she was carrying. I talked about how mom was still grieving and feeling responsible for her last baby and I was going to help her with that.

I asked Maria to just be with her experience of the miscarriage, and her sorrow and feeling responsible as we did an EFT tapping sequence.

"Even though I am so sad, so sorry, and feel so responsible for losing my baby, I deeply love and forgive myself."

We next tapped for her current fear coming up. "Even though I lost that baby, this pregnancy is different, and I am willing and want to connect to this baby."

A month later I got a beautiful letter from her husband saying that after that session:

My wife felt so much better afterwards. Her peace of mind seemed to settle in after the session. She felt really happy about how she felt and about having the opportunity of working with those issues. I perceived a consistent calmness in her.

... With respects to our baby we lost, nothing much was said. However, the fear she had with our present pregnancy seems to have vanished. She has been really active doing things she did during our daughter's pregnancy, like exercising, doing yoga and "being in touch with the baby" like she likes to say. I believe she has totally committed to the baby growing in her womb, not because she didn't want to before, but because that fear that held her back is gone.

#3 Previous pregnancies and birth experiences.

Often I see women who are pregnant again and have had experiences from their previous pregnancies that remain unresolved: a scary diagnosis, a difficult or traumatic birth, a regret, or something else like this. They have come to realize it stands in the way of fully embracing or relaxing into this experience with this baby.

Working with the previous events, circumstances, or unresolved emotions and unexpressed thoughts and feelings within the EFT process can often times dramatically help dissipate that experience and allow the pregnant mother to be more present and know that this time, it can be different.

Penny had had a rather disempowering and traumatic emergency c-section with her last son. We worked with this using EFT during the last month of her next pregnancy and she felt more resolved about it and relaxed with the thought of having this next baby. However, she had a complication that made it necessary to have another c-section birth, this one planned with several hours notice. She called me on the phone from the hospital room anxious and determined. She wanted help to center herself and prepare herself and the baby. We worked together using EFT for her anxiety, for

her fears of what could go poorly, and to tap in a positive scenario of how she wanted the c-section to go the next morning. We talked to the baby and showed him pictures in our minds about what to expect the next day. Penny was calm and present after the EFT processes. She was able to communicate to the doctors and nurses about what was important to her and what she wanted for her baby. She later reported to me how dramatically different this c-section experience was. She and the baby connected very well and she felt calm and confident throughout the process.

#4 Parent's own prenatal, birth and newborn experiences.

We can have unmet needs or have traumatic imprints from our own earliest experiences.

Often our own prenatal and birth experiences come up while we are in these experiences with our children. Working with these early imprints can be powerfully freeing so that we can be more the present with the good possibilities and good experiences with this pregnancy and birth.

Nancy was 36 weeks pregnant when we began working together. When she thought about giving birth, she said her whole body tensed. On a scale of 0-10 with 10 being most intense she could image, she blurted out it felt like a 15!

"I'm afraid I will be overpowered; it will be bigger than I am; it will be so painful, I'll be alone and unconnected, and it terrifying." When I asked her what she knew about her own birth, she said that her mom had pitocin to stimulate contractions, an epidural, forceps to birth her, and that she was separated from her mother in a nursery. From our PPN findings, we know these interventions can leave imprints that are often expressed just as Nancy had expressed them to me.

As I recognized and acknowledged this with her, her system began to relax. I suggested we do an EFT process for her as the baby experiencing these things. She and I were the healers coming to help this baby. In our mind-to-mind communication with baby Nancy, we recognized, acknowledged, expressed regret that her birth has felt that way to her and that she felt so overwhelmed, terrified and alone, and that we had come to help her.

Then we did two rounds of EFT for her own birth experience and the similar feelings coming up for her baby's birth. The whole thing became

neutral. When we looked again at her giving birth, she had a more confident relaxed attitude and was amazed she didn't feel the old feelings. We went on to talk about what was important to her and her baby at their birth.

As a post-script for this story, Nancy wrote me after the birth. She had a home birth with no medications or interventions. She labored in a tub and actually asked to be alone to be with her baby. She called it an "easy-ish" birth. Nancy wrote, "when he was born and put on my belly, after about 15 minutes rest, he decided to crawl to the breast and nurse." It was a good and healthy birth experience. The EFT session for her own birth experience and working with her fears for this birth, freed she and her baby to resonate with more of the birth they wanted to help set in motion.

Current Focuses

There is a great array of EFT uses during pregnancy. Many are similar to using EFT for things at other times in your life. Examples of those can be found at www.emofree.com.

