



# EFT IN ACTION!

A compilation of articles published on emofree.com  
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## **EFT, One Minute Wonders and Opening to Love - by Sue Beer**

*"Opening to Love is what inevitably happens as we release our negative energy – all that guilt, anger, resentment, pain...and so on. It is also the means by which this happens; and so it is the ends and the means, the beginning and the end."*

### **What is EFT for?**

It's hard to imagine life without EFT now. Discovering it has already changed so many people's lives, opening up whole new ways of living and relating to one another, and the world; and because of it we have extended the boundaries of what we believe is possible. And, I am interested in where this is taking us. We now have the means to make things possible that were previously only a fancy, a glimpse, an esoteric secret known to a few. Whatever you can conceive of you can create. The only limits are your willingness to continually see further, to acknowledge and release the blocks between yourself and your true power.

There are countless examples now of EFT One Minute Wonder - phobias, cravings, dyslexia, troublesome memories, physical pain, love pain, problems big and small vanishing with EFT, on and on - miracles happening every where, to every one - sometimes even you or me! These miracles make us wonder, they grab our attention, make us pause and ask our selves:

"So if that is possible what else might be possible for me (or another)? What else can I do or be? How much further can we go?"

Are you someone that never had a one minute wonder? First, realise you are not alone. Then stop and tap right now. That very thought might be getting in the way of your next step:

Brainstorm all your thoughts, envies, resentments, stuckness, confusion around this – then tap until you feel lighter – like this, for example:

*"Even though it doesn't work for me, however much I try,*

*"Even though I never had a One Minute Wonder (OMW), that's only for others ... I must be doing it all wrong ... I'm just too damaged...bad.. I can't focus... get it right"*

Tap each point with a different phrase from your setups rounds: "won't work for me" "must be doing it wrong" "too damaged"

Say the setup with emphasis and especially give the **"I deeply and completely love and accept myself"** part your energy.

Whether or not you have ever experienced a OMW fades in to insignificance in the awe inspiring context of the possibilities for EFT. In fact when you are no longer hung up on that idea you are free to go further and further, piece by piece, step by step - seeing your life as a giant jigsaw of possibilities that gets bigger and bigger, and more and more fun to play with. You are so much more than you think! You have so much more to contribute.

Opening to Love is all about going further with EFT (wherever you are now), daring to dream and living life purposefully. It is about using EFT beyond fixing

problems whether they are OMWs or not, towards our dreams and on to Self or spiritual realisation. It's about opening to true power. It is about discovering that Love and true power are the same thing.

What is your dream? – Sport, business, relationships, science simply living with kindness and compassion? When we are aligned with Love we cannot help but succeed whatever the form our dream may take.

### **What is really happening with EFT?**

It's curious how something as apparently simple as EFT works.

The basics are very important: when we first learn we are encouraged to say out loud (whether we believe it or not) 'I deeply and completely love and accept myself', alongside the negative statement that describes the problem. In other words we hold in our minds these opposites. Why does that work so often '*even though*' we don't believe it? Could it perhaps be because at a deeper level we **do** believe it, it **is** the Truth and briefly (psychological reversal comes and goes), we are in alignment with that?

I like to wonder about these things, and I wonder whether when we say these words we access universal intelligence, the truth taught by spiritual sages through the years, that transcends our limited fixed ideas about who we are.

If you want to supercharge your work on yourself just be open to the possibility that you really are **not** who you think – you are so much more than that. The energy of Love recognises your true reality beyond the limits of body, time and space and all your thoughts. By bringing the darkness - "this problem" - to the light, whether or not we believe what we are saying, and so often something happens, implies there must be another level of mind that is operating, and more powerful than our conscious awareness.

It is as if the words resonate unconsciously and remind us who we really are, opening a portal to Love which is the reality that transcends normal awareness and allows us to heal.

The question is - what happens if we begin to be more conscious about this? Taking the phrase 'I deeply and completely love and accept myself' further? Begin to cultivate the awareness that every time you use EFT for yourself, or another, you are doing something very important, something sacred. If you are a practitioner be aware that holding that intention for your client's healing, especially if they are weary, disillusioned and feel as if they have tried everything, may be the most helpful thing you do. Where there is suffering we have lost sight of Love, we are out of alignment with our Truth (another way of describing Psychological Reversal) and we need someone to see beyond our limited self perception for us.

In Part Two of this article – 'Opening to Love and Psychological Reversal' we will look at ways to do this in our work with ourselves and others, expanding our ideas about Psychological Reversal and how we can move beyond it.

**Sue Beer, EFT Master**

## **Not everything is a One Minute Wonder - by Sue Beer**

In the first part of this article we discussed the idea that not everyone will experience a One Minute Wonder with EFT. We also considered how something as apparently simple as EFT works, so often.

However, what really interests me is what is happening when EFT does not work – (it's ironic that on the path to EFT Mastery it helps to develop a fascination with how and why it doesn't work! – how are we stuck, how do we do become stuck: what are we believing, what is the difference between stuck and not?).

It can be when we are really stuck that we look more deeply into the concept of 'Psychological Reversal', and we start to find out more about EFT and how it works. As a beginner we will probably have grasped that PR can stop EFT in its tracks – we learn that saying the Set Up statement while tapping the Karate Chop Point or rubbing the Sore Spot is the correction or antidote for PR. Then we learn that if the process is not working the chances are we have not got past PR.

If you are working on your own and you have this experience it can be rather like reading a medical encyclopaedia and identifying with every symptom - interestingly these very thoughts are PR in action, limiting fear thoughts crowding in, maybe going something like this:

"Have I got 'It' and... worse still... Am I Massively Reversed!!?"

"Perhaps I am one of the people this won't work for? I'm so reversed (bad)...I knew it, I'm hopeless..."

"I've done the Set Up and everything and it still hasn't worked, I knew something this weird couldn't work!"

Of course, in this state of fear, anxiety and self-doubt we are a very long way from deeply and completely accepting ourselves. Sound familiar? Actually this phenomenon is so common I think it deserves its own name – perhaps 'Reversology': the belief or conviction of being irreversibly reversed, not able to be helped!

### **What is Psychological Reversal?**

So what do we know about Psychological Reversal? The fact is nobody knows what it is for sure, we just have some ways of describing what appears to happen. I find it useful to keep remembering that PR is not a thing in its own right, rather an observation of a process. It is not, and can never be, a statement of identity - as in "I am Psychologically Reversed". It is a process of interference created by our own thoughts and/or responses and relationship to our environment. In other words, it is something we do (rather than have or be).

