

Transforming the Energy

EFT launches off the Discovery Statement: "The cause of all negative emotions is a disruption in the body's energy system."

It is all about energy, because everything is energy. In the 1920s, Albert Einstein taught us that energy and matter are interrelated; yet Western Medicine, for the most part, has not yet found ways to integrate this knowledge.

With EFT it is said that we are "neutralizing" the negative energy, but I would suggest to you that a shift in words could make a major difference. If we instead speak in terms of "transforming" the energy, it allows us to feel empowered.

Think about that for a moment. You have these negative feelings you have been hauling around for years, due to various experiences. You are miserable and you want to change. You discover EFT and believe that now there can be hope.

What if you considered the possibility of taking it one step further - transforming the energy of those emotions into the energy you feel you most require in order to move forward?

What if you turned the fear into strength or confidence? How about turning it into trust in yourself and the Universe, to deliver exactly what you feel is missing inside of you? Things that make you go "Hmm..." What if you transformed that energy to one that helped you feel more empowered; one that helped you feel self-assured and confident?

While many speak of "body, mind and spirit" as if they were all separate factions or pieces, in truth - from my perception they are inseparable - just as our connection with the Universe.

So how would one go about that? With EFT it can be simple, if we are open to the possibilities.

I have found this idea welcomed by my clients with great enthusiasm. It appears to have a profound effect, allowing people to feel empowered and more in control. The idea that they have the "power" or ability to not only neutralize the negative energy, but also transform it to what they feel they need most to move forward is quite comforting and exciting.

If you like the idea, here are my suggestions for

incorporating it:

Begin with addressing the initial challenge in the most appropriate manner for the situation. As an example, let's say when you started, the SUDS level was a 10. I would suggest that you bring it down to no more than a 4 or 5. You may feel, based on the individual situation, that the level of intensity should be less. Trust it and go with it. Yes, this is one of those times you need to trust your intuition, and truly be tuned in with energies and feelings. If you are having doubts as to whether it is time to introduce it or not, go with not. You should have no reservations. And, if you attempt to use it and it doesn't land well, that's ok too. We are all going to stub our toes now and then. Don't give up on it, because what you may learn, as with everything else, it isn't for everyone. The concept may seem too foreign for some. Personally, I haven't run into that challenge yet, but you never know! Go with the flow...

I am offering some actual examples from session. Again, nothing is cast in stone. Use what you can, alter phrases to better suit the specific situation, or get creative based on what you learn as you are working through issues. I know you can do this!

◇◇◇◇◇◇◇◇◇◇

In working with a client dealing with an autoimmune challenge, there have been a lot of ups and downs where the potential for progress is concerned. So here's a portion of a session where we began working towards transforming the energies. We began with the inner conflict related to hope. The loss of hope when we began felt like an absolute truth - or a SUDS level of 10.

Even though I have this inner conflict, one part of me seems to have lost hope, while the other part is ready to forge forward. I just can't get it together. I love and accept every part of me anyway.

Even though a part of me feels as if its lost hope, why should I try? I love and forgive myself. I love and forgive every part of me.

This conflict within, one part, is full of hope and optimism, but the other part has lost hope. It continues to chant, "What's the use? Why try? What the heck is worth the effort? It's useless!"

No its not, yes it is, no it's not, yes it is. But I feel optimistic. Well I've lost hope. This conflict within, these parts that keep tango-ing... This part that's lost hope, this arguing, and resistance to that part of me, that feels hopeful and optimistic.

At this point the SUDS level had dropped to a 4. And my client reported that while the positive statements were beginning to feel closer to believable and perhaps seemed possible, there was still something there.

Even though I still have this remaining inner conflict, that part that's lost hope, doesn't want to cooperate, and it keeps nagging me - I am ok anyway.

Even though that part of me doesn't feel hopeful, keeps nagging in the back of my mind, there is always something there, I deeply and completely, love, honor, respect and accept every part of me. I love and adore every part of me.

And I am asking this part of me, that is stuck in that negative mode, that may somehow think, that its protecting me from some sort of disappointment, to know that it is safe, to be optimistic, right along with the rest of me. I am thanking this part for knowing that it is safe, and for its cooperation, in joining the other part of me in optimism.

Letting go, of all these remnants of energy that have lost hope. Transforming those energies into joy and optimism. Knowing there's lots of hope, and if I am always filled with enthusiasm and optimism, then hope is no longer a question.

Transforming that energy that has lost hope, into pure joy and optimism, feeling it take place in this moment, on a cellular level. I am so happy and grateful that this energy of hopelessness has now transformed to hope and optimism.

I am thanking every part of me for cooperating, transforming this energy into exactly what I need to constantly maintain those feeling of hope and optimism. I am thanking this energy for allowing me to feel empowered, body, mind and spirit.

The results of this session were wonderful, and while there are still issues to work through, this one is well on its way out the door.



This next example deals with someone who endured intense “serial abuse”. It had been truly debilitating, but now a sense of hope seemed to be surfacing, along with the idea that resuming a normal life was a distinct possibility.

One of the challenges faced, was the idea that they couldn’t let go of the fear or let anyone know the truth, because it could be too painful for them. By holding it in, it was somehow protecting those that surrounded them from experiencing the same pain, or worse yet, they could become so enraged by the events that others could suffer serious consequences.

I gently offered the idea that an alternate game plan might be worth considering. What if, by diffusing the intensity and then transforming the energy of the fears to something positive, everyone (including themselves) could feel safe and secure?

We first had to begin by working through the fear of all the possible consequences. And then began to work on transforming the energies to something beneficial.