The one element to add here is that the baby is going through these things with you and probably has been experiencing, in their way, the issue, discomfort, conflict, or whatever it is that you are about to do EFT for. I recommend that you connect with the baby first. Acknowledge this is impacting baby also, and you are doing the healing to shift this now.

Listen to baby's communication.

#1 Using EFT for physical discomforts.

There are so many possibilities here. I've had women who had headaches, nausea, heartburn, joint discomfort, and many more things that were resolved using EFT.

Sometimes the symptom dissipated within the session. Other times, moms have been inspired with what was needed to help the symptom.

Karen was 37 weeks pregnant. She had been having terrible heartburn and had not found anything that effectively helped. We did EFT on the heartburn. Within moments she related that her baby had shifted positions and the pressure on her stomach was relieved. We thanked the baby for his

cooperation. Later she told me that this continued and the heartburn did not return as it had before.

Again, please check with your doctor and take care with these things. Listen to what the symptom may be telling you and try EFT to help, but not replace other medical care.

#2 Using EFT for current stress, worries, and difficult emotional states.

One thing we have learned from PPN findings is that our states of being are imprinted on baby and that they change the way baby's physiology and brain develop. This can have long-term repercussions. Stress during pregnancy can lead to stress as a way of being for baby. That can be scary for parents to hear.

Often I find pregnant mothers trying courageously to relax or "think positive" because they have heard so much about the potential negative impacts of stress on their baby. But, all too often, they end up holding in or pushing away feelings while trying to de-stress. We now understand that those approaches are not helpful, because the mother's system is still holding tension and what has been pushed into the subconscious is still part of the holographic field the baby is living in, responding to, and adapting to. When pregnant mothers learn to approach stress and troublesome issues with EFT or other energy psychology methods in this integrated approach, they tend not to be afraid of what they are feeling, but rather go into the process to recognize, and acknowledge themselves in an accepting and more forgiving way. They can then work with the issue in an EFT process.

Once parents experience the success of dealing with difficulties with EFT, often they frequently relate how it becomes easier to acknowledge what is going on because they have an effective way of working with it.

#3 Relationship issues and conflicts.

Even though pregnancy can be a special time for couples, it also can be stressful.

Relationship issues can come up during this huge transition into parenthood. How you deal with them during pregnancy can help set the

stage for later. As with stress, staying stuck in upset, conflict, and strained relations is not recommended for baby or parents.

Often parents I work with use EFT to help heal, not only what they are feeling, but also the relationship's energy pattern.

Francis, 34 weeks pregnant, called me quite upset because she and her boyfriend had had a very volatile argument over the baby and in-laws. She said their usual "fight pattern" was to stay mad and defiant for days, and at some point one of them would give in and make the move towards resolving it. She realized now how much this could affect the baby. She didn't want to do it that way this time, yet she still felt very angry and unforgiving towards her boyfriend since he had stomped out of the house that morning angry at her.

We began by getting quiet and made contact with the baby. Francis softened and said to the baby she was very sorry the baby was caught up in all that, getting all those feelings, and that she wanted to help baby now by working to deal with this.

She did the EFT process for her own anger, frustration and hurt at her boyfriend and she felt it dissipate. Then she did an EFT process about their recent fight and the old pattern of staying mad for days and felt a shift. She spontaneously felt ready to talk to her boyfriend to resolve the issue.

She later told me that when her boyfriend came home that evening, he initiated talking about it. He remarked that that afternoon he felt all the anger just let go—out of the blue—and that he was sorry about the fight. When she told him about the EFT work she had done, and they realized he felt the anger dissipate right at the time Francis did the EFT process.

Future Focuses

Again, there is an array of possibilities here. Using EFT as part of your process to prepare for childbirth and parenthood is a wonderful and effective way to help support creating positive futures.

#1 Using EFT to shift old patterns and current fear patterns associated with upcoming childbirth and parenthood.

Katherine was two weeks past her due date and labor had not begun. They had done several natural type interventions including herbs and acupuncture to begin labor, but it was not happening. She called me for help. She said she didn't have any sense of why it wasn't happening and was frustrated. I suggested we get quiet and check in with the baby. I asked the baby, "Is there something you need or want us to know about this?" The mom immediately said, "The baby doesn't feel safe to come out." We got quiet again to ask more about that. Right away, the mother had a childhood memory arise of when she lived in another country during bombing raids there. She had the memory of being a young girl in a bomb shelter without her parents. Although the bombs hit close by, the "all clear" had sounded and everyone had left to go up to the street. She was frozen with fear alone and thought, "It's not safe out there." Somehow, she and/or baby seemed to be resonating with the belief, "It's not safe out there." We acknowledged the connection and did EFT for the young girl's trauma and belief. It felt totally dissipated. We checked back in with the baby. None of that original notion seemed to be there. Hours later she went into labor.