We know some useful metaphors to describe it. It is AS IF we have our batteries in the wrong way round, giving rise to a situation where there is a literal polarity reversal of our energy system against ou

The 'I' who experiences the problem is not the Self for whom the words "I deeply and completely love and accept myself" are forever true. When we are stuck we think that small 'I' is all we are, we have forgotten the sun is always there behind the clouds whether we can see it or not. We have turned against ourselves and there is interference to our true power, our connection to Love.

We have ways to get beyond this interference. Often simply saying the Set Up more emphatically - shouting it if necessary, will do the trick. We also know that sometimes drinking water will restore the flow. Another way is to break down PR into more specific thought forms, for example:

"Even if I never get over this problem, I deeply and completely love and accept myself anyway".

"Even if I don't deserve to get over this problem...."

"Even if I won't/can't do what I need to..."

"Even if it's not safe for me/not safe for others..."

### **PR and Opening to Love**

However we describe it, getting beyond our blocks and self sabotaging strategies is about opening to Love. Love heals. It is the antidote to fear.

My work with Opening To Love is about experiencing ways to get beyond fear in its many forms, developing our abilities to be more consciously able to switch our minds and align ourselves with our healing power.

From this place our hearts sing and our work with EFT has even more elegance and ease and joy. Perhaps psychological reversal is simply fear of Love. And, although it takes many forms it has no real substance because ultimately, although we do a great job trying, we can not get away from the eternal truth that Love is who we are, and simply awaits our recognition.

I believe there is a glimpse of recognition every time we set our intention through our thoughts or words such as "I deeply and completely love and accept myself". When we are stuck we are unconsciously identified with ourselves at a bodily level, at the level of suffering and pain and limitation. When we are in alignment with our reality as Spirit, whether we are aware of it or even believe in it or not, healing happens.

If you think about your own experience of healing you may recognise feeling lighter, more loving, forgiving, peaceful - qualities that transcend the awareness of our limited, isolated, separate selves.

### **Heart Connection Exercise**

Can you imagine being able to make that connection to your healing power more often, more easily, more deliberately? My experience is that once we begin it gets easier and easier, we feel it in our hearts and it feels right, like coming Home. We realise how much effort it takes to work against ourselves.

Try the following Heart Connection Exercise – it is designed to strengthen the conscious connection between yourself and Love or your true power, and bypass

psychological reversal. It only takes a minute or less to do, and when you have done it a few times you will start to feel a positive surge as soon as you put your hand to your heart, and then just by thinking of it. You can do this instead of a standard Set Up, as well as, or on its own:

*1. Place your tapping hand on your heart area*

*Close your eyes and wonder what it would be like to..*

*...really remember Oneness, perfect Love and safety – the most exquisite sense of being ok...what comes to mind?*

*Was there ever a time, (when you felt the best you are capable of now)... a particular pleasant memory, a glimpse, a hint...of what it might be like to really remember?*

**Tap or rub your heart area as the positive feelings that go with these thoughts come through.**

*2. When you feel your Heart Connection (however vaguely at first) practise popping any negative thoughts or feelings right into it, rather like dragging an old computer file to trash, and seeing, hearing and feeling it disappear or dissolve.*

Practise this – at first if you notice any interference to doing the process stop and tap to clear it before coming back to it. Play with it. You can build a home to bring all your fears to and dissolve in to and, above all else – enjoy!

**Sue Beer, EFT Master**

## **Reframing and Forgiveness - by Sue Beer**

I wanted to share something with you which comes from my heart, and expresses some of the ideas Emma Roberts and I teach through our EFT Centre trainings.

I am interested in practical spirituality and finding really accessible ways to teach and demonstrate that, in truth, we are much more than we think. EFT, especially through the art of reframing, is the ideal tool for expanding our ideas about what forgiveness is and living the experience of it. This is important work. It's not about meditating on mountain tops, or moving away from the world. The world is in your mind right here right now. And only you can heal it.

Quantum physics shows us we are made out of energy, and energy is projected thought. So we literally make ourselves up with our thoughts! We believe in a past that is not really there and strive to make a better future. But if the past doesn't really exist, what is there to be better than or improve upon?

We are prisoners of our own thoughts. The body itself is a symbol of limitation and separation, each of us fenced off and isolated from another. Amazing though the idea that we make ourselves up with our thoughts is, contained within that realisation is the possibility that what we made we can undo, and set ourselves free.

We are spirit believing we are trapped in a physical body, but the truth about Who we are calls to us, an ancient calling we can block out but never alter the fact of its calling. This is where EFT comes in and is also why it's more than a passion for me. You might say it's a vocation, or a calling. And through our work Emma Roberts and I are great at finding ways for you to hear the call too. One of those ways is Reframing. It's not a new idea, it's a central piece in NLP (Neuro Linguistic Programming), but it seems that EFT reframing takes the idea to a whole new level and exploring this is the purpose of this article.

### **What is a Reframe?**

The term Reframing comes from NLP – Gary Craig highly recommends studying NLP as an aid to mastering EFT. He has often mentioned the important influence of his own NLP background and it shows in his work, particularly through his elegant language and questioning skills. Emma and I incorporate many NLP concepts into our EFT trainings so our students learn these important ideas effortlessly as part of their highly effective delivery of EFT:

“Changing the frame of reference is called reframing in NLP. The purpose of reframing is to help a person experience their actions, the impact of their beliefs, etc. from a different perspective (frame) and potentially be more resourceful or have more choice in how they react.”

Reframe: a new perspective, a different way of looking at something – here are two examples of classic 'NLP' reframes:

During the 1984 US Presidential campaign, there was considerable concern about Ronald Reagan's age. Speaking during the presidential debate with Walter Mondale, Reagan said “I will not make age an issue of this campaign. I am not

going to exploit, for political purposes, my opponent's youth and inexperience." Reagan's age was not an issue for the remainder of the campaign!

A father brought his head-strong daughter to see Milton Erickson - the famous hypnotherapist. He said to Erickson, "My daughter doesn't listen to me or her mother. She is always expressing her own opinion." After the father finished describing his daughter's problem, Erickson replied, "Now isn't it good that she will be able to stand on her own two feet when she is ready to leave home?" The father sat in stunned silence. That was the extent of the therapy -- the father now saw his daughter's behaviour as a useful resource later in her life.

When a reframe works, or lands, it's as if the person agrees: "Yes! That's a better way of looking at this (I choose to see this differently)"

Now the interesting thing is what happens when reframing and EFT are combined. Something extra seems to come out of the mix of words and tapping, it seems that reframes are more likely to be accepted - landing in a way that is qualitatively different.

As the skilled EFT artist's language flows intuitively, there is a joining, an intense connection between practitioner and client which leads to an **internally** generated expansion of perception. It's as if there is a change in cognitive processing to another level of mind: a transformation into the actual experience of forgiveness (forgiveness here meaning a positively charged change of mind about someone or something, or the self.)

