

## Problem Solving By Tapping Into Inner Guidance

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As a child, I remember hearing the belief that it's OK to talk to your self just don't answer your own questions; or something like that. The implication was if you do then you must be crazy. At the time, I was already aware of my inner voice. I only talked about it once or twice before I realized that not everyone else was having this same experience so I kept it to myself. I knew I wasn't crazy, but I sure didn't want others thinking I might be.

Those same childhood experiences were important to me so as an adult I chose to use that inner dialog as much as possible. It's what I call living intuitively. I'm listening for answers to my own questions much of the time.

I now teach others how to access this inner wisdom and it's wonderful to witness the revelations they are experiencing. It feels so good when the light goes on inside!

As an energy coach and EFT practitioner, an important part of the process is asking clients and students provocative (meaning "to call forth") questions, with the intention of stimulating the unconscious mind to reveal answers to questions they didn't know to ask themselves.

I believe that we all have the guidance we need if we only know how to access it. **Accessing your intuition is a process you can learn and literally tap into.** Tapping is a wonderful tool for clearing the way for the messages to get through to you.

Once the answers begin to come more readily, it gets easier to ask your self the same kinds of questions whenever you need help in solving a particular problem or resolving some conflict. It can also help you know on what to focus your tapping sequence. I use the questioning process to find the words to use during a tapping session.

Let me give you an example.

A week ago I awoke with a headache. This happens from time to time and I have learned a variety of techniques that usually resolves the pain. Headaches are like my Achilles heel. I know my body is giving me a signal that something is out of balance. The imbalance can be mental, emotional

or physical. I work energetically to restore balance as much as I can. I usually start with the physical then move to the emotional and then mental, if needed. Most of the time it works quickly and efficiently.

I started off using the traditional EFT setup phrase focusing on the physical symptoms.

"Even though I have this headache and my stomach feels upset, I totally and completely accept myself."

I did several rounds of the shortcut method with some relief. The pain I had on the intensity scale went down from an 8 to a 6.

The next several rounds I worked from the emotional level.

"Even though it's so frustrating to wake up with this head pain and not know why, I totally and completely love, accept and forgive myself for whatever I did to cause it."

I did several rounds experimenting with a number of different emotions (shame, guilt, doubt, etc) that might be holding the pain and upset in my field. By this time the intensity had gone down to about a 2-3 level. (It just popped into my mind to add the "don't know why" and "for whatever I did to cause it" phrases. In an unconscious way I was acknowledging I didn't know the cause and still would accept responsibility for it. **But I forgot to ask myself questions.** This is important omission as you will soon see.)

I wanted to get on with my day, so I decided that was enough for now. At least I could function with this level of discomfort.

As the day wore on, instead of feeling better, the pain and nausea intensified again until evening when I was back up to an 8-9. Ouch!

Being very frustrated and tired of hurting, I resorted to every other self-care method I've ever used in the past to break through it, including an OTC pain pill, going to bed and pulling the covers over my head. That didn't help so I got up and did more energy work. Finally near midnight after doing some very intensive energy work and receiving a Reiki treatment (long distance) from a friend, I got enough relief to sleep through the night.

By the next morning, although I was better, I knew that I hadn't solved the problem. I still didn't feel balanced.

**At last, I remembered to ask my inner guidance for help.**

(Notice that it took me awhile to remember to do this. Even coaches forget to practice what they teach.)

I sat down, quieted my mind as best I could, and asked myself:

“What is causing this that I’m not aware of?”

I usually don’t get an immediate answer so after taking some deep breaths and thanking my inner voice for helping me I got up and went about my day.

Later while driving in the car the pain began to intensify. I was on my way to officiate a wedding and needed to be fully present so I asked what to tap on and I heard “toxic” and then “neurological” and a few seconds later, “pesticides” and “neutralize”.

I did a variety of setup phrases and tapping sequences with these words and the pain immediately subsided. Within minutes, I had no symptoms at all. I was able to be calm and relaxed for the wedding.

This new information really got my attention because I don’t ever use pesticides and had not been aware of being around anyone else using them. When I got home I asked the next obvious question.

“Where are these pesticides?” Very quickly I heard “the fruit”.

Earlier last week I had shopped at a non-organic store and found these beautiful nectarines, oranges and mangos. I went to the refrigerator and pulled out one of each. I muscle-tested and determined the nectarines were the problem. I had been rinsing and drying them before eating them but obviously that wasn’t enough. Looking back I realized that I had been eating 1-2 of the nectarines a day and by the third day I had overloaded my system with these toxins. The reoccurrence of pain Friday and Saturday evenings also coincided with eating another nectarine in the afternoon.

My next series of questions I purposely phrased for “Yes” or “No” answers so I could use muscle testing to determine the best solution. A few questions/answers later I determined that I did not have to throw them away. If I thoroughly washed them in a bio-degradable detergent, rinsed and wiped them dry, then peeled them, they would then be safe enough for me to eat without causing a “toxic nerve” reaction. Even though the oranges and mangos were not organic, they tested safe. It occurred to me that I don’t eat the peelings for these fruits. I had read before that it is the peelings that hold most of the toxins and particularly in red fruits. The unknown cause was now known thanks to my inner voice guiding the way.

**I’m sure glad I’m willing to ask myself questions and receive answers!**

Next time I’ll be more conscious of getting organic fruit whenever possible or muscle-test myself in the grocery store.

**If you would like to learn how to ask questions of your inner self and get the answers you seek, please contact me for more information.**

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