#2 Using EFT to create more of what you do want and to set in motion your resonating with that new future.

Here's one way to work with these. You can do this by yourself, but I recommend if both mother and father are open to this, that you do this process together. This may actually be a periodic process that you do on a regular basis together.

Let's say you want to process in preparation for your baby's upcoming birth. Plan a time to sit down together, bring some paper and draw a vertical line down the middle of each page.

Begin by each of you getting quiet for a moment. Then set your intention that you want this process to be a healing one for each of you and the baby; that you want to be good listeners and help each other feel safe to express whatever is important to express; and that you want to authentically deal with what is there, realizing that the two of you may have different points of views, perceptions, or things that are important. Connect with the baby and include the baby in the process as I have mentioned before here.

One of you begins by talking about whatever comes up when you consider the upcoming birth process. The other person's job is just to listen and to

write down what the person is saying. For the listener-recorder, write all the fears, concerns, constricting beliefs, and patterns on the left hand side of the paper. When the speaker feels ready, talk about how you would like it to be. What is the essence of what is important to you during the birth and bonding period? The listener-recorder writes these positives on the right hand side of the page. Remember, these things can be logical or not. Just listen and be with what comes up. Frequently, there are quite a few things that do come up. The listener's job is to do just that—to just listen and record. When it feels right, say back what you have written down so the speaker can hear what they have said.

At the end of the first process, you have a list of the constrictive beliefs, fears, old patterns, or earlier experiences that are still unresolved on the left, as well as what you want, what is important to you on the right. This can be a wonderful reference and worksheet to work with.

Work with each item or aspect on the left hand side, step-by-step, using the EFT process for both the constrictive beliefs and new positive desires. That way, you may work with one or two in a session. Another way to start is to bundle them all together and call them “these old patterns around birth” and “these new patterns for our birth.” The statement for that may be something like: “Even though I have all these constricting beliefs and fears around birth like “I can't do it!” . . . I deeply love and accept myself and now I resonate with “I can do it” and I feel safe, empowered, and supported!”

Next, switch positions and go through the process for your partner. Then focus on the baby. How's the baby doing in all this? You can both get quiet together and ask the baby, “What is important to you during your birth? How can we help you feel supported, loved and cared for during your birth?” Say back to the baby what you perceived baby communicated to you and that you will consciously hold that for baby for the birth. If you sense fear or something from the baby's point of view, you can do the healing for the baby.

The Canvas of Your New Life with Baby

The sacred journey of coming from spirit into human life begins with the intention to come and to experience human life. The sacred triad of baby's consciousness and mother-father come together to give this new Being life. The primary period of learning, growing, and establishing our core life

patterns takes place from conception through birth, bonding and the newborn period. The responsibility is great, yet knowing how conscious and aware our babies are opens us to new ways to welcome, support and deepen our loving relationships from the beginning of life. Babies love to feel welcomed, wanted, safe, live in a womb with happy and loving energy, and to be free to become who they are destined to be in alignment with their purpose. When we support babies in these new multidimensional ways, we are also living at our best for ourselves.

I believe EFT empowers parents to be able to heal, shift, change and create more of what they need and want during this incredibly rich time and set in motion more of what they want for their baby and for the family.

About the Author:

Dr. Wendy Anne McCarty is the author of *Welcoming Consciousness: Supporting Babies' Wholeness from the Beginning of Life—An Integrated Model of Early Development* and *Being with Babies: What Babies Are Teaching Us*. Co-founder of the prenatal and perinatal psychology (PPN) graduate degree programs at the Santa Barbara Graduate Institute. She is current faculty member teaching courses including *The Integrated Model of Early Development* and *Using Energy Psychology with Young Families* as well as working with doctoral PPN research projects. She is also currently the program research director of the Santa Barbara community project, Natural Family Living—Right from the Start. Private specialty practice utilizing an understanding of prenatal and perinatal experience as the primary “core patterns” period, her Integrated Model of early development, understandings, and the intention to help create the optimal relationship between Transcendental and human aspects of SELF and others for transformation at every age. Wendy works with those from preconception through infancy, during childhood and also with adults and provides consultation practice for families, adults and for professional mentoring. She’s a frequent keynote speaker, workshop leader, and trainer in energy psychology and prenatal and perinatal psychology. You can find out more at <http://www.wondrousbeginnings.com/>.

