When EFT Doesn't Seem To Work

BY Nancy Southern
(A MORE IN DEPTH VERSION OF THE APRIL 08 NEWSLETTER)

I readily admit there are times when EFT doesn't seem to work. Granted those times are infrequent but when it happens, I am a little surprised and a whole lot curious.

When working with a client, my Nancy Drew inner detective (one of my childhood favorites) goes to work. I'm now looking to follow the less obvious "clues" the person gives me. These "clues" can be subtle like a change in the tone of voice, (particularly with phone clients) a look on the face, body language, etc. Each new clue is a mini confirmation that keeps both of us moving forward together. Even when the issue is not 100% resolved, usually enough has shifted to bring some relief. Taking a break after each shift, allows the person to integrate the changes little by little. This can be more comfortable than a radical shift. The inner Self knows how much it can handle at any one time.

Thankfully, I've heard CONTACT _Con-3EAB140BB1 \c \s \l Gary Craig and other EFT practitioners say repeatedly, if symptoms don't seem to be moving, then there's something else getting in the way. It could be an unknown emotional aspect or a psychological reversal different than identified in the initial setup statement. Become your own inner detective. Keep looking and asking yourself for clues.

Instead of following the adage, "If at first you don't succeed, try, try again," (which if followed literally, doesn't work) make a shift in your focus and keep tapping. The adage would be more helpful if it was stated this way: "If at first you don't succeed, try a different way." Now that makes a lot more sense. I'm sure Thomas Edison in the thousand plus experiments he did to create the light bulb, made 999 adjustments along the way. By trying a different way you will get results even if they are small ones!

Remind yourself that you are on a treasure hunt to uncover your true nature, which is always there inside you. Follow your own clues and you will eventually find what you are looking for, what I call your Essential Self. EUREKA!

In Rue Hass's (EFT Master) book OPENING THE CAGE OF PAIN, she makes a most interesting point: "When EFT 'doesn't work' it is often because we haven't yet identified the positive intention behind what seems to be the problem." You may wonder, "What could be positive about this!" Her premise is that "at some point in our personal history, a particular behavior, symptom or belief system appeared to be the best, or safest or maybe the only option available to us. . . . Maybe we got so used to doing/seeing/feeling that way that we didn't even notice when [it] began to cause more trouble than it solved." http://www.intuitivementoring.com.In other words, the original intention to do the best we could for ourselves is now unconsciously perpetuating the problem. It's what Gary Craig calls "the writing on your walls."

In order to uncover the negative "writing on your walls" so you can erase it, ask yourself some of the following questions and write down whatever comes to mind, then use the answers to create your tapping statements.
What could be the good I'm trying to do for myself in this situation? What am I really wanting instead of this: safety/protection/love/attention? What was going on in my life when I first remember having this pain or upset? Did someone else in my family history have a similar symptom, situation or reaction? What do I remember knowing or hearing about this relative that might be helpful in understanding myself?

You may or may not be surprised by what you hear yourself answer. Regardless, it will likely point to what might be getting in the way of you freeing yourself of the chronic problem. You will recognize the right "clue" because you will feel it. Pay attention to where you feel it in your body, write it down and then tap for the feeling, sensation and the location as well.

Another perspective from Rue Hass that is helpful is how she adapted EFT for the "highly sensitive person", based on the research of Elaine Aron, Ph.D. (www.hsperson.com). To some degree we all have highly sensitive aspects of our personalities that leaves us vulnerable to pain and suffering. But this is not some fatal flaw. Reversing the psychological belief that "something is wrong with me" and other variations of "it's all my fault" or "I'm just too sensitive" often underlies the problem. A very creative adaptation of the setup phrase that Rue uses is particularly effective. Instead of saying "Even though . . ." at the beginning, she uses the words "Especially because…" Try this and see if you feel a cognitive or even visceral shift when you say it this way. I sure did! Thanks Rue!

Here are some additional helpful tips for using EFT that I have gleaned from my own research to help you increase your success with those stubborn problems you long to change but seem to be stuck with.

First of all, remind yourself that a reoccurring or stubborn problem, most of the time, is a function of the subconscious mind. Which means, what triggers "it" is below your conscious awareness. No wonder you haven't been able to "think" your way out of it. And because the subconscious mind operates at a different frequency than the conscious mind, no matter how many times you consciously try to change your thinking, the subconscious mind is the one running the show. The glitch in your subconscious programming needs adjusting and that's where EFT comes in.

