



EFT, One Minute Wonders and Opening to Love

"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 cant 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.

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