It's All in Your Head

By Dr. Kendra Pearsall

What you devote your energy to will come back to you. This is the basic message of the Law of Attraction. Not just what you do physically, but what you say and what you think draws those energies towards you. In every moment you are actively creating your reality, you are determining the types of energies that are coming into your world.

Just learning this one small thing has to change the way your world works forever. This changes the way you use your mind on a day-to-day basis – if your thoughts have the power to change your world and life, then you have to change your thoughts to get the world and life you want.

One of the most basic changes that has to happen is a shift to optimism. If you constantly have thoughts in your head that say “I can’t” “I’m not strong enough to do that” “I would never be able to get that done” then it is true. You can’t, you won’t be strong enough, you won’t be able to get that done.

Step one is to learn to reframe your thoughts. This is not a quick change, it is something that takes time and conscious effort. It starts with just being aware of your thought patterns and learning to observe your mind. When you think something like “I can’t” stop and reframe. This doesn’t mean thinking “I can drive that tractor trailer” when you really don’t know how, it means trying to change the words you use. Instead try something like “I haven’t learned to drive that tractor trailer yet, but I will if I want to.”

Basically what we are doing is cultivating optimism – we are cultivating a positive outlook on life that will help you to bring good things to yourself. Not just because of the law of attraction. Optimism is actually an independent predictor of both health and happiness. In a study of children who were losing their hearing at a young age, researches found that only two factors were important to the child’s clinical outcome. One was the degree of hearing loss, and the other was hope. More surprisingly, hope was almost equally important to the child’s ongoing health – accounting for 45% of their success.

For all of this change that is happening – don’t forget to use your new tool

EFT. EFT is so simple and easy to use, and it can have a dramatic impact on the way you think and the way you feel compelled to act in the world.

What about EFT for banishing pessimism? Or EFT for self-love or EFT to help you recognize what a truly beautiful person you are? Here are some great affirmations for you to try.

“Even though I have negative thoughts I deeply and completely love and accept myself.”

“Even though I don’t always see my true potential I deeply and completely love and accept myself.”

“Even though I don’t always see myself as beautiful I deeply and completely love and accept myself.”

“Even though I am a pessimist I deeply and completely love and accept myself.”

“Even though I am having a hard time letting go of my food allergies I deeply and completely love and accept myself.”

Are you having trouble getting the hang of EFT?

Here are some simple tips:

- Create a quiet space for EFT at first – while you’re still learning it helps not to be distracted.
- Practice tapping the nine points until you know the rhythm of it and don’t have to work anymore to remember the sequence – do this without the affirmations until you don’t have to think about it and then add the focus and the affirmations.
- If you are worried about hitting the right spots exactly, try using four fingers instead of two, and both hands on both sides of your body, instead of one. This way you are covering more territory and you can be sure you are getting the right spots.

-
- Listen to your body – if tapping each point seven times doesn't feel right then tap for one breath cycle (one inhalation and exhalation) or until the point feels tingly.
 - Don't get frustrated if the problem doesn't completely resolve after one session – some of these issues are ingrained deep within your mind. Just do as many sessions as it takes and remember to use the proper wording in your affirmation – “Even though I am still having some...” Acknowledge that some of the problem has resolved with your previous EFT sessions.

About the Author:

Kendra Pearsall, N.M.D. is a Naturopathic Medical Doctor specializing in weight loss and diabetes. She received her B.A. in psychology from Western Michigan University , and her N.M.D. degree from Southwest College of Naturopathic Medicine-which is one of six CNME accredited naturopathic medical schools in North America.

She has co-authored [Dr. Mercola's Total Health Program](#), *Sweet Deception* and was the medical editor for *The Hormone Handbook*.

Living with Cancer and EFT

By Emma Roberts, EFT Master

Cancer is, at the very least, an unwelcome journey that we don't choose to take. However, for many reasons it is becoming one that many of us will experience at some point in our lives. And when that happens it is not only shocking, but opens the floodgates on a deluge of other emotional and physical responses.

EFT does **NOT** claim to offer a cure for cancer, but is a powerful support for positive wellbeing. It provides an immediate tool for managing this ongoing emotional rollercoaster, helping to calm and rebalance the energy system whilst it adjusts to what is happening. From the start, EFT can be used to help clear the blocks to healing, both physical and emotional.

