



## **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 ourselves, and the tapping will not work. Our thoughts, both conscious and unconscious are the batteries, and they can work for us and against us. Actually PR can be there, or not, as quickly as we change the way we see things, change our minds. What if we were more aware of what has to happen for it NOT to be there? What do we need to realign ourselves with and how do we do this?

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!