EFT opens up the possibility for something more happening as client and practitioner become so fused at a mind level that as the reframing language lands and makes complete sense to the client – it will seem to have come from the client, matching his or her inner experience so closely. And this is the **felt** sense of forgiveness - a higher level of perception where the facts of what happened are the same but the emotional response is wholly different. It is the **effect** or the result of the change in thinking that Einstein identified here:

"The significant problems we face cannot be solved by the same level of thinking that created them."

Reframing and the connection to forgiveness is an important part of our EFT Level 3 Training. Once your skills have developed to the level of using free flowing language, what are you doing with it? Your language needs to be purposeful, to be the means by which the experience of forgiveness (undoing the past) comes about.

Reframing and forgiveness then become synonymous with undoing (the past), and releasing the illusions we have held against ourselves. Healing comes as we release the blocks to remembering the truth about Who we really are (the memory of ourselves held deep in the unconscious).

### **Why is forgiveness so important in the EFT healing process?**

Well, firstly think about this from your own experience with EFT. That moment of expanded perception, the 'Ah Hah' moment, what does it **feel** like? – Maybe you feel warm, or connected or loving. Maybe it seems as if time stands still and possibilities for a new way of seeing things, a new way of being in the world open up?

Look out for examples of this as you are studying Gary's DVDs. There are so many great examples of EFT reframing and the power of forgiveness. One of my favourites is Gary's session with Beth from the Foundational EFT section of [The Palace of Possibilities](#) set

"Maybe he couldn't give love....because he had never had love" is a perfect example of Gary joining with Beth's inner experience and creating a reframe which is accepted and instantly opens up a way out from the prison of her thoughts. There is more to do, however, and Gary continues using rambling, intuitive language as she changes her perceptions on many levels ranging from anxiety right now to levels of thought creating her identity and her sense of herself in the world.

What really happens when we release a negative emotion (thought, person or situation)? What happens in the mind? In the body? In relation to our sense of a connection beyond that?

What is happening when an EFT reframe really works? It seems to be the mechanism through which healing occurs - the effect of forgiveness (changing the mind) becomes manifest in emotional, physiological and energy field changes. These are measurable changes which can not only be seen visually e.g. flushing, changes in breathing etc, but can also be witnessed in changes in heart rate, blood pressure, blood cells, energy distribution and vibration. Changes happen at a cellular level as the changed mind transmits messages of positive emotion. Maybe this is Love in action? - the healing response that brings a sense of peace, acceptance and connection. As the song says, Love is all you need.

As we expand our limited ideas about what forgiveness is we begin to experience that forgiveness and healing are the same thing. Every time we release a negative thought, guilt or fear, however small or big, we are forgiving/healing ourselves from the effects of our thoughts.

It is so important to release our negative investments in the everyday stuff, the minor irritations, and the petty judgments. If we reserve "forgiveness" only for the big stuff we are falling into a trap of our own devising; and when we move beyond this we realise that as we release the little stuff it changes our perceptions about the big stuff, and then we can move beyond our misperceptions that someone or something is responsible for the way we feel.

What is forgiveness, then? Ultimately does it have anything to do with any one else or any external circumstance? What if it is purely a private matter, truly an inside job? And if there is no one else out there, then who did what to whom?

In a second part to this article I will explore practical ways to develop the skill of reframing and share some top tips. Reframing with EFT is enormously powerful and it really is a skill worth mastering. I believe that at the highest levels EFT is an art form connecting mind-expanding ideas to the stuff of every day life – each time you release fear, guilt, even a petty grievance you are doing far more than you know. And whether we are aware of it or not we tune into this big picture every time we work to heal ourselves and our clients through EFT.

**Sue Beer, EFT Master**

## Getting yourself out of the way - by Sue Beer

So how do you develop the ability to do this really well? Is it a new skill which you need to learn to do? Or more of a process of unlearning, or releasing the blocks to your inherent ability? Well probably both but beware of thinking this is just about getting clever with language: getting to do this really well starts with attitude, or a particular state of mind.

My experience from learning and teaching others is that it is more about mindset than anything else - *the words you need will come to you*. Seeing or experiencing this done masterfully - witnessing the connection and harmony between client and therapist is a beautiful and powerful thing. Sometimes it's hilarious, often deeply moving.

This is what we mean by the art of delivery and it takes time to develop this to a high level. However you can start learning the attitude of mind from the start, alongside learning the basics of EFT. Cultivate this right from the start and you will get much more out of this than a new skill or a new tool to add to your kit. With EFT we are exploring possibilities hardly dreamt of as yet.

"We are on the ground floor of a healing high-rise" Gary Craig

### 1. Begin today!

One of the obvious benefits of EFT is that you can use it to work on yourself. And this is where you need to begin – right now! By realising how vital it is that you understand that many opportunities for personal growth are in the every day stuff, stuff we can overlook as unimportant, too low level. EFT will clear all the 'little irritations' - and some of these will be hiding immense fury; our unhealed, unconscious pain shows up in the everyday. Seek the sacred in the apparently trivial. It is a gift to you seen correctly.

Think of yourself as a work in progress - you are your own life's work - if you want to be truly helpful to others and the planet. You are your own gift. In the process of this you will remember to love yourself and as you see yourself will be how you see others, and ultimately God or Source. The more you clear your negative stuff, all your resentments, anger, guilt, irritation the clearer a channel you become for the Beloved in you to recognise the Beloved in the other. Clear your mind! Get in the zone! Lighten up!

"You add suffering to the world just as much when you take offence as when you give offence" *A Course in Miracles*

Once you grasp the idea that in being truly helpful to your clients your own state of mind is so important and begin to practise it, you will realise that is effectively a way of setting your intention for the highest good of the client. The rest... is easy!

### 2. Trust yourself

You have set your intention and now your job is to get really practical, everything else *will happen through you* when you really tune in to the client. You have to have rapport first of all or you are going nowhere – getting rapport and tuning in is actually the same thing. Observe your client minutely, with all your senses, without judgement or interpretation.

If you are serious about mastering EFT you can and must learn to really fine tune your sensory perception (it is the basis of intuition). Focus on conscious observation and your unconscious will connect you and guide you – really notice changes in breathing, skin tone, voice tonality, shifts in temperature, perspiration expression etc.

It is through cultivating these very practical abilities that you allow yourself to get out of the way. As Gary often says, this happens through you not by you.

Guidance comes through when you clear your thinking, judging, interpreting mind out of the way. The irony is that you have to get really practical to be highly intuitive.

### **3. Review your work**

Where were you in the way and how do you tell?

Think of every session as a holy encounter, and after each session take advantage of hindsight to fully appreciate the gifts offered to you.