The joy of EFT is that it can be used alongside any treatment plan, whatever the prognosis, stage or treatment. It is the ultimate in complementary therapy as it integrates fully with the medical models and alternative therapies. It is not a case of either or, but both.

During medical intervention for cancer one can feel very disempowered and out of control, it may seem that something is attacking us from the inside, such as with the toxicity of chemotherapy, and the client is also often being 'attacked' externally during treatment with surgery, radiotherapy etc. It can feel like being an onlooker in a war zone. Using EFT gives a way of taking back some control and actively engaging in ones healing process. This in itself is empowering and positive. In my experience, cancer patients are amongst the most enthusiastic tappers I know!

The first thing that tends to happen after diagnosis is discussion of treatment. Often there is a sense of urgency and decisions have to be taken when in a place of extreme stress and anxiety. This time can be overwhelming, not just for the patient, but for those who care for them as well. From the very beginning EFT has a powerful place in their world. Tapping at this time will allow clarity to surface through the layers of overwhelmedness and one will be in a better place to make informed choices about treatment.

Dr David Lake 's continuous tapping protocol, www.eftdownunder.com, is an excellent way of managing one's emotional state easily throughout

every day. It is also extremely useful when undergoing any treatment itself. It seems that clients who tap their way through treatment, as well as before and after, have noticeably less side effects than others. It is easy to do, you can do it single handed, and you don't need to focus on any particular set-up statement or reminder phrase, just tap continually on the finger points to rebalance your system to do what it needs to do to restore health.

One of the first areas I will go to with my cancer clients is the diagnosis itself, treating it as a specific negative event in its own right, separate from the ongoing angst and trauma. Using The Tearless Trauma technique, we will work through every aspect of that memory, meticulously, checking and testing as we go, looking for responses to specific voice tones, looks etc, and clearing the trauma of diagnosis from their energy system. The connection between trauma or shock and cancer is well documented and researched, so this initial treatment to clear the physiological impact of the diagnosis is vitally important.

The word '*cancer*' can, in itself, create fear, even in those with no history of the disease. Merely reading or hearing the word seems to access the disease itself at some level.

It can be extremely useful to begin working with a few rounds of EFT simply repeating the word until the fear surrounding it diminishes. It often also creates a physical fear response, such as tears or extreme body heat/cold. Keep coming back to it until it becomes just like any other word. This does not mean you will feel indifferent to it, but that it loses its energetic charge and the effect that has on your system.

Much medical language revolves around battles and fights. We go to war with disease. If instead we work **with** the internal disease state coming from a place of communication and willingness to understand, it frees up our energy to focus on the job of healing.

In this holistic approach, we accept the cancer as a valuable part of ourselves which is using an inappropriate method of communicating something positive to us, the misunderstood teenager who goes on a destructive spree in order to command attention. Once understood, the need to behave in such a way is removed and healing can begin.

Our constant thoughts create our reality. How much more useful is it to think positively about the cancer as a learning experience than to respond to it with fear and negativity? The aim is to accept the disease and work with it to heal the body and let it go.

Often a cancer diagnosis can bring with an immediate need to make lifestyle changes such as giving up smoking, drugs, alcohol, making nutritional adjustments or any financial implications. Whatever the particular issue is, the shock of a cancer diagnosis and the added anxiety of changing habitual behaviours can be extraordinarily stressful. With EFT we have a tool that can help to take the edge off this whilst doing the other work to resolve the underlying anxieties which generated the behavior in the first place.

There are so many areas that EFT can effectively support the dis-ease of cancer. These include clearing any negative beliefs, conscious or unconscious, connected with the disease itself, and the self. Beliefs are probably the most powerful mechanism in our lives. People die for their beliefs, they fight for them, religions are based on them, governments are elected because of them. Do not underestimate the power of belief systems in the healing process.

Look at family history, check for any unresolved grief, specific memories of family members who have had cancer. Research indicates that only 5% of cancer and cardiovascular patients can attribute their disease to heredity (Willett 2002). The malignancies in a significant number of cancer patients are derived from environmentally-induced epigenetic alterations and not defective genes (Bruce Lipton, *The Biology of Belief*). In other words, it is the effect of the environment on the genes that creates the cancer cells, not the genes themselves. And this environment includes the emotional as well as the physical.

In Chinese medicine, they believe that stagnant energy or Chi **creates** pain. Stagnant energy creates blockages which can show up physically, possibly as cancer. Whilst some pain may be necessary as a precaution to causing further damage, EFT provides an effective way of managing and reducing excess pain. It will not, however, clear pain that is deemed necessary by the unconscious mind.

