

Understanding E F T

Emotional Freedom Technique

Over the many years I have been a practicing Hypnotists and Psychotherapists, I have been looking for another tool/technique to give my skills that sharper refined clinical edge, about seven years ago I started to hear three little words being banded about, called EFT, then out of the blue one day a fellow practitioner sent me some information on this truly amazing tool/technique, it was the clinical difference I had been looking for, combined with my other skills the results have been nothing less than totally awe inspiring (*I know an expectation is a limitation*) however the results have been beyond my wildest expectation.

Experience has taught me much about the human brain and the way the mind functions and works, now with the advent of EFT or MET (*Emotional Freedom Technique / Meridian Energy Therapy*) the Vibrational Medicine of the 21st century or as I prefer to call it Metaphysical Medicine otherwise referred to as Vibrational Psycho Medicine/Healing by some practitioners, used in conjunction with such tools/techniques as Hypnosis, Reiki, Psychotherapy and to a slightly lesser extent constructive NLP.

Vibrational Medicine/Healing is as much about treating the cause of an Illness/Dis-ease or should I say Mental, Emotional Trauma as it about not applying band aid solutions to psychosomatic problems.

Where as the Allopathic community, otherwise known as the Medical fraternity, it takes the approach that anything outside of the conventional norm is of course hocus-pocus, trickery and utter buncombe and may well be a threat to Hippocratic Medicine and their bottom line.

Sometime ago a group of metaphysical practitioners attended a conference where the guest speaker was an distinguished MD and Specialist from overseas, not only was he openly advocating the use of alternative therapies but he was singing there praises, as you can imagine his views, thoughts, comments and beliefs made for lively debate around the breakfast, lunch and dinner table.

Of which one such comment has stuck with me ever since “*and I quote, the medical profession and doctors alike, when are we going to stop diagnose from a point of total flaming ignorance, when it come to understanding the psychosomatic causations behind dis-ease we are mere infants, western medicines approach is outdated and even archaic, its nothing more than textbook damage control that’s all,*

treating and containing the symptoms or should I say suppressing the symptoms, you know the line, take two tablets and if your no better tomorrow come back and see me, end quote”.

Well to hear such frank, truthful, honesty I mean here was an MD telling us something most of tuck for granted... However his statement had so much merit to it, so why take pills for this and that, why take **3 – 5 – 7 – 9** or more pills **3 – 4** times a day, for one you’ll rattle when you walk and two God only what sort of internal damage you are doing to yourself, wouldn’t it just be easier to treat the cause of the dis-ease, unburden and liberate their soul, giving the client their life back and in doing so allowing their authentic selves to shine.

I wonder how many of you have seen that absolutely awe inspiring smash hit of a movie **“What The Bleep Do We Know”** then you’ll understand what Ramtha means when he/she says and he/she puts it so eloquently *“An erection starts with but one thought”* well so does **Dis-ease** it starts with but one Negative, Erroneous, Destructive Thought, I have found that the best results are achieved in the following manour, by using a combination of tools or techniques as mentioned above to negate the Ego and Intellect and take it out of play so to speak, remembering the Ego has a hold, control, power and influence over you, the ego has a vested interest in keeping you a victim of life circumstance.

I have found the best approach is to Acknowledge and Neutralise the emotion attached to the specific issue or problem causing the client discomfort, it is at this point that we back track to the original point of pain, which is after all the real cause of the problem not just the displayed symptom’s that have manifested at this point in time *“yes you can treat the immediate symptom”* however you will still need to find the original point of pain to affect a permanent cure in your client, you could be dealing with something that goes right back to when your client was a foetus in the womb.

1) It is a simple yet profound discovery, everyone has a Personal Point of Pain regardless of whether its from your time in the womb or a wounding from a life experience, these experiences colour your visual filters that is why you See, Think, Feel, Act or React to a life lesson and life experiences the way you do; for example lets analyse the Emotion of **ANGER**, **Anger = Weakness = Victim**, Anger is nothing more than an emotional reaction turned inwards and then outwards, its about not being at peace with yourself, its your personal hurts and fears surfacing as inadequacy, however every negative emotional reaction is an extension or aspect of the original point of pain not yet dealt with or resolved by you, once your personal

point has been identified and the emotion taken out of play for good, you are then at liberty to make a full recovery and to live a full enjoyable and rewarding life.

