

Silver Linings

Do you have anxiety, depression, negative thoughts and/or all of the above? That's OK, completely normal. Many women turn to pharmaceuticals for help. There is no judgment in this. But one of the things that I have found is that even if you are utilizing the help of medications, not addressing the root of the emotion keeps that emotion from bubbling up. We don't want to suppress it, but certainly giving it some space to process is essential. Turning away, numbing it or just plain ignoring it will not make it go away. Think about the big C in the physical sense...would you act like you didn't have it? Ignore it? Of course not! But that's what many of us do with the emotional component of this illness.

As a fellow survivor some of the things I was afraid of is that if I let myself "feel" it I would just cry, melt, or just fade away. Other people may think, "weird," but many of us worry about that. The descent into the "rabbit hole" feels as if it is just a misstep away. So, I want to give you some lifelines that you can use if you choose to "let" yourself process this all. If you are in the rabbit hole, no worries I am heading there to throw you a rope. I will teach you some skills.

The skills I will teach you are things you can do right away to help yourself. Give them all a try. I actually have used all of them at different times, please give them a chance to work. Try them all this week according to your assignments and see what "feels" good to you.

I speak about "grounding" in your assignment this week. Grounding is simply connecting with the earth. The sheer act of putting your feet on the ground can allow you to receive the energy and support your brain needs to slow down. The neurological feedback of your feet (or sitting) on the floor allows your brain a sense of calming.

Emotional Freedom Technique (EFT)

The Emotional Freedom Technique is a simple but highly-effective process that works by tapping on acupressure points on the body to eliminate blockages in the energy system. These blockages, which can be caused by various kinds of trauma, are the underlying cause of all illness. When you eliminate these blockages the body naturally heals. This includes mental, emotional, physical, and even spiritual healing.

Why EFT?

EFT is easy to use, highly effective, and painless. It works anywhere, anytime for anyone and has no negative side effects. You can use it to help others or to help yourself. It works for almost everything and is among the most effective and versatile healing techniques on the planet.

Benefits of EFT

Use EFT to:

- Improve your health through inner balance and harmony
- Effectively eliminate subliminal roadblocks to success in all areas of your life, including relationships, career and abundance
- Help others both personally and professionally

EFT Research

Perhaps the greatest weakness of the energy medicine movement is the lack of research. Because EFT stands to heal people and therefore take them outside of the paradigm of mainstream medicine, and because it is not a money-maker for big pharma, it is not likely to be funded for research.

Beyond that EFT is often perceived as a subjective experience. It is difficult to objectively measure whether or not someone is in emotional pain. It is a personal observation, and therefore the response is subjective. So the challenge in conducting credible research into EFT is to find a way to demonstrate accurate measurements.

However, some notable research has been conducted including research by David Feinstein and Dawson Church.

History of EFT

In 1991, Stanford-trained engineer and personal performance coach Gary Craig took a class that changed the world. The class, "Thought Field Therapy" was taught by Dr. Roger Callahan and was an offshoot of a training he had taken in "Touch for Health" which was devised by John Thie and George Goodheart. Each man learned from the other and built one upon the other. As Gary himself said, "I'm standing on the shoulders of giants." Together they created the backbone of what would later be considered "Energy Healing" or "Energy Psychology."

The story goes like this: Dr. Roger Callahan, a clinical psychologist having practiced for over 40 years, devoted his life in finding ways to heal people from unreal fears, phobias, trauma, stress disorders, etc. Probably he had a strong motive to do this as he had been suffering himself from problems like these since his childhood. Legend goes that Dr. Callahan had a patient named Mary, who suffered from a severe water phobia, a water phobia so severe she couldn't even bathe or go out under rainy conditions without experiencing distress. Like many practitioners before him, Callahan was having very little success though he had used every trick in the proverbial book. After all of that, she continued having nightmares and being afraid that the water might kill her.

Upon returning from a training in Touch for Health, Dr Callahan decided to try something new. Because Mary indicated that her distress was in her stomach, he guided her to tap on a meridian point under her eye, which was related to the stomach meridian. Almost instantly, Mary experienced relief. Within minutes she was able to get into his swimming pool without any symptoms whatsoever. And thus "Thought Field Therapy" was born.

Over the course of the next decade, Callahan developed a set of "algorithms" for tapping on specific acupuncture points, with each specific algorithm being appropriate for specific ailments and dysfunctions. Even the same points could be used in a different order, thus creating many different algorithms, which became the heart of TFT.

After completing the training himself in 1991, Gary did as so many others have done before and since, he began to examine, deconstruct, and reconstruct the process until he came up with a streamlined version, which was soon to be called The Emotional Freedom Technique (EFT). Through his research he found that the essence of Callahan's work, the algorithms, was simply more complicated than it needed to be. Instead Gary streamlined the process into a single algorithm that was used on every ailment. Ultimately, results turned out to be essentially equal.