There is also the obvious use of EFT for managing ones emotional state and reducing any fears and anxieties that are experienced on a daily basis.

Everyone's journey is different and it is important to respect where you are at. A valuable lesson I learnt early on in my work with cancer is that I had to let go of my own investment in the outcome, my own investment in the client's healing. This doesn't mean that I don't care, of course I do, but it means that my own 'stuff' is out of the way and not interrupting their particular path. As Gary Craig so often says 'it is through you, not by you'.

In this article I am choosing to look at the ways EFT can be used to manage current states, both emotional and physical. However, it is also very important to resolve underlying core issues which may be contributing to the creation of the disease, negative memories and traumas that are still stuck in our energy system. I would recommend downloading the Personal Peace Process from www.emofree.com and working in this way as a form of emotional spring clean.

Whilst EFT is ultimately a self help tool, you may need to work initially with an experience practitioner who can hold you and support you in a safe space as you progress on your journey.

We are still very much at the beginning of our learning with EFT and the energy therapies. There is much to discover and we really don't know what is ultimately possible here. However, what we do know is that EFT is a valuable tool in the emotional healing process of cancer, and any other serious disease, and is available to everyone at little or no cost. We also intuitively know the connection between our emotional and physical wellbeing. Even if it just 'makes you feel better', use it, and who knows, perhaps in years to come we will discover it does so much more than that!

About the Author:

Emma Roberts **is an** advanced meridian therapist and trainer, and member of the AAMT and AMT. She is also a clinical hypnotherapist and NLP Master Practitioner.

Emma is also a trainer and examiner at the European College of Holistic Medicine on their Clinical Hypnotherapy, NLP and Life Coaching Diploma course. Emma is available for individual consultation at her clinic in SW London and also offers telephone sessions.

Emma's years of experience have led her to a specialty of using EFT for trauma and sexual abuse, and also working with cancer. Visit www.theeftcentre.com/ for more information.

The Truth About The Zone: How to Achieve and Maintain a Peak State in Sports...and in Life

By Stephen Ladd

The Zone – it is the Holy Grail of all athletes in every sport...the elusive mind/body state in which everything comes together.

Athletes describing the experience of being “in the zone” usually sound like this:

“Everything felt so easy.”

“My movement was so fluid.”

“I was on auto-pilot.”

“I knew exactly what to do.”

Etc, Etc.

But what is the Zone, anyway?

How do we get there and STAY there?

There are certainly plenty of theories postulated by PhDs in sports psychology as to the exact biochemical happenings in the brain and nervous system during “zone time”.

They even hook athletes up with electrodes and monitor a plethora of information and biofeedback data. This is all done to assist them in their quest for the Holy Grail...The Zone.

Although it would be kind to assume that these Ivory Tower theorists have the best intentions, my gut tells me that it is usually more a case of “intellectual masturbation”.

Regardless, the whole thing really reminds me of Monty Python and The Holy Grail.

In other words, a fruitless endeavor doomed to failure because it is based on inane premises and therefore produces deluded conclusions.

However, it does provide a decent amount of comic relief, at least for me.

OK, so maybe I'm exaggerating (but just a little bit).

The quest to somehow evoke the Zone state and maintain it is misguided by most people because it is seen as a foreign destination – a state of being outside of the athlete's natural mind/body state.

Here's the big news ...drum roll please...The Zone IS your natural state of being.

That's right – the Zone is NOT a state of being that you have to “get into” and then hope and pray that you stay there.

Rather, the Zone is your true state of mental and physical being. It is the place to which you return when you are finally able to eliminate and clear the specific impediments to your natural freedom state.

These impediments are primarily just elements of your belief systems (your B.S., if you will) and include (but are not limited to):

- Self doubt
- Anxiety
- Fear
- Tension
- Comfort Zones
- Anger
- Etc., etc.

Feel free to add your own to the list.

These types of thoughts, feelings and emotions are basically interference. It is this interference that keeps you from recognizing your natural state of mind/body equanimity.

So basically, the equation looks like this:

The Zone = You – B.S. Interference

Sounds simple enough, but how do you eliminate the B.S. Interference?

I'm so glad you asked.

Not to worry...I'm trained for this. ;))

Energy Psychology as the “Terminator”

There are certainly many different methods and techniques that can be used to effectively reduce or eliminate B.S. Interference. However, in my experience, nothing works as quickly and easily as Energy Psychology.