There was a lot of work to do to get things to the point where it began to feel “safe” or reasonable to consider the possibility. With some persistence, we were getting closer. Here’s how things then began to transpire.

Even though a part of me still feels this need to protect ____ and _____, I choose peace within.

*Even though a part of me, still feels the need to protect them,
I choose peace within.*

Even though a part of me is firmly convinced that it is my job to protect them from all this, I choose to transform, in this very moment, all this negative energy which no longer serves anyone into calm, into optimism, into complete peace within.

Letting go, of the idea, that I need to keep this locked

away. Letting go of the idea, that somehow it keeps others safe. I could feel so much better, if I just transformed this, from all this fear and pain, into pure love. Loving and forgiving myself, choosing peace within.

Choosing to transform all this energy to pure love and peace, in this very moment.

I am so happy and grateful that I can feel it happening now.

I am so happy and grateful that all that fear has transformed to pure love and peace.

◇◇◇◇◇◇◇◇◇◇

In this particular situation, we were dealing with someone with a challenge in accepting their true identity, and who frequently experienced involuntary movement of their head shaking “no”. As we worked through the issues, we also discovered a resistance.

Even though a part of me (yawning) refuses to let this go, refuses to let me stand in my power and enjoy peace, I love and accept every part of me.

Even though there's a part of me that's resistant to this process, it doesn't feel safe to let this go, I deeply and profoundly love honor respect and accept every part of me, unconditionally.

This resistance, that holds me back, this resistance, to moving forward, this resistance, that somehow thinks its keeping me safe, I choose to let it go.

Transforming this resistant energy into optimism, enthusiasm, and complete peace within (lots of head-shaking NOs) this resistance, this resistance, this resistance, this resistance...

At this point they told me they experienced a great deal of activity in their head, and were still experiencing the “no shake”. Then the comment was “You could say I saw an electrical energy in the top of my head, signals everywhere, trying to do everything it can to keep me where I am. If I saw it in war, it would be like the enemy doing all it can, to

scatter to keep from having to go. It's not very strong, but a stubborn thing, resistant."

Even though I have this remaining resistant energy, I love and adore myself.

Even though I have this remaining resistant energy, I choose to let it go.

I choose to transform it, into optimism, into confidence, enthusiasm, and pure love.

I choose to let go, of all the underlying causes, that make a part of me feel the need to hang on to this resistance, I choose peace.

I choose optimism, I choose to feel self-assured, I know I am safe. I know I am safe. I accept feeling safe.

I choose to know I have now transformed this energy to optimism, confidence, and pure love. I am safe and free to be the real me.

◇◇◇◇◇◇◇◇◇◇

Here's another example about the fear of change:

Even though I have this energy, this energy of fear, I am not sure about all this change stuff, I love and accept me anyway.

I'm asking this fear, to work with me, and take on a new job, knowing that it's safe to transform this energy from fear to love. so much love, abundant love. Transforming this energy from fear to love.

Transforming this energy, from fear to abundant love, embracing the love and thanking the fear for doing its job.

Embracing the love, transforming all that fear, into positive energy that helps me feel calm and confident, self-assured.

Loving and accepting myself on every level, in every cell of my being, body, mind and spirit...

I feel the transformation, in every cell of my being.

I am so happy and grateful, that this is taking place, in this very second.

I am so happy and grateful, that I am so full of love, that I feel so confident and self-assured; I love and adore every part of me.

Granted we had done some work up front, but the initial comment at the end of this round was “Wow, I think I just lost a few pounds. There was a lot of weight to shed! Wow!”

◇◇◇◇◇◇◇◇◇◇

Another example:

Even though I don't understand what these tears are all about, or what I might have triggered, I choose to feel safe.

These tears, and all this emotion, these tears, and this intense emotion, these tears and this intense emotion, these tears, and all this intense emotion, I don't have a clue what its connected to, but in this moment, I choose to neutralize it.

I choose to transform that energy into something that feels good. I choose to transform this energy, into something that helps me feel safe.

I choose to feel safe. I choose to neutralize these painful emotions, and I don't have to know what they are all about. I simply need to choose to know I am safe.

◇◇◇◇◇◇◇◇◇◇

Another example:

Even though I am feeling downhearted and discouraged, I love and forgive myself.

Even though I am don't want to think about why I feel this way, I love and respect myself.

I choose to transform this energy now, into uplifting feelings, which will carry me through this day.

I am so happy and grateful that I can feel the energy transforming in this moment, helping me feel sure and positive.

◇◇◇◇◇◇◇◇◇◇

Here's an example where yes, I broke my own "rule". I spoke earlier about waiting until the intensity was down to perhaps a 4 or 5. Remember though; always go with what feels right in the moment. Trust yourself and your inner senses.

This 7 that doesn't want to leave me, this 7, this intense 7, I still don't know what it's all about, but that's ok, I don't have to know, I simply need to choose to transform this energy.

I choose to transform it in this moment, I am doing it now.

This intense 7, is magically transforming into love and positive energy.

I choose peace, I choose to know I am safe. I want to feel safe. I choose to transform this remaining intense energy, that feels so uncomfortable, into something warm and fuzzy, something that feels really good, that helps me feel energized and happy. That let's me know its ok to feel relaxed.

◇◇◇◇◇◇◇◇◇◇

To date, in every situation, the results have been profound. After transforming the energy, people are left feeling empowered and much more peaceful within. I believe this is something you will find well worth considering.

Don't race into it. Take your time and know that when the timing is right, you will sense and feel it. Go with the flow...
Peace!

From the copyrighted book:

**EFT Language – Creating it and Going With the Flow, Book 1
by Sophia Cayer, EFT Master**