



EFT, Reframing and Forgiveness

I wanted to share something with you which comes from my heart, and expresses some of the ideas Emma 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 its 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?

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 eg 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, 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.

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