



Living Energy:

Techniques to Release Emotional Blockages

In our last newsletter article we spoke about techniques that could help rebalance the disrupted energies that result in turbulent emotions, scattered thinking and physical tension. There are many methods that can work with the energy system to bring it into balance but we would like to focus on two in particular for this article: EF & H (Emotional Freedom and Healing) and EFT(Emotional Freedom Technique).

We hold the memory of past events and our history in our bodies at a cellular level. The patterns and events of our lives are heavily influenced for good or ill by this cellular history. Of course much of this process is out of awareness and so perhaps is difficult to recognize as operating in the play of life. But, just because something is invisible does not mean it is not real, powerful, and influential! Just look at an idea whose time has come or a dream that explodes into reality. Where was it before it made its appearance in time and space?

We can study the inner forces and shaping of successful expressions of beliefs, thoughts and images to learn how to more effectively create happier, healthier, more fulfilling lives. It is equally as important to have effective methods to help remove obstacles to implementing those approaches to success. It may not be essential for each individual to understand the process through which our history is imprinted in the body and mind or how these impose obstacles, but it is an important aspect to be addressed for success to be real, permanent and carry some degree of ease and fulfillment with it.

With this in mind we're going to discuss a few alternative practices that people are using to bring relief to both acute and chronic problems in these areas. These techniques bypass the conscious mind and work on a cellular level. Through each of these practices, you do not get rid of the actual memory in your body. You change your relationship to it. You remove the charge it has on you and your body. You more or less neutralize it so that it no longer influences you. By doing so, you integrate it into your Self and become complete with it and experience more inner wholeness.

Research from the field of Energy Psychology supports the concept that disruptions in our energy systems caused by traumatic or stressful events or ongoing lifestyle situations result in negative emotions. A feedback loop can then form where negative emotions become a trigger that further deplete or damage the healthy flow of energy through our systems. Beliefs about life, people, work, money relationships, and health form as a result of this process. Thoughts and feelings that drive behaviors are the tip of the iceberg of belief patterns that influence the patterns in our lives...the shadows that can keep us hostage in our own stories.

Dr. Roger Callahan, a Psychologist in CA with over 40 years experience, brought some breakthrough discoveries to the field of Energy Psychology. He found that tapping particular acupuncture points brought relief to his clients' emotional issues. For instance, fear is often held in the stomach. There is a pressure point under the eye that is connected to the stomach meridian. Thus, when you tap under your eye you can release the stuck energy that is contributing to your feelings of fear. The "karate chop" point on the side of your hand is connected to the small intestine. Some of the emotions associated with your small intestine are sadness, sorrow. Thus, tapping or rubbing an area on the edge of your hand can help relieve sadness.

Dr. Callahan quickly realized that most of his clients needed more involved treatment than tapping one or two points. This led him to develop Thought Field Therapy (TFT). Gary Craig studied with Dr. Callahan and went on to refine and streamline the process into what is known today as EFT (Emotional Freedom Technique). Richard Ross took Gary Craig's work and

developed what he calls Emotional Freedom and Healing. Tapas Acupuncture Technique is another technique created by Tapas Fleming a CA acupuncturist. This method also employs using the meridian system to alleviate problem emotions.

These techniques can be used to help change your relationship with self limiting beliefs, negative mental chatter, fears, anxieties, emotional baggage, allergic reactions, and even physical illness. They are also useful in helping to develop new skills and peak performance. A wonderful thing about these methods is that you do not have to know the original cause of the problem and you do not have to relive painful memories. By engaging with current problem emotions you discharge the emotional pain. You remove the imbalance in the energy systems and then can integrate the experience and even learn something positive from it. In essence you free up energy that has been frozen in your system. You harmonize the light and dark aspects within your cellular memory.

Emotional Freedom and Healing™ (EF&H) is one of several emotional release techniques called meridian therapies that are used by coaches, therapists and people in the western and alternative medical fields worldwide. It is a process that combines gentle acupressure with affirmations and deep breathing to release deeply held fears and beliefs.

EF&H was developed by a coach named Richard Ross. The process involves tapping specific acupressure points, doing deep breathing, and expressing affirmations. With sincere gratitude we thank Richard for allowing us to include the EF&H process with our *Living Energy* series. You can locate Richard at www.RichardRoss.com.

In essence, when you are doing this meridian technique, you bypass the program mind of the intellect (your ego) around a limiting belief and access the body's intelligence to affect release and integration so that these beliefs are no longer an issue. To the extent that you can release an issue, the effects are permanent.

Setting your intention begins the process of uncovering your hidden

blockages and fears. The EF&H process can be used around many topics — career, health, prosperity, relationships, family issues, children, fears, stress and worries — any emotional issue.

Emotional Freedom Technique (EFT) was developed by Gary Craig, a Stanford Engineer and ordained minister with a lifelong interest in psychology and personal development. After these interests led him to study Thought Field Therapy with Roger Callahan, Ph.D., he found a way to streamline that approach into the direct, easy-to-use method we now know as EFT. Our sincere thanks to him for his tremendous contribution to this field and for his extreme generosity in sharing information, techniques and ongoing support of all who are learning and using this wonderful healing method.

EFT has been called acupuncture for the emotions. But it has also been found to be quite effective for the release of physical pain as well as for helping people achieve peak performance in sports, business and other personal undertakings.

How Does EFT Work?

As mentioned above, energy medicine and energy psychology both maintain that disturbances in the energy system are responsible for pain and discomfort whether its origin is physical or psychological. The gentle tapping of meridian therapies on acupuncture points (coupled with intention and focus) is thought to balance the energy system, with the result that the symptoms release, old patterns are erased, and new patterns can be installed.

Candace Pert, author of *Molecules of Emotions*, states, “Energy interventions impact the body’s intricate electrochemical system as well as more subtle energies.”

The theory is that as the flow of energy through your system is opened and balanced, there is a domino effect throughout the rest of the body’s systems, resulting in healthier overall function. In particular, research has been looking at how the brain, nervous and endocrine systems are affected with tapping methods, as it is these chemical hormonal structures that drive our thoughts, feelings and moods. Patterns of thought, feeling and belief have been shown to create

neural nets within the body-mind, and meridian therapies may, in effect, work by dissolving them and creating “space” for new, more efficient neural nets to take their place — ones that support positive change, mood enhancement and the capacity for enhanced physical, mental, emotional and spiritual performance.

Science will eventually catch up and document exactly how this new tool works, but for now what we know is that it does work often and well, with no harmful side effects. It is gentle, easy to apply, and the worst thing that can happen is that there is no change in symptoms.

These methods can be very effective all by themselves or they may be combined with other approaches to accomplish your objectives. As always the key is to trust your own instincts and design a plan that works for you. Self knowledge and skill building emerge as part of your journey— exploration---and are as important as the accomplishment of your goals.

Each of these techniques can help bring relief to long held emotional issues. A major benefit to energy techniques is that you do not have to relive trauma in order to release it. Once you release the effects of the past within your bodymind you release the energy that has been bound there so it can be redirected toward other areas of your life.

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