**Replay the session in your mind as if it is happening now, and ask yourself...**

- Is the clients issue triggering me in any way?
- Do I feel uncomfortable, under pressure?
- Am I anxious to move away from the negative?
- Do I need to fix this?
- Do I doubt myself, the process?
- Am I laying my own stuff on the client?

**Tap to clear any of your own limiting responses to these questions.**

Be really honest. By making the effort to do this you will clear your own limitations, and very soon you will find you can run this movie- review in a flash and then it's only a small step to having it happen simultaneously as you work, without you consciously attending to it, like a dance between you and your client. And your work will be beautiful.

### **Look out for the pitfalls**

Cultivating your ability to really get out of the way takes practice. Be very aware that without rapport you cannot go anywhere. The foundation for Reframing is always connection with the client at conscious and unconscious levels. It's a form of getting permission.

You cannot change someone else's mind. You can only create conditions whereby they have the experience of seeing something differently. You do not have the power to 'reframe' someone else, it happens internally.

If you get too hung up on the power of your own words and ideas you will be persuading rather than truly connecting at the level where healing happens. For instance you may believe your reframe is the best ever and yet it may not work1 Tc -0.0043r2a7r2a

Trying to persuade or lead the client towards your way of thinking (albeit from the best of intentions) is a common pitfall. But if you are willing to see when you are doing this it becomes another great learning opportunity.

You are likely to be 'leading' the client whenever you pick up on the clients pain - or it matches your own, and you want to 'save ' them from it, or persuade them out of it - and as quickly as possible! Whenever this happens you have really lost your connection to the client and are getting in your own way. And although something may be happening, it is not EFT at its best, as you are now giving conflicting messages through demonstrating that certain beliefs or painful feelings are not ok. This, of course, runs counter to the power behind "I deeply and completely accept myself" (which is the intention for complete acceptance, whatever, and which the therapist needs to hold for the client when they are not able to for themselves).

### **Taking it further**

Since developing the art of reframing is more about mindset rather than a particular technique it is a great opportunity to keep on going beyond your own limits. If you focus on working on yourself, mastering practical observation skills with clients and learning to trust, the rest will take care of itself.

Another way to help yourself is to go over the DVDs looking for examples, really study them. Truly elegant work like Gary's looks deceptively simple. Think about what you see and how he is doing it. Every time you go back to them you will see more, and realise how much you have grown.

**Sue Beer, EFT Master**

## **An experience from the Atlanta Retreat - by Emma Roberts**

As promised, I am writing to relate an experience during the recent Atlanta retreat. This article illustrates the importance of testing work wherever possible as a way of flushing out any hidden aspects and is really an adjunct to Carol's recent article on testing.

John (not his real name) was one of my home group of 6 at the retreat, and initially presented with claustrophobia, which quickly changed to a fear of being trapped. He had experienced severe panic attacks over the last few years, seemingly for no reason.

Over the course of the 4 day retreat we systematically worked through many specific events where this fear had shown up, reducing each one to zero, either working one to one or using Borrowing Benefits within the group. The movie titles went as follows:

**Breathe Deeply**  
**The Music Stopped**  
**Raging Bull**  
**Passageway to Heaven**  
**Root Canal**  
**Porto Fino**  
**Big Squeeze**

Very often we had little or no content, but judging by the titles these movies encompassed a wide range of experiences where Bob's physical panic response had been intense.

We worked within the group on many different aspects and tested each movie by getting John to vividly imagine the scene. For the most part he was unable to access any emotional or physical response. He kept saying he was fine about it as he would never have to do it again. What really niggled with him was not knowing why the anxiety attacks began in the first place.

Also, whilst John was free of any emotional charge on the various movies he did not believe the panic response could have gone and needed to wait for an opportunity to test it in 'real life'. This seemed like a compromise and not really an acceptable 'result' for four day's work. It seemed important to test it with him if at all possible.

John had driven to the retreat and his car was parked outside. It was a standard saloon car.

I suggest that we might test the work by sitting in his car. Remember we were a home group of 6 people plus me! At this suggestion John became visibly anxious, saying he had been dreading my suggesting that all week. We tapped on his anxiety and cleared it after a couple of rounds. He seemed quite excited by the idea and ready to go.

As John's issue was all about being trapped he decided that he should sit in the back of the car with me and another of the group on either side of him so that he couldn't escape. He did this easily!

Then he decided the whole group should be in the car so that we could recreate the 'stuffy' feeling that often triggered the attacks. So with a few manoeuvres

and shuffling around, we all piled into the car. John will still fine, in fact he was laughing. He decided it was because he knew we were 'nice' and that we would let him out if he wanted to get out, hence the lack of reaction, so asked us to close all the windows and lock the doors, which we did. His anxiety level did rise briefly, and we tapped on it in situ and it cleared.

John then decided that we needed to have the engine running and the heating on as warmth and stuffiness were the main triggers for him. At this point I decided that it would be safest to tap continually on John during this experience and I asked Lucy, who was sitting on his other side, to help me by tapping on his finger points whilst he experienced this. John was a strong guy and I didn't want to risk anyone being hurt if he panicked, this way we could catch it early, and it was reassuring for him too. His anxiety levels did begin to go up, which was hardly surprising, it was not a very pleasant environment even for the rest of us. But the continual tapping brought them down again very quickly.

One of John's movies was about the dentist so one of the group put a hand over his mouth to imitate the mask. And another put a cloth on his head to increase the trapped feelings.....but they weren't there, in fact John was laughing!

He could not believe he was doing what he was doing, and decided to give it one final test which was to have another member of the group drive the car around the grounds of Simpsonwood, with all of us in it, the heating on and the windows and doors locked! At this point, I confess to being a little worried, especially when the driver suggested taking us out onto the highway at which point I drew the line! But John was completely fine. We certainly looked a sight, seven very hot people steamed up and tapping as we drove, but I considered that the job was done and he was free of his fear.

However, there was one remaining aspect which had the potential to sabotage the work, John's need to know. I was planning on returning to the home room and working with that when he had his own insight, namely that of being stuck in the birth canal! Yet another example of the insights being allowed to surface once the limiting fears have been cleared, a phenomena that occurs so often with EFT.

John left the retreat determined to put his new found freedom to another test. He was flying to Boston the next day and usually he had to take ice packs with him to calm him down, and sit on the aisle seat. He decided to test himself by sitting in the middle seat, without the packs. I got an email from him saying he had been absolutely fine! In his words: "Just a small update to let you know that flying to Boston and back was a breeze. Absolute zeros the whole weekend and that included a lot of tube rides."

This article shows not just the importance of testing, but also of the power of the group. John felt very supported and it really was teamwork. It also illustrates the importance of sometimes letting the client take control of their process. In this case, John led us through the testing process, working through the aspects himself, and playing a major part in his own healing. To John I feel this would have been as important as the therapy itself, and all part of proving that he did feel differently and was back in control.