2) The next thing that needs to be done is to Acknowledge the existence of that point of pain and any subsequent emotions attached to it, this is like putting a negative word on the white board of your mind and erasing it from the board or another way of putting it is to erase a negative programme from the metaphysical biogenetical computer called the brain, however there is still more to be achieved.

3) Once stage two has been achieved, follow it up by discussing where this personal point of pain comes from and how strong is the emotion attached to this memory, don't forget to rate the emotional response out of Ten, now should your client say it's a 12 or 15 out of Ten then you know you are dealing with a real ugly issue and you might have to repeat the sequence of tapping more than once to remove the chemical addiction from the memory or the white board of the mind.

4) Reaction creates emotions, emotions creates a lack of responsibility to life experiences thoughts and choices. Once an emotion has been registered by the brain, every time a subsequent event comes along that causes discomfort the reaction or response will be predictable as you have already programmed your reaction into your subconscious memory.

Now to undo that chemical reaction that is being dispatched by the Hypothalamus as it sends out its chemical agents called Neural Peptides, we "*being the client and I*" need to disconnect the Neural Receptor attached to the Neural Pathway, which controls the specific part of the brain housing the extensive bank of filing cabinets of information, for every event that has ever happened to you since you were conceived as a foetus.

Now, to disconnect the Neural Receptor attached to the Neural Pathway, this is achieved by replacing the Neural Receptor from a negative pathway to a new more positive constructive pathway and the best way of achieving this is to use EFT/MET.

So just what is **E.F.T.** or **M.E.T.** as it is sometimes referred to as, otherwise known as Emotional Freedom Technique or Meridian Energy Therapy. In short, its Quantum Physics or Quantum Mechanics meeting Psycho Vibrational Healing, or should we say Psycho Technology.

Psycho technology is part of an even bigger picture, it fits very neatly under the same umbrella as Hypnosis and Reiki, which is part and parcel of something called Ontology.

Ontology is the study and use of mind powers; I believe all of the above will one day be the mainstream medicine of this century, this will happen within the next **15 – 20** years from now.

Vibrational healing † will play a large part in the healing for this century, so when **EFT/MET** practitioners say we can achieve a **100%** or **Total Overhaul** of the brain, well that's precisely what it does.

This is achieved because it removes the Neural Receptors from a negative chemical addiction and reattaches it to a positive and constructive neural pathway, † again you need to identify if there are any negative Genetic legacies/Parental pattern's or learned pattern's, thought forms, and in doing so neutralising them.

While being mindful of removing any internal intellectual mind chatter or internal dialog †† and replacing these with a more re-empowering positive way of thinking and living.

Another way of explaining how EFT/MET works and again I will refer to the recent release of the smash hit movie **“What the Bleep Do We Know”** I refer to the part where the lead lady loses her supply of anxiety pills all over the platform, in doing so she misses her train and is late for her meeting, left with time to spare until her next train arrives, she wonders along the platform, now along the platform is a presentation of a remarkable display of photos by a extraordinary Japanese scientist by the name of **Masaru Emoto** who wrote about the Hidden Messages and Power of Water.

Mr. Emoto has combined his knowledge of water in conjunction with another scientific Doctor named Sheldrake, Dr. Sheldrake who studied and wrote about something called Morphic Energy and Morphic Fields, wow, now if you'll just bear with for a moment I will explain how Mr Emoto's work ties in with EFT/MET and then how Dr. Sheldrake's theory of Morphic energy and Morphic fields also applies to EFT/MET.

(1) Firstly Mr. Emoto states that water is not only Intelligent and can think for itself but it also has a memory and is adaptable, **we human beings are Liquid Light in Perpetual Motion** and being as we vibrate at a speed of **570** trillion vibrations per second, that means we are in a state of constant perpetual motion and also that when human beings are born we are predominately **92%** water and most of us are for the largest percentage of our lives made up of around **80 – 85%** water and upon death in old age have deteriorated down to as low as **45 – 50%** water,... It begs the question what happened to the other **42 - 50%** or should I say what has happened to cause the other **42 - 50%** to disappear, vanish or disintegrate quite literally. ¥

Water is not only intelligent it is also capable of responding to emotions just as human beings are capable of responding to emotions. Now when you read Mr. Emoto's work and see the photos that accompany his amazing discoveries, you will see how Thoughts, Words, Deeds and Actions affect our very being or more precisely how it affects the very water in our cells.

