



EFT 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." Sue Beer

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.

EFT and 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 we use EFT with 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. And 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!