

EFW 2

It is not our aim to do a critique of EFT, which we know is a very powerful intervention. For those of you who want to examine it more closely, much is written on the web. See www.emofree.com. Our aim is to 'add value' to something we believe is incomplete because it doesn't incorporate other essential 'growth factors' that give greater guarantee for a sustainable outcome. The first handout on this subject lays out the fundamental differences between EFT and EFW. This handout will go further in illustrating the subtle yet critical differences, which we believe make EFW a more effective approach.

EMOTIONAL ACCURACY: When setting out on the road of identifying the issues blocking the client, it is important to be aware that what first appears to be the problem almost always is the symptom. This is why emotional accuracy may take some time to achieve. However, as you do several rounds 'homing in' on the emotional detail, rather than being distracted by the content, the mind's natural instinct to heal will guide you to the source of the pain. By being patient and staying with the emotion you will always get to the place of resolution and healing.

LISTENING TO THE 'SPACES' BETWEEN THE WORDS: This skill takes practice and depends heavily on listening which is very different from 'waiting to speak'. A lot of miscommunication takes place because the art of listening has been replaced with a feeling of its 'my turn now'. To achieve emotional accuracy the therapist really needs to be listening to the spaces in between the words and encouraging the client to do the same. The saying the 'devil is in the detail', definitely applies here. That which harms the heart often lives in the spaces between the words; listen carefully and it will unveil itself to you.

THE POWER OF VISUALISATION: To see the issue or trauma in the mind's eye whilst taking the journey of tapping on the 8 key points takes the whole experience to another level. The aim of this work is to be free from enslaving emotions. Therefore, the more one can focus on the emotions and their consequences, the more the psychological and biological release will take place. So, where possible encourage 'seeing' the issue whilst tapping. For most this will pose a challenge, either because of the pain it can reveal or simply because of trying to concentrate on two things, but it gets easier with practice. This practice will especially make a big difference in difficult cases when the individual appears to be stuck or emotionally detached from the work.

THE VALUE OF EYE CONTACT: For some, visualising the issue and tapping, might prove too much to begin with and might even be distracting. In such cases, a valuable and equally powerful alternative is eye contact. Although some embarrassment and 'performance anxiety' is to be expected at first, the truth is that holding the client's gaze whilst tapping with them has amazing effects. This approach helps the individual focus, which intensifies the issue and the 'trance like' phase of EFW is reached often more quickly. The result is improved emotional accuracy. Obviously, those who find this too uncomfortable can simply stare in a day-dreaming way whilst tapping, or if it helps even close their eyes although this is probably the least effective of the options.

THE POWER OF THE PAUSE: On closer examination of the process, having established an appropriate affirmation, you'll discover the way the affirmation is recited becomes very important. To race through the affirmation without pausing or dwelling on what's being said, can often lead to a missed opportunity. When the affirmation is said at a conversational pace it's like skimming a pebble across the sea of consciousness. It just kisses the surface. By pausing between each phrase, the mind attaches itself more to what is being said. It's then like dropping a boulder into the sea of consciousness. The impact is so much greater as it engages the individual more fully with the

activity. Try it and you'll experience the difference for yourself. This method unquestionably helps with emotional accuracy which is the most important element of this approach.

REPETITION IS THE KEY: The value of repeating the affirmation several times (usually three) whilst tapping on each meridian point cannot be overstated. In fact, it is often because of repetition that emotional unblocking takes place. Both the visualising and the 'paused, mindful expression' of the affirmation are enhanced as a result of such repetition. Another valuable use of repetition is when an emotional 'pinch point' has been exposed. Often it is at certain points (when doing a round) that an emotional response or pain is expressed. In such instances staying on that particular meridian point for several more repetitions (three more is usually enough) is priceless in furthering the emotional release. Each meridian point relates to physical aspects of the human condition as well as emotional and spiritual factors (see EFW 4) and so staying with an emotional blockage in this way will help to resolve it on all levels.

THE IMPORTANCE OF BODY TALK: The body is the subconscious mind's best representative. Their deep subtle relationship holds the secret to so much. This is why so many body therapies can bring mental and emotional release e.g., manual lymph drainage, Bowen technique, tai chi, qi gong, yoga and many more. Understanding that mind and body are opposite sides of the same coin helps us to interpret the messages the body conveys. Those of you familiar with kinesiology will have some experience of the practical proof that the body cannot lie as this would mean working against itself and the body never betrays its first and foremost instinct which is survival. This is why if we note where the bodily cues emerge, and match them to the meridian points, a clear and concise language begins to unveil itself. The role of the practitioner is then to 'listen' not only to the spoken word but to pick up on the visual data and put it all together with the emotional content. It then needs to be fed back with honesty, clarity, and kindness. Now a powerful communication loop is set up between the client and practitioner, which will bring even more revelations.

THE WONDER OF WATER: EFW bridges the psychological and biological divide. The use of 'emotionally specific' statements whilst focusing on specific points (energy centres) on the body is a very effective way of unleashing the disabling power of past and present negative emotions. This activity brings together a number of cutting-edge sciences with ancient teachings and philosophy. For example: Epigenetics (we are more than our genes), Neuro-Theology (bridging science and spirituality), Psychoneuroimmunology (see PNI 1 & 2), Meridian Philosophy (a pivotal component of Chinese Medicine), and the list goes on. This is why EFW is so effective. It respects a variety of principles that hitherto had not been considered relevant to each other but in fact 'add value' to one another. This is clearly demonstrated by appreciating the role and value of water in this process. The emotional discharge generated by EFW releases biological toxins and fluids that have been negatively encased in the cells and fabric of the body. For these toxic compounds to be removed, a significant amount of water is needed, especially on the day of the session. Remember, a positive message cannot survive in a dehydrated body! So, sustainable change requires water.

The combination of these 8 points takes EFT to the next level, which we've called EFW. Our repeated experience with these additional techniques clearly shows that the client can sustain the emotional gains from working in this way because 1) the work is done at greater depth and 2) there is a merger with the truths served up by other disciplines that have also made valuable discoveries in this area of mind-bodywork. The more we become students of life in all its forms the more we see that synergy really is the answer.