

# Combining EFT and Course in Miracles

By Nancy Southern

Several months after being introduced to EFT and while watching one of the EFT videos with Gary Craig, he mentioned he was a student of A Course in Miracles.

As I had also been into the Course for many years, I immediately got it how interconnected the two of them are. Both are tools for transforming the mind (our thoughts and perceptions) and therefore one's experiences in this limited dimensional world. The outcome is more awareness of our spiritual nature whose essence is peace and wellbeing from the inside out.

A Course in Miracles is one of the single most helpful resources I have worked with to change my perceptions and therefore my experiences. But, I also knew it wasn't a tool for the masses. In it's own way, I feel it is a forerunner, or at least parallel to, the emergence of energy psychology protocols. All of which are based on a new way of perceiving both our thoughts and the world around us and integrating these new ways of being and seeing into the whole self.

When using energy therapies to balance long-term problems, there sometimes comes a point where enough of the old negatively charged thought patterns have been neutralized that the individual feels a sort of emptiness or void, not yet grounded in a place of peace. My theory is this. The disruptive thought patterns are so familiar, even the unconscious ones, that when they are no longer making "noise" in the background, there's a sense of "something's missing".

Even though in EFT, positive statements are being "tapped in" along with the negatively charged thoughts getting "tapped out", they often are not yet familiar enough or positively charged to a comparable degree to fill this seeming void. We have not yet settled into our new vibration.

Here is where I have found the introduction of positive or spiritual statements to be effective in filling the seeming void. Identify what are some books or resources that are particularly inspiring to you. One client finds positive support from the AA manual. The important point is, whatever the source, that you feel inspired by it.

In your favorite resource, identify statements that resonate in your heart and mind with the new consciousness you are creating. In this article, A Course in Miracles was the resource I chose.

The structure of A Course in Miracles is very conducive to creating simple setup/choices statements that can be used as a daily EFT practice prior to meditation or any time

during the day when you need a lift. I use the key statements from the "Workbook for Students" to form the tapping sequence. If I'm already having a good day, I leave off the "Even though ..." section and just tap in the affirmations. A couple of tapping rounds of even one or two of these and I truly have a whole new feeling inside. Consequently, the world around me appears renewed as well.

Here are some examples:

Even though nothing I see means anything, I am determined to see things differently.

Even though I am never upset for the reason I think, I choose to see peace instead [of this].

Even though my mind is preoccupied with past thoughts, my mind is part of God's and therefore holy.

Even though I am upset because I see something that is not there, God is in everything I see.

Even though I do not perceive my own best interests, God is my strength and vision is his/her gift.

Even though what I think [is real] is a form of vengeance, light and peace and joy abide in me.

Even though I have given everything I see... all the meaning that it has for me, I [choose to] escape from the world I see by giving up my attack thoughts.

Even though my [negative] thoughts are images that I have made, I [choose to free myself from] the world I see.

Even though I have invented the world I see, there is another way of looking at the world.

Even though I am upset because I see a meaningless world, [I choose to] be still and listen to the truth.

Please adapt the phrasing so that it is meaningful to you. Use whatever concepts you know that reflect the presence of a Higher Power of consciousness than the ego mind. Again the key here is personally inspiring words and phrases.

Let me know how well this works for you. And feel free to share other adaptations you have found helpful.

Happy Tapping,  
Nancy

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