I was first introduced to Energy Psychology by Gary Craig, the creator of Emotional Freedom Technique (EFT). Gary offers extensive resources on this technique on his website www.EmoFree.com

My protocols are modest variations on the basic EFT methods. In this article I will only focus on the ways in which my current techniques differ from those taught in the EFT Basics Course.

Variations on a Theme

Gary Craig has always encouraged EFT practitioners to experiment with different protocols in order to find what works best for them personally and with their particular niche of clientele.

My specialty is sports performance. Athletes are an interesting group of human beings, that's for sure. And because I'm one of them, it's OK for me to make fun of them!

Over the past several years I have tweaked the Basic EFT protocol to better fit the personality of this particular population. Below I have outlined the specific adaptations and the reason(s) for each.

1) Elimination of the Set-Up

The first person I ever heard suggest skipping the Set-Up was Gary Craig himself in his DVD “The Steps to Becoming the Ultimate Therapist”. Throughout that course he recommended trying out different protocols, leaving certain parts out and testing your results. At the time I really didn't have much need to eliminate the Set-Up, so I never got a chance to test it.

Until I met Wallace...

Wallace was an up-and-coming Mixed Martial Artist (MMA) who wanted to break into The Ultimate Fighting Championships (UFC). For those of you unfamiliar with this sport, well, let's just say it's a rather brutal affair.

And Wallace looked the part: six feet three inches tall, two hundred forty pounds of muscle, crooked nose, jet black eyes and those awful looking cauliflower ears.

As I sat down with this guy, I realized that I was going to ask him to say that he “deeply and completely loved and accepted himself”.

My intuition and common sense told me that by doing that I was certainly risking two things 1) initial resistance from him and 2) my face being smashed!

I knew right away that I had to improvise. So instead of getting all into the love and self-acceptance, I just went right into the negative situations that he was telling me about and the emotions he had about them (primarily anger).

I'll admit that I was a little worried about such a breach of protocol, but I was more worried about my face.

But much to my pleasant surprise, Wallace responded instantly. By jumping right into the negative he felt understood and didn't have to say that he accepted himself (which several weeks later he told me would have turned him off immediately).

His progress over four appointments was outstanding, and he credits our work together with him having reached his goals in record time.

I began to omit the Set-Up with more and more clients and saw no drop in results. Then I learned that one of my mentors, Steve Wells, had been experimenting without the use of a Set-Up – and getting great results.

His observation was that the Set-Up phrase could trigger a great deal of resistance for some people. It felt dishonest, like a lie. So instead of starting out the introductory session with those types of feeling, he would just start clearing negative emotions and work their way back to self-acceptance as an individual issue.

Keep in mind that Wells tested this on a large number of his clients. And of course the practitioner (or those who self-treat) can always add the Set-Up back in at anytime if results are not being achieved.

This was welcome news for me, and I have adopted this practice ever since.

Please note that I do believe that self-love and acceptance are at the core of most, if not all, negative emotional issues.

It has simply been my experience that it isn't always the best place to start. I prefer to sneak it in under the radar, so to speak; to camouflage it as something that doesn't seem quite so "new age".