A big thank you to my home group for joining in with this process, you were all fantastic! I know that at times it was uncomfortable in that car, but you all kept your sense of humour and focus. Thank you!

**Emma Roberts, EFT Master**

## Using EFT to support the IVF process - by Emma Roberts

There are many ways in which EFT can be helpful during fertility treatment and one of these is in the support of clients undergoing IVF (in vitro fertilisation).

IVF can be an extremely stressful time for both partners. The drugs can cause unpleasant side effects such as nausea, weight gain and mood swings, and delivering the medication, usually by self-injection, can in itself be traumatic to many women.

Using EFT as a tool for self management can be a true gift during IVF treatment. Clients are advised to keep calm during the process to maximise chances of success – not an easy call pre EFT. However, we now have a tool whereby clients can self manage their emotional state even from their hospital bed. Alongside teaching clients the short cut version of EFT I also introduce them to the [continual tapping technique](#), first introduced by Dr David Lake. This continual tapping allows them to keep calm during the treatment itself and helps them take an element of control during the procedure, particularly during egg implantation. I have received very positive feedback about the power of this, including one lady recently who was sitting in the waiting room before seeing her consultant and was tapping to calm her rising anxiety. When she looked up she noticed that several other people were tapping alongside her in what she described as a Mexican wave effect. On asking whether they knew about EFT they said no, but she looked so comfortable and calm they had decided to copy her! She ended up giving a mini seminar in the hospital waiting room!

In my practise at [Westover House Fertility Clinic](#) I see many couples at varying stages of the IVF process. Often they will have a history of failed IUI (intra-uterine insemination) or ICSI (intra cytoplasmic sperm injection) cycles. Sometimes there may also be a history of miscarriage. We use a multi-disciplinary approach completely integrating traditional medicine with complementary therapies, in particular EFT, acupuncture and nutrition.

There are often life style changes which need to be addressed prior to IVF treatment such as reduction in alcohol consumption, smoking cessation, over exercising etc. All of these issues can be assisted with EFT.

The stress of fertility treatment can take a toll on a couple's relationship. Sex becomes a means to an end and loses its enjoyment. It can become an enormous pressure for both partners and performance is often affected. Depending on whose diagnostic 'problem' it is, there can be resentment and blame which needs to be acknowledged and cleared. Infertility affects 15% of couples. In 40% of cases there is a female factor, in 40% a male factor, and in 20% both male and female factors co-exist.

Many aspects of modern life impact upon fertility including poor nutrition, pesticides and additives in food, tobacco, drugs, alcohol, stress, long working hours, environmental pollution, allergies, immune dysfunction, genito-urinary infections and the fact that couples are planning their families at an older age. All these aspects and the issues surrounding them can be eased with EFT.

For clarity I will look at my approach to fertility from two aspects, emotional and physical, although in reality the two are one and the same.

## **The Emotional**

In Western society, early miscarriage tends to be swept under the carpet and 'forgotten'. The expectation seems to be that people should just pick themselves up and move forward quickly and easily. In reality this is rarely the case for either partner and there is a natural grieving process to go through as part of the healing. Using EFT and the Tearless Trauma Technique we have a gentle and effective way of assisting this process which gives the couple the opportunity to acknowledge their loss and helps them come to terms with their current situation. It can be useful to begin with some slightly more general rounds before honing in on the specific memories with TTT, using set up statements such as:

**Even though I'm not allowed to grieve my baby I deeply and completely love and accept myself**

**Even though no one understands....**

**Even though it is not fair....**

**Even though I will never get over this...**

**Even though I can't go on...**

**Even though it's not safe to try again...**

**Even though I just have to get on with it..**

Clearing the negative beliefs and emotional blocks to conception, natural or otherwise, allows the system to relax and rebalance, opening up the possibility of successful pregnancy in the future.

When women have a history of failed fertility interventions it is common for them to feel as if their body has failed them. It can challenge their very identity as a woman. Begin tapping with where they are at:

**Even though my body has let me down...**

**Even though I have failed as a mother...**

**Even though all I want is to be a mother and I can't do it...**

**Even though I feel useless as a woman..**

**Even though it is not possible for me to become a mother....**

**Even though this is so difficult for me I am open to the possibility I can sustain a happy healthy 9 month pregnancy easily**

**Even though I feel guilty....**

**Even though I am too old.....**

**Etc**

When you have taken the edge off this, or if you use SUDS levels reduced it to a manageable level, maybe 2 or 3, then I like to introduce a specific Choice. I ask my client's unconscious mind to tune into the wisdom of generations of women before her who must have known how to conceive in order for her to be here today:

**I choose to harness the wisdom of generations before me who must have known how to conceive successfully in order for me to be here etc**

**I choose to call on the support of generations of women before me etc ....**

**I choose to embrace the wisdom and knowledge of generations of women before me etc**

**I choose to trust the generations of women before me who must have known how to conceive successfully to guide me etc**

Understandably there can be much fear about the IVF process itself. It is an invasive procedure, involves a general anaesthetic and strong drugs. Tap on the fears as they come up, and also on the anticipation about each step. The fears and anxieties may seem reasonable, but they are still not helpful to the client. The ultimate aim is calmness and positivity.

Partners often get sidelined during fertility treatment as the focus, and therefore spotlight, tends to be on the female during treatment. The partner can feel great pressure during this time as they are called on to support their other half. It is useful to meet the partner and teach him/her to tap too as a way of clearing any anxieties, fears etc. Also, if there are physical reasons relating to the partner there is often both guilt and sadness which need addressing.

## **The Physical**

There are many ways in which EFT can positively support the physical changes that need to happen during IVF treatment. Whilst we are still discovering just what is possible with this amazing tool it does seem that, in many instances and with persistence and determination, we can positively affect some of the physical responses to IVF.

Women go through a barrage of tests prior to fertility treatment including those for FSH (Follicle stimulating hormone) and AMH (Antimullerian Hormone), the hormone which measures ovarian reserve. Dependent on the results, and the way they are delivered, these tests can easily create limiting negative beliefs which need to be addressed through tapping.

For example, one of the first things that needs to happen, pre-treatment, is for the FSH (Follicle stimulating hormone) level to be at a reasonable level. FSH levels are normally low during childhood becoming progressively higher towards menopause. FSH will be monitored in the tests prior to treatment so clients will have an idea of what their level is and whether it needs to be different. If a change is wanted I will create a Choice card:

**Even though my FSH is X I choose for it to be Y**

I ask my clients to tap regularly on this Choice, many times during the day. Often the results are surprising.

Using a combination of visualisation techniques and Choices, the client and I work together through each stage of the treatment to focus on the next physical step. It seems that it may be possible to create physical change through the combination of instruction, choice and tapping.