Secondly, the programming element that anchors the experience, and your repeated reaction to it in the subconscious mind, is emotion. Shock, emotional trauma or a repeated belief, which you picked up from peers or an authority figure in childhood, that is in conflict with your inner truth sets up an irresolvable dilemma.

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Additionally, this conflict and the initial resistance to the intense discomfort is what stopped it in your energy field. The associated negative emotion acts like glue and anchors the "bad" experience or misinformation in your data bank.

Science has now revealed that there is a biochemical phenomenon involved. The problem is not "just in your head," meaning only your thinking. The biological sensation reinforces within the body that it's more than a passing thought. (For more about the science of it, check out Bruce Lipton's, THE BIOLOGY OF BELIEF and Candace Pert's MOLECULES OF EMOTION.)

The third tip is to "try on" different emotions or thoughts while focusing on the problem. Watch for the ones that " resonate" and tap while focusing on each one. Often just hearing the right word or phrase and you know "that's it!" The subconscious mind is quite literal. If you are aware of feeling anger and yet saying, "I'm angry" does not result in a response in your body; try using a different word such as "furious" or "outraged".

Every thought and word has its own energy signature and it pays to explore other possibilities. Get out the thesaurus or book of clichés and experiment with different ways to say what's troubling you. And remember, you'll "know" when it rings true for you. Another excellent resource to help you "connect the dots" between your past experiences and your current problem is Karol Truman's book FEELINGS BURIED ALIVE…NEVER DIE. If you need help bridging the gap between your past programming and current reality, her book is chock full of helpful clues that can be used with EFT.

We learned as children to fear, suppress and resist our emotions and that has contributed to them getting stuck in the first place. It's time to give ourselves permission to feel what we feel. When emotions show up, as best you can, allow them to be present. Remind yourself E-motion is simply "energy in motion" and allow the experience of it to keep moving by tapping through the sequence several times and breathing consciously.

Our tendency to judge unpleasant emotions as "bad" sets up resistance to it. I'm sure you've heard the phrase, "what you resist, persists." Remind yourself that an emotional reaction, particularly one that you think is inappropriate in the moment, may be coming from the past and is now simply energy in motion looking to resolve itself. With this perspective, you can often eliminate judging it. Keep tapping and ride the wave of energy until it subsides or releases.

If "judging/blaming yourself or someone else for causing an emotion" is the issue, tap on that. I like the reminder: "If my button is being pushed it's my issue." If you acknowledge each thought about it that comes up, regardless of what it is, as a "clue" from your subconscious mind, you have what you need to tap through it and move on. You can be your own detective. Somewhere inside of yourself, you have all the clues needed to erase your programming errors. You may be a little surprised what they are and when or how they show up, but that's OK. Remind yourself that you did the best you could, given the situation and the "writing on your walls."

Most chronic patterns of dis-ease, suffering or unhappiness have multiple layers or networks of blocked energy pathways. Combining EFT with any other energy moving activities (massage, Reiki, gardening, arts and crafts, Brain Gym, meditation, yoga, singing, dancing or physical movement of any kind that feels good to you) gradually restores balance to your whole self.

At first it may not be overtly apparent other than a subtle shift that is difficult to describe or seemingly unrelated. (It's not unusual for a yawn, belch, sigh or need to stretch, to happen during or following tapping, indicating something is shifting internally.) Trust your body to tell you what it wants and needs. And then, thank your body and your inner child for cooperating with you instead of persisting against you.

Experiment with a variety of emotions. You may be surprised at what you discover. There can be an unknown emotion or emotions, hidden under the dominate one, that are also holding the disturbance in place. Apathy may hide shame, guilt or anger, which can suppress sadness, which then dissolves into compassion or acceptance and even joy. It is not unusual to experience both tears and laughter when releasing. EFT will help you hear your inner voice more clearly. Your own sense of humor is part of your inner programming and can be a valued ally in your process.

If you are unsure or too afraid to go into these subconscious areas on your own, please work with an EFT practitioner. An experienced practitioner can often "hear and see" the inner language and guide you through it with the minimum amount of discomfort. In time, you will gain confidence in your ability to receive the clues from your own inner voice. Let me know if you would like assistance in your process of Self un-covering. http://www.happytapping.net

Refer to the EFT Manual and DVD series for excellent examples and suggestions.
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