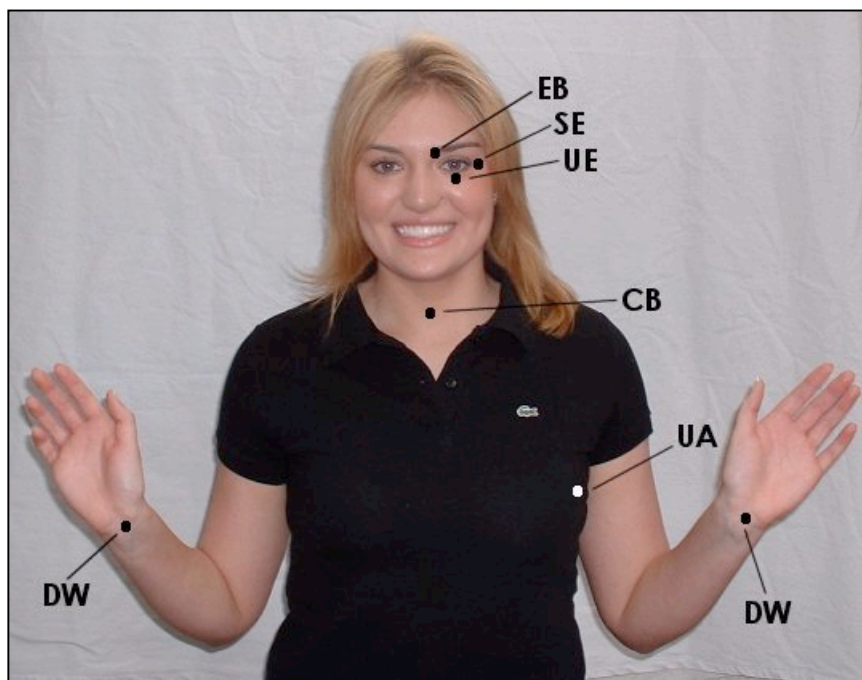
2) Fewer Tapping Points

"Make everything as simple as possible, but not simpler." - Albert Einstein

Once again, the initial encouragement for this adaptation came from Gary Craig himself. As I began to experiment with different protocols, I found that almost any combination of four or five points seemed to work well. Of course, if I wasn't getting results, then I would simply repeat the process over with most or all of the traditional points.

It has been my experience that by making the routine as simple as possible i.e. fewer tapping points, resistance is lower and compliance is higher.

Below are the primary points I currently use (in addition to the "energy toning" fingertips points described in number four):



Note: That's not me in the photo, but rather one of my collegiate superstars.

3) Negative-Positive Focus

Although I skip the warm and fuzzy feeling Set-Up and start right in with the negative, I do introduce positive suggestions and possibilities with subsequent tapping rounds. I often use some variation of Dr. Patricia Carrington's "Choices Method", such as:

"I choose to be calm and confident".

I've also had good success with alternating back and forth between positive and negative. This can really throw a wrench into an athlete's deeply ingrained belief systems (B.S.). It can sometimes result in temporary confusion, but that is often the first necessary step to the freedom of seeing new possibilities.

4) Energy Toning – Continual Fingertip Tapping

Craig's original EFT protocol – the "basic recipe" - included the fingertip points (minus the ring finger). His very popular shortcut routines,

however, omitted the fingertip points. It has been my experience that most practitioners only use these points sparingly.

I had all but stopped using the fingertip points as well, until last year when I attended a seminar with Steve Wells and David Lake, innovative energy practitioners from Australia. Although I could only understand approximately one-half of what they said due to their insane accent, it was enough to dramatically impact my coaching practice.

Anyone interested in top notch information dealing with performance, relationships (personal or corporate), investment trading and more, be sure to visit their website www.eftdownunder.com

Among the many things I learned was this concept of “energy toning”. Basically this is a simple way of continually stimulating the energy system. Wells and Lake reported excellent results in their clinical practice by having clients tap continually throughout the session. The more the better!

Although it became apparent that the actual point(s) used for the tapping made little difference, the fingertip points seemed to be the *most convenient* and *least obtrusive*.

How To Do It

This simple protocol involves using the same-side thumb to tap each of the fingertip points in sequence. See photos below:



photo 1 – index finger

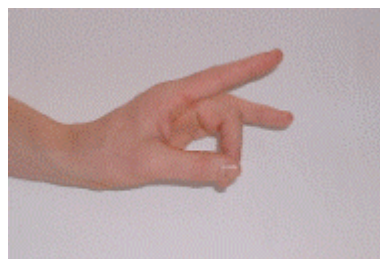


photo 2 – middle finger



photo 3 – ring finger



photo 4 – pinky finger

You do NOT need to think about or have a particular focus.

The force, speed and number of taps per finger are variable and you should experiment to find what feels right to you. The majority of my clients tap each finger between 3 and 20 times.

The simplicity of this method prompted its name – Simple Energy Techniques (SET).

To learn more visit www.eftdownunder.com.

Life Beyond the B.S.

There is nothing keeping you out of The Zone, except the issues that make up your Belief System.

The key is to use Energy Psychology to “clear” these issues... and then...viola...you are in The Zone.

After a relatively short period of time, The Zone will start to feel normal, because it is indeed your natural state of being.

No electrodes or biofeedback devices required.

Sports and life will quickly become a whole lot easier.

Are **YOU** ready to **LIVE** in **THE ZONE**?

Forget about the quest for the Holy Grail. Leave that to Knights who say “NI” (and the PhDs).

About the Author:

Stephen Ladd is the “Renegade” Mental Game Coach, pioneering breakthrough energy psychology techniques, and the creator of Renegade Mindset Techniques for Golf™. Visit www.RMTforGolf.com for free reports, newsletters and products to assist you in playing (and living) to your true potential!

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