Just for the record, we are made up of **78** Trillion cells every single one a living thinking entity unto itself. Now, let's take language or the spoken word, let's say you are standing in front of someone who uses a lot of profoundly crass and vulgar language with F's & C's in it.

Not only does this point out to me that this person is a very angry individual but that if anyone stood within the blast radius of their vulgar/crass language, he/she is going to be effected by that language. **Why & How!** We are all energy beings, words are vibrational energy in action, not only do our cells get effected by those words, but with prolonged exposure to that type of negative language it wont be long before you are using that same foul language yourself.

(2) Dr. Sheldrake's theory of Morphic energy is very similar to Mr. Emoto's theory of water being intelligent however with one major difference. Remember to keep in mind the Sacred Law of Energy and Intent as you read this next section.

Now, picture yourself standing on the edge of a helicopter at a thousand feet above the centre of a very large lake with a **5** pound rock in your hand. Dropping it into the water to watch its ripples travelling from the centre to the shore and back again, this is cause and effect in action.

Now if you stood on top of the largest mountain in the world and fired a mortar into outer space the subsequent blast of energy from that explosion would be felt on the other side of the solar system.

This is energy and intent at its best and worst being felt, by all life. Now you've all heard the saying (*As you think so shall you become*) well there is no difference between as you think and firing a mortar into outer space it's all energy.

A Morphic Field is energy caused by your thoughts and intentions both positive and negative, so if you wake up in the morning and say to yourself (*life sucks shit happens, same shit different day etc*) this is called creating a Morphic field, using negative Morphic energy.

If you go to work with this type of mind set and mentality then you'll have a stressed out, unbalanced day, week, month, year etc, until you change your thoughts and the underlying patterns or personal point of pain causing them, the result is the world is your mirror everything you think that is negative or positive is reflected back to you.

This is called Morphic energy cause and effect, there is however another way of changing your world and how you see it regardless of whether you react or

respond to life's challenges its called EFT/MET and I can categorically tell you this technique really does work as I have not only used it on myself with amazing results, I am having truly life altering results with my clients as well.

The mind works from many stand points, however for the benefit of this exercise we are interested in three points being **Reaction** or **Response**, **Positive** and **Constructive** or **Negative** and **Destructive**.

I will now again refer back to the movie **“What The Bleep Do We Know”** remember the lead lady plays a photographer who's been hurt by her ex husband for cheating on her and how this whole experience has coloured her world (*no pun intended*) she's sent to photograph a wedding of all things, she sees things that cause her to have flash backs, then at the reception she causes a scene, and then to top it off she gets well and truly inebriated, the next day she beats herself up over the whole dam mess her life's fallen into at that point in time.

She smashes the mirror and gets abusive with herself, all of which is negative, erroneous and destructive behaviour, the only thing she is hurting and destroying is her soul, her cells, and her life force essence, (*where was the EFT practitioner when she needed one*) then destiny / universal conscious energy steps in to teach her the message of self love, it shows her what she will look like at **80**yrs of age, old decrepit, bitter and twisted, drinking from the cup of regret (*for me there is no such thing as coincidence, everything is destiny ordained or in some cases as a result of over zealous use of blind freewill*) then suddenly she remembers Mr. Emoto's photos and messages about her connection to water or should I say we all have a connection to water.

The above scenario is being constantly played out across the world, day in and day out by millions of people, everyday ordinary people existing, struggling, fighting to improve their lot in life, but with one small difference they are not aware of how to go about changing their lot in life, nor are they aware of where to go to start changing their lot in life, this is where this whole document becomes a living reality and not just mere words on a page, you can attend all the self empowerment workshops you like but if you have dealt with your inner demons then the place where you stand is the place where you will die.

EFT / MET does exactly what says it can do, it gives the brain/mind a **100%** overhaul, when a client presents with an issue, problem, personal point of pain that's seriously bugging them, restricting them, holding them back from achieving their full potential, the practitioner first acknowledges the existence of a problem, while neutralising its effect's and hold on them, followed by the removal of the issue/problem from their life for good. EFT allows the practitioner to tap **13**

energy meridian points located on the face, the body and the hand in conjunction with affirmations (*affirmations = the spoken word which is an extension of vibrational energy affecting the cells of the person and their greater energy field*) the Neural Receptor responsible for the issue/problem is then disconnected from the Neural Pathway causing the trauma.