During the treatment itself there are many ways of working with EFT at each stage. Once the drugs to shut the reproductive system down have been effective and the follicle stimulation begins tapping starts. Again using Choices, we support and encourage every step of the process from follicle stimulation to blood flow to the womb, hydration. I encourage my clients to visualise the reproductive system as healthy and receptive to pregnancy, tapping on any blocks as and when they appear.

**Even though I am anxious about this process I choose to have x healthy follicles in each ovary**

**Even though I can't believe this will work I choose to produce x healthy follicles easily now**

**Even though I am worried about this I choose for my womb to be welcoming and receptive to my embryos**

Always, of course, using the client's own language in the Choice.

I also teach my client's how to surrogate tap for the embryos as they are fertilising, creating a heart connection to them, and continuing that support whilst they are out of the body.

**Even though I am anxious about my embryos I choose for them to fertilise easily now etc**

**Even though I am anxious about my embryos I send them love**

And once the embryos have been implanted in the womb turning our attention to encouraging them to latch on, thrive etc., again also visualising this happening.

Pre treatment I am occasionally asked whether this is not just setting up false hopes. My answer is that if the outcome of the treatment is negative the disappointment is the same whether the client has been positive about the treatment possibilities or not. I will NEVER work to create a false reality, only to open a door to the possibility of success. However, EFT does have a way of empowering people during treatment so that even if it is not successful they do at least feel they have done the best they possibly can. Obviously, nothing I, or anyone else can do, will make the disappointment less painful initially, but the value of having EFT there as a way of managing it is immense and comforting.

Sometimes there will be physical issues which seem to be directly impeding successful conception, such as endometriosis, Polycystic Ovary Syndrome (PCOS), and low sperm count. Again, using a combination of positive visualisation the client can be helped to release any blocking beliefs about these conditions and to access a more resourceful place.

The subject of low sperm count is very sensitive and many women find it hard to approach it with their partners. However, again surrogate tapping can be very useful here, using the same Choices protocol as with FSH.

One client recently tapped regularly every day over a period of weeks for her husband's sperm count. They had already had two unsuccessful cycles of IVF with ICSI plus several IUI attempts but we had not met until this cycle and she had only just learned to tap.

She was amazed that not only did her husband's sperm count rise to the exact figure she had been tapping for, but I am delighted to report that the baby is due in the spring!

To conclude, as Gary says we are still on the ground floor of the healing high rise, although I like to think we may have edged to the first floor now. We don't know what is possible and every day brings with it new learnings and opportunities. Nowhere do I see this more than with my work with fertility. The key elements of this work seem to be persistence and creativity, both metaphorically and literally.

**Emma Roberts, EFT Master**

## **EFT and Trauma - by Emma Roberts**

Trauma comes in all shapes and sizes, as does people's response to it. EFT can be used successfully with all of them but is one area where it may be appropriate to work with a qualified practitioner, at least initially. The primary concern when working with trauma is your safety or the safety of your client. This is paramount as re-traumatising and abreaction are to be avoided at all costs.

Trauma influences our cognitive schemas at a profound level. It undermines our beliefs in both ourselves and our existence, and also our sense of reality as we know it. The resulting beliefs can seriously disrupt the every day running of our lives without us necessarily even realising it.

EFT's effectiveness in working with trauma is extensive. Whilst it can bring immediate relief from traumatic memories, it is also a gentle tool for revealing the many layers and aspects that may be connected with trauma, working through them systematically and effectively until their emotional charge has gone.

In this article I will look at the different manifestations of trauma and the options for working with them using EFT.

### **Self Care for Therapists**

Before beginning to work with trauma it is vital to look at ourselves as therapists and our own response to trauma in its many forms.

The first step is to work on any unresolved trauma we may still be attached to so that we are not triggered by our clients' experiences. The difference between empathising and colluding with the client needs emphasising. Whilst it is important to feel empathy for the client it is not useful for them if we are accessing our own stuff and we will be getting in the way of the process. As Gary often says, allow the work to be through you not by you. We must be a clear channel in order to fully serve our clients and get maximum results.

Test drive your trauma 'buttons' by imagining different future possible scenarios and/or past events and noticing what, if anything, still gets an emotional response.... Apply EFT to it.

Also recognise that you are human and things can sneak up on you and surprise you. You are likely to hear some horrific stories. If this happens during a client session imagine putting it out of the room, or in a box, remembering to return and work with it at the earliest opportunity. If you are tapping alongside your client you may clear your response during the session anyway.

Using EFT yourself on a regular basis is even more important in trauma work than most areas. Trauma therapists traditionally experience a high level of burnout. EFT gives us the opportunity to change that and be of even more powerful use. Walk your talk!

Trauma can be broadly broken down into four categories:

#### **1) Prolonged past traumatic experiences**

Systematic abuse over a prolonged period of time which is over in the present day e.g. childhood abuse, bullying, war experience etc

#### **2) Ongoing trauma**

Systematic abuse continuing today where client is constantly re-traumatised e.g. domestic violence and marital rape, psychological abuse, bullying at work etc

### **3) One-off trauma**

Rape, terrorist attack, accident, assault etc

### **4) Perceived trauma**

Trauma not physically experienced by the client but witnessed in a secondary manner via the media, friends, colleagues, stories etc

## **The Presenting Client**

Some clients will need to tell you their story immediately. When they do their energy system will be disrupting massively and you will need to tap continually on them. In order to do this and keep rapport with a new client it is important to preframe this when introducing yourself and your work. I recommend tapping on your clients wherever possible for the following two main reasons:

- 1) By connecting two energy systems physically the effects can be doubly powerful.
- 2) It allows the client to focus on their issue without worrying about 'getting the tapping wrong'. Whilst this can be a useful way of unearthing core beliefs, such as not being good enough, I don't consider it to be initially helpful in the context of trauma, rather another door to be returned to when they are in a more comfortable place.

Other clients will present with physical issues such as insomnia, migraines or even cancer where they make no connection to any previous traumatic events. However, when an event happens

*Even though I don't want to go back there again I deeply and completely accept myself*

*Even though I am anxious even thinking about the event I deeply and completely accept myself*

*Even though I am frightened to look at that time again I deeply and completely accept myself.*

## **Post Traumatic Stress Disorder (PTSD)**

PTSD can be caused by one event or by prolonged exposure to traumatic experiences, such as war (see Gary's DVDs The EFT Course, Part 1, Video 3, 6 Days at the VA). Sufferers of PTSD store the memories of past events in their minds as though they are happening today, they replay them through flashbacks, hyper-vigilance, nightmares, jumpiness and other physiological symptoms. They may also have removed themselves from normal life, as the world is seen as unsafe, making them detach and withdraw both from becoming involved both physically and emotionally.

