

Here is a great question:

Why can't we just tap on replacing the negative with something positive?

We can look at this question a couple of ways. One is to see that there are a lot of variations to the EFT process. Many talented EFT practitioners and Masters have offered wonderful and helpful methods from finding humor to confirming that we can choose a different belief to arguing to many more. The point here is that while some of our issues and aspects may respond well to one technique, others may not. We have many options to play with and may be able to think of more or variations for ourselves. There is no one right way to work EFT so feel free and be open to experiencing many of the methods!

One way that I learned about some of the variations was to search out other EFT practitioners' websites and books. I started with the EFT Masters from the www.emofree.com website and continued from there.

Another way to look at this question is similar to thinking about Affirmations. The following excerpt is taken from Book Two of the Success for Women in the Career World ... series, available at the Bookstore: As many may have experienced, affirmations aren't always effective. There may be a couple of reasons for this.

One is to consider that affirmations are stated for only a short period of time per day, typically in the morning, afternoon, or before bed. Meanwhile, the rest of the day is spent in that familiar self-degrading state.

The second likely reason is that while it is good to have positive statements to replace the negative with, there isn't really a place to put the positive. It's like filling an ice tray with water then deciding we want to fill it with juice. We would have to empty the water to make space for the replacement liquid. It's the same with the statement. We have to open up places where the negative is taking space and "replace" it with the positive. One very effective way to do this involves what we have already been doing with EFT tapping: opening up the issue, clearing it out, and then replacing it.

One great way to see that the method you are using is working is that you suddenly come up with ideas you hadn't thought of before. This is one way to see that the energy is flowing again!

Happy Tapping, all!

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The Dragonfly draws us to seek out the parts of our habits we need to change