Once this has been achieved the Hypothalamus will no longer create the neural peptide chemicals causing the negative additions to being a victim of life circumstances.

Therefore creating a new response to life is as simple as reconnecting the Neural Receptor to an unpolluted, uncorrupted Neural Pathway, the whole technique takes from start to finish less than TEN minutes. Now if you combine this fabulous EFT tool with Hypnosis, (*Hypnosis is an altered state of conscious awareness between fully conscious and unconscious, that actually puts the Ego and Intellect to sleep thus stopping them from interfering with the healing process, the ego actually likes being a victim of life circumstance.*

The brain is of such exquisite construction that it is able to integrate and digest 1,250 words a minute, recognise 3,500 different symbols a day, and on an average of Six hundred and fifty thousand thoughts a day and that's only using 8 – 10% of your total brains capacity, imagine what you could do if you truly put your mind to it.)

Combining EFT with Hypnosis gives EFT a **500% Boost in effectiveness**, I don't know about you, but this is what I call a serious Psycho Technology healing tool which allows the skilled practitioner to make some serious advances in the world of psychotherapy, emotional and vibrational healing.

It allows the client to liberate their souls, hearts and minds, once you've unshackled the soul from the invisible yoke of inner pain and suffering of the ego and intellect you are then able to start creating the your life by the moment living the in the moment of a new and true reality, not just a thinking figment of your imagination.

Explanations:

‡ Vibrational healing works something like this and before I precede any

further a little background knowledge is required here to fill in some of the blanks. With vibrational healing we need to understand that our world is governed by Laws and not just any laws, these are Celestial Laws governing the celestial and terrestrial realm. The most powerful of these is the **Law of Energy** and **Intent**, under this are several Sub Laws which go as follows;

- 1) **Everything Exists in Primal Thought.**
- 2) **All Life is Truly Connected.**
- 3) **Love is our Strength as it is our Resolve.**
- 4) **Know a pure mind and think only pure thoughts, Enjoy pure health and live a pure life.**

Now bearing the above in mind you can see how our very thoughts affect everything we Think, Say, Do, React or Respond too.

† There is a part of the Brain otherwise referred to as the Metaphysical Biogenetic Computer, 'Yes' it's **15 – 20** billion cells of quite literally awesome power and potential where a thing called the Hypothalamus exists which is the producer of something called Chemical Peptides which are released into the parts of the brain that controls positive or negative emotions in response to any number of given stimulus or situations.

†† Racing Mind Syndrome and Internal dialog is sometime referred to Negative Role Playing or Bargaining with Yourself, it is quite literally Negative, Erroneous and Destructive, it is a lack of Self Worth and Self Esteem, to put it mildly it can be utterly Soul destroying.

¥ Remember the question that begged asking about where the other **42%** of your water went or physical being disappeared to, well you could say it went up in smoke so to speak, when really it was destroyed by the way you lived, thought, spoke etc. Take for instance the expression **"I'm dying to"** how many times have heard someone say those three painful words, way too many, do you know that every time you use that seemingly harmless saying you are actually killing yourself slowly. How? Well, you quite literally destroy a living cell every time you speak those three destructive words; say it often enough and you can see where the other **42%** can literally disappear too. There are some other very destructive and inhibiting words that destroy your living cells, words such as **Hate, Cant**, the **F * * *** and **C * * *** words to mention just a few, and in today's world these words are all too common place, so when your out and about I hope you have your protection on because if not

your walking right through foul energy all over the place, using foul base conscious language to appear tuff isn't being tuff at all its dam right destructive to your cells.

Written By Malcolm Alexander of Soul Therapies © 2005
EFT & MET Practitioner
Hypnotist & Psychotherapist

PS

Here is some food for thought for all budding Quantum physicists out there.

Tachyon energy moves faster than the speed of light (**Fact**) our cells vibrate at **570** Trillion vibrations a second (**Fact**) Tachyon energy is zero point energy and like water it is intelligent thinking for itself, retaining memory with total adaptability to any situation and yes water contains Tachyon energy within its structure, dose water have structure?

So if the above statement is true, and all things being equal it stands to reason then that we humans who are constructed of up to **92%** water at birth are therefore constructed from Tachyon energy, yes that makes us Tachyon beings as well, if we weren't we wouldn't be able think for ourselves would we? So what dose this make us "simple" it makes us all beings of **Liquid Light in Perpetual Motion. Fact!!!!**

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