## **Methods for working with Trauma**

- 1. Tearless Trauma**
- 2. Movie Technique**
- 3. Telling the Story**
- 4. Tsunami Technique**
- 5. Imagination Technique**

### **Tearless Trauma**

This is a very gentle way of using double dissociation to keep the client safe from abreaction and is usually the best starting point when working with a specific traumatic event.

- Identify a **specific** traumatic incident from the past. An example might be, "the time my father punched me when I was 12." By contrast, the phrase "my father abused me" would be too broad because, chances are, the abuse took place over many, many incidents.
- Get them to make it into a mini movie and put it on a wall away from them
- Give it a title.
- Ask them to **GUESS** at what their emotional intensity would be (on a 0-10 scale) **IF** they were to vividly watch the movie. Instruct them **NOT** to actually watch it (although some will close their eyes and do this anyway). This **GUESS** is a surprisingly useful estimate...and...it serves to minimize emotional pain.
- Have the client develop a phrase using the movie title for the EFT process such as "this father-punch emotion" and then proceed with a round of tapping.
- After this round of tapping, ask the client to GUESS again around ask them to state their new number.

- Perform more rounds of EFT (numbers. In my experience, a total of 3 or 4 rounds will bring just about everyone down to GUESSES of 0 to 3.
- Once the client is down to acceptably low GUESSES, then perform another round of tapping and, after this round, ask them how they would feel about watching the movie. Notice that this is the first time you are asking them to do this. All previous times have been relatively painless GUESSES.
- If they are OK with that get them to watch the movie, instructing them to stop at any part that still 'gets' them and tap on it.
- Keep going until they are able to watch their whole movie with no emotional attachment. Often they will say something like 'It is like watching someone else' or 'I can't see it clearly any more'.

#### **In Brief:**

- Locate **specific** trauma
- Make it into a movie and put it on the wall away from you
- What is its title?
- Don't look at it, draw a curtain over it
- Estimate 0 – 10 intensity **if** you were to watch it (**guess**)
- Create Reminder Phrase using movie title for the EFT process
- Do EFT on it
- **Guess** at the intensity again
- Do more EFT rounds until '**guessed**' intensity is low
- Watch the movie, **stopping** at any part that still 'gets you'
- More rounds of EFT as necessary

#### **The Movie Technique**

This is the same principle as Tearless Trauma only without the double dissociation. If the trauma is not perceived as too intense then this would be a safe starting place too.

- Create a mini movie of the specific event
- How intense do they feel about watching it (using SUDS scale 0 -10)
- If high intensity rating revert to Tearless Trauma above
- If OK run movie, stopping at any point where there is emotional intensity and tap
- Keep going until whole movie is clear of any emotional intensity

#### **Telling the Story**

Telling The Story is an excellent way of testing your results and clearing up any remaining undetected aspects. Ideally, use this once you feel you have reduced the intensity to an acceptable level, or cleared it completely. However, sometimes you will need to use it immediately, as detailed above.

- Have your client tell their story of the event/memory/trigger.
- As soon as any emotional disturbance is detected stop and tap on the last statement the client made.

- Test by having the client re-tell that part of the story. They should be able to go past the previous emotional point easily. If not, there are further aspects to be addressed.
- When the client is calm on the first point, have them continue to tell the story. Stop and tap on each emotional disturbance.
- Test by asking your client to tell the entire story from start to finish. Your work is completed when your client can do this and remain calm throughout.

### **The Tsunami Technique**

In these days of mass disasters, natural or otherwise, we thought you might be interested in an EFT phenomena, which came to the fore during Sue Beer and I's recent trauma workshop at The EFT Centre, London.

The workshop was for a small group of Level 2 and 3 EFT practitioners and focussed more on working with clients than self application. However, we wanted to give them an experience of Tearless Trauma so they would know how it would be for a client.

Thinking that the most contained way of doing this as a teaching example would be to go for a group experience, we asked them to each pick a specific memory/image/photograph from the Tsunami that still 'got' them now. We knew that no one had had any direct experience of the Tsunami. Most of them had a problem even finding this memory.

We did a group tap on these 'Tsunami emotions' and it quickly became apparent that each and every one of them had associated into something completely unrelated to the Tsunami. It seemed that when the slight Tsunami emotion had cleared other powerful, seemingly unconnected emotions and past events surfaced.

Whilst this in itself is not particularly unusual with EFT, it did come as a surprise in this environment. It revealed new aspects of earlier specific traumas that they thought they had cleared, and in a couple of cases specific events were recalled that had hitherto been repressed.

Obviously we then had to take a detour from the course content and help them clear these issues – swiftly achieved.

Again, none of the above may be a surprise, and although unexpected, all the responses were easy to clear and some important work was done. However, these were an unusual group in that they were all dedicated EFT practitioners who had worked consistently through their own issues and who were using EFT on an ongoing basis daily and considered they had cleared the big trees from their emotional forests.

We now use the 'Tsunami technique' with some clients who seem stuck as a way to facilitate unearthing underlying trauma, where there doesn't seem to be an obvious door to go through and it ALWAYS gets results. In a seemingly roundabout way, something good and positive has emerged from the appalling events of that Boxing Day.

- Check no direct emotional involvement with Tsunami
- Pick Tsunami memory/image/photograph

- Put it on screen, behind a curtain (as in Tearless Trauma)
- Tap on this 'Tsunami emotion'
- Keep tuned into client and monitor emotional response
- What does it remind you of?
- Tap on what comes up, following the chain until emotions are fully resolved
- Test results with both the emergent specific event and also original memory
- 

### **Imagination Technique**

I sometimes introduce this as a game, and it can be particularly useful when working with children.

Sometimes people may only have a sense of having experienced trauma. This can be to do with the age at which the trauma occurred, if it was pre-verbal and stored in pre verbal memory, and how much is stored cognitively. In cases where there is no actual memory, just a physical sense of something having happened, or a knowledge that it did, but no memory, get the client to 'make it up'. It is not important whether it is true or not, what is important is the resultant limiting behaviours and beliefs that are showing up today. Imagining and guessing in the west is what the east call sixth sense... it comes from somewhere, trust it and go with it, it is often an important door.

However, be careful to never ever suggest trauma or abuse has occurred and to frame the Imagination Technique as a game, and not the truth.

To conclude, EFT is an exciting new tool in working with Trauma. It allows the client to get immediate relief from traumatic experiences and gently opens the door to revealing and clearing the multiple layers of aspects and beliefs which may be present in a pain free, systematic manner. Trauma can be experienced at many different levels and there is no fixed formula for specific trauma groups. However, as a general rule, the higher the intensity the more the need to dissociate the client, using the Movie Technique or Tearless Trauma. For unfeeling clients, the Tsunami and Imagination Techniques are useful.