So in 1995, Gary assembled and released his first training video set, titled The EFT Course The EFT Manual. Followed in 1998, by his next set of videos, Steps Towards

Becoming the Ultimate Therapist. This is where you can see additional techniques and wonderful refinements of EFT principles and techniques in action (mostly taken from Gary's own live seminars). Gary's work spread quickly. Thanks to his "help the world" perspective, Gary made much of his work available to the world at large, free of charge, including the EFT Manual and his legendary website, www.emofree.com which was defunct for many years. Over the course of the next 20 years, EFT spread across the planet like wildfire, largely due to its amazing efficacy. The obvious results in areas generally considered to be "incurable" was noted by many, especially considering the low cost, the lack of negative side effects, and the sheer speed and simplicity of the technique.

In March of 2010, Gary shocked the world by announcing his retirement. The stress of managing this fast-growing technique had taken its toll and his doctor announced that he had, quite surprisingly even to him, experienced a "small heart attack." That in combination with his growing frustrations over events going on in the community that he could no longer manage or contain, and his desire to experiment with new ideas, led to his retirement. In an act as classy as the man himself, he "gifted EFT to the world." It was a courageous act that trusted that somehow his precious EFT would be in the hands of a community who cared for it and nurtured it as much as he did. While his day-to-day presence is clearly missed, he will always be the heart and soul of EFT. And we are infinitely grateful.

Dates Back to Acupuncture

Examining the history of EFT can only be done with any authenticity by acknowledging the role of acupuncture at its foundation. Many seem to forget that the Chinese have been practicing and testing acupuncture for thousands of years. Its efficacy cannot be denied as the sheer reams of proof would fill the library of congress.

In this online EFT Certification Training, we make it a point to look past modern knowledge of tapping to examine the underlying energy system that is at the core of the technique.

How does EFT Work?

For many people it is hard to comprehend that EFT can be used on "just about everything." To them it is suspect and one can see why. We have been trained that all illnesses have a different biology or underlying condition and so we have grown to believe that you have to change the treatment for each condition.

EFT Works Differently

While EFT AFFECTS biochemistry, biochemistry is the AFTER EFFECT of the healing not the trigger. Instead we focus on the underlying CAUSE of the misalignment that has caused or contributed to the misalignment in the biology and thus the body can heal.

The Body Runs on Energy

In this course we learn how the energy body works as understood by ancient acupuncturists for thousands of years. These very basic understandings have been lost in modern allopathic medicine and therefore the focus is exclusively physical. But did you know that modern allopathic medicine as we know it has only been around since 1910, while principles of acupuncture have been around for literally thousands of years? Well, its true.

In the Eastern traditions they understand that your body is an intricate web of electrical impulses that rule the way your body works. We call this the energy system. It is as real and as complex as the nervous system or the cardiovascular system. But it is less easily understood because it is electrical, not physical. So you can't SEE it, you can only see the affect of it. I guess it;s like a TV remote. We can't actually SEE the signal go from the remote to the TV, but we know if we push the button, the electrical signal turns on. And so we learn to trust that the signal is there, even if we can't see it.

Energy Has Authority in the Body

This energy, which is ruled by "the higher self", has ultimate authority in the body. If it shuts off, well, you die. If it is blocked, the regular biological functions stop working and you will experience symptoms. It's really that simple. If there is a break in the electrical or energy system of the body, you will get sick or worse.

EFT Corrects the Disruptions

The Emotional Freedom Technique is used to correct these disruptions. It is, in essence, a very elegant and painless type of acupressure.

So we start by choosing an issue, and in essence "pulling it up" in much the same way that you would pull up a specific file on your computer. Once you bring it up, you can make changes to it by tapping on the associated acupressure points. This fixes the disruptions and the problem just sort of goes away.

Cool stuff, huh? So in this way, it is possible to correct everything! Because all symptoms are based on a disruption in the energy system, all symptoms can be corrected by correcting the imbalance.

Partial List of Symptoms EFT Can Help

It's almost impossible to make a comprehensive list of everything EFT can help because it would be a list of all things. However, this is a list of the more common uses.

- Anxiety
- Addictions
- Cravings
- Fear
- Worry
- Money Issues
- Stress
- PTSD
- Hoarding
- Phobias
- Weight
- Getting over the death of a loved one
- Guilt
- Removing blocks to success
- Removing blocks to abundance
- Physical pain
- Headaches
- Autoimmune disease
- Divorce or love trauma
- Abandonment issues
- Adoption issues
- Grief
- All emotional disorders
- Lack of forgiveness
- Anger including chronic or hair trigger anger
- Sexual abuse
- Rape or other sexual trauma
- Self-esteem issues
- Dyslexia
- Poor grades in school
- Erroneous Beliefs

Meditation

Meditation is exercise for the mind. It allows us to observe what we are thinking and not reacting or distracting ourselves from our thoughts. It involves producing brain wave patterns that have been shown to calm the mind. Most of us have trained our mind into the act of distraction. We think something that is upsetting and we “numb” it, we eat, we drink, we take a pill, we shop, etc... Meditation allows our mind to hit the “reset” button. That being said; sometimes starting out guided meditations give you some direction and that is what I have prepared for you.

Breathing

One of the lessons the big "C" teaches us is that we don't have much control. But, hey....you always have your breath you can control! A time out you can take at anytime is to focus on your breath. Take an inhalation for a count of three and exhale for a count of five to immediately change your entire chemistry. It's first aid for you.