In order to achieve maximum results when working with clients it is important to keep more flexible than your clients, and whilst the above techniques provide a valuable framework within which to work, allow your creativity to flow and your intuition to guide you!

**Emma Roberts, EFT Master**

## **The Development of the Tsunami Technique for Trauma - by Emma Roberts**

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**Emma Roberts, EFT Master**

## **Why go and see an EFT practitioner? - by Emma Roberts**

At The EFT Centre we often get asked during our trainings why people would go to a practitioner when EFT is such an effective self help tool. What is the need for a practitioner? Why spend the money? This prompted me to look at where I feel my role as a therapist lies, what I see it to be.

Primarily, I see my role to be one of a facilitator for healing work to take place, to hold a safe space for my clients to work in.

EFT is indeed an amazing and effective self help tool and it is possible to get extraordinary change with even the most basic knowledge and little or no understanding of the 'science' and thinking behind it.

However, there are times when EFT doesn't seem to work, you just get nowhere. This is where the practitioner comes in, when you are stuck.

It is human nature not to 'go there' if 'there' is deemed too uncomfortable, either consciously or unconsciously. Some of us are masters at distraction – those times when the housework or that pile of ironing suddenly become of utmost importance and just have to be done. Anything to avoid the issues we know at some level we need to be working with/looking at. I know – I used to be the expert in this! I had the immaculate house, ironed children etc, but there was no way I was going to scratch below the surface.... We all know people like that!

As human beings we are well used to suppressing our negative thoughts and emotions. In the UK we talk about the stiff British upper lip – our skill at ignoring negative emotions and braving our way through life deluding ourselves and others that everything is OK. The most usual response to 'How are you?' is 'Fine'. How often is that the truth? EFT is all about being in your truth.

But why should we acknowledge the negative stuff, as we do in the EFT set up statement? Why not push it away? The answer is that pushing it away does not work in the long term, it is a temporary measure, a band aid approach, but at some point the unconscious mind will draw our attention to it in some other way, whether through physical aches and pains, depression, anxiety or other emotional states. With EFT we have ways of carefully resolving and changing the overall symptoms – using Gary's table top metaphor, systematically and relatively painlessly removing the supporting legs. And we can often do this for ourselves – but getting started can seem overwhelming.

But at some point the unconscious defences leak – something happens and we are forced to confront our reality. This is where the therapist comes in – to create a strategy for the client, a path for them to take, to clarify and simplify their work and to support and guide them with it as necessary.

I see the role of the therapist as being able to hold a safe space for the client to explore areas that their unconscious mind will just not allow them to access on their own.

In my practise I see a lot of clients with histories of severe sexual abuse. Often they may have buried these memories for years. They know it happened, but it is out of their current thought field. Then something happens that triggers the memory and flings it back into their current life in glorious Technicolor, sometimes through flashbacks, addictive behaviours or symptoms such as anxiety or depression. They are forced to acknowledge it. This 'something' can often be unnoticeable, outside our conscious awareness, perhaps a look on someone's

face, a voice tone, a feeling. This can be devastating – suggesting they tap on it on their own is, in my view, inadvisable at least, and even in some cases possibly dangerous. They need to be held safely as they clear all the many aspects that may present. This can also take time and is unlikely to be a 'one minute wonder'.

I am often asked about one minute wonders and my response is that those are often the clients who never get to the therapist's door, those who give EFT a go for themselves and get the results – fantastic – that is the essence of EFT. The more complex cases that tend to seek out the EFT Masters are unlikely to be that straightforward, although they do happen.

The role of the practitioner is to be there when the home tapping comes up against a block, to be the detective, use language skills to creatively assist the client to unearth their core issues and beliefs – to question them in ways they wouldn't think of doing for themselves. I believe that the creative language and questioning skills of the practitioner are invaluable in allowing the process to flow smoothly. The marriage of EFT and NLP is a powerful and effective union.

Our role is also to keep the client focussed – to be a kind but firm guide to their process - to gently help the Masters of Distraction focus and resolve their issues in a supportive and comfortable environment - to keep them not just on track, but moving forwards. A client sent me a saying which I now have on my practise wall:

'Even if you are on the right track, you'll get run over if you just sit there'.

That is how I see my role, supporting people as they move along their track, being a clear channel for the work to happen - being aware when they head off track and pulling them gently back, looking for those patterns, helping them examine them and gain new insights and perspectives.

EFT seems to be a fast track to cognitive shifts and insights, much of which happens in our work on our own. Acknowledging these changes to ourselves can be difficult. Often we won't notice them ourselves and it will take our family, friends or colleagues to point them out. A skilled practitioner will be able to bring these shifts into conscious awareness as they happen.

Self sabotage and getting in our own way can make it seem like EFT doesn't work. Psychological Reversal comes and goes, and again the more advanced language patterns and creativity of the EFT practitioner can be invaluable in bypassing these unconscious defences. Pat Carrington's Choices method is a beautiful tool to teach your client. An inspiring and well formed choice is a true gift.

## **Reframing**

Another role of the practitioner is reframing – offering the client a different perspective on their issue, again through creative use of language. This can be the pivotal point at which the entire issue collapses, but is very much dependent on skill and timing. Even the most proficient reframer can experience difficulties getting the reframe to 'land' when working on themselves. Psychological Reversal may keep them resistant to accepting their own words and ill timed reframes will at best throw up a load of tail ends.

### **To tap or be tapped**

Wherever possible I like to tap **on** my clients in sessions – although I always made sure they have the experience of tapping on themselves before they leave so they can continue the work. Personally, I feel tapping on someone is extremely powerful as it seems to create an energetic ‘circuit’ and the client and I really do become one for that time. I think it enhances intuition and is also very reassuring for the client. On a simpler level, it removes the ‘performance anxiety’, the need to get it right, that can be there.

However, there are no fixed rules and this is not appropriate in every case. It is a personal choice and the majority of EFT practitioners tap alongside their clients and get wonderful results.

I also feel this energetic loop when working over the phone, although it is harder to explain as clearly there is no physical touch. I believe closing down ones visual acuity to tune into the auditory channel somehow intensifies our hearing receptors and we hear far more than we realise, through intonation, breath etc. A skilled observer who is calibrating their client’s physiology adds an extra dimension to the healing dynamic.

In conclusion, I see the role of an EFT practitioner not as someone who ‘fixes’ the client, but as someone who is an equal part of a healing team. The work we do together resembles a dance, flowing rhythmically and smoothly. Try EFT for yourself first - you will likely achieve fantastic results. Download Gary’s manual and study it, it may well be all you need. If you find yourself reaching a point where you seem to be blocked **then** ask for help, study the practitioner listings on emofree and select the person you are most drawn to – the connection between you begins even at that point.

**Emma Roberts, EFT Master**