



NEWSLETTER – SPRING 2011

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1. Note from Mo

Spring is a time of new beginnings and change. What better time to look at your life and think about what you would like to change, be it on a professional or personal front. EFT is brilliant for facilitating new beginnings and change, and this is what I explore in my first article.

This article is actually very pertinent to me at the moment as I'm currently in the process of establishing a new business venture and I look forward to telling you more about this in the near future.

My second article is on EFT & past events. Are you burdened by past events; memories you would rather forget? Are you carrying negative emotions linked to these memories? Rather than suppressing them, imagine how you would feel without them. This is the subject that I explore in my second article and I give an example of how EFT can help.

I hope you enjoy this newsletter and find benefit from it. Please don't hesitate to contact me if you have any questions or suggestions, as I would love to hear from you.

2. Featured Article 1 – EFT & New Beginnings

Many people would like to make a new start or change something in their life, but fear of failure, lack of confidence or self-doubt holds them back.

Take the example of entering into a new relationship. If your previous relationships have been unsuccessful you may doubt your ability to have a successful one. You may be carrying lots of

bad emotions from these experiences and/or wrong messages about yourself. This is where EFT can help. By examining why the previous relationship failed and using EFT to clear the messages and emotions you still carry, you can then enable yourself to have a fresh start.

This same process could be applied to any area of your life. Ask yourself, what is stopping you? Where did you get that message? What fears are you carrying? Then once again use EFT to clear these blocks to success.

An example of this comes from a client who wanted to branch into a totally different career. He wanted to be a lead singer in a band, but found that he carried doubts about himself and was too self-conscious to really be himself on stage. By examining the doubts and fears he was carrying, we were able to link these to his musical background, the messages he had received regarding his singing when he was learning and feedback on his previous early performances. We discovered that it was these messages, and the resulting emotional baggage, that were impeding his progress. We then used EFT to release these messages and the emotions attached to them. This then allowed my client to begin making real progress in his new career.

When considering any change in life, it would be good to examine if you are carrying any related doubts or fears. Then use EFT to clear these as this can greatly facilitate the change process and enable you to enjoy all the changes as they unfold.

3. Featured Article 2 – EFT & Past Events

As I said above, we all have memories of incidents in our lives which we would rather forget. Memories that fill us with bad emotions, such as fear or embarrassment, and which affect our self-esteem or confidence levels. This is where EFT can help. It can't take away the actual memory but it can take away the emotions attached to it and the messages we received from it, thus releasing us from its effects.

Children's brains are too small to reason on things and because of this they accept what they are told as being the truth, unless someone corrects the message. They also tend to make up their own minds about things without asking for clarification. This is why many of us as adults carry negative messages or beliefs about ourselves but have no idea why.

When we think of upsetting events we tend to think of major traumas as in PTSD (Post Traumatic Stress Disorder) but it can be very minor events, or things that we have been told, that can cause us problems. I commonly find that when I question clients on where their negative self-belief comes from it's often a message they've given themselves as children based on an upsetting event.

An extreme example comes from a client who as a small child (approx 5 years old) was injured by her younger sibling. Her mother became angry and said to my client, "why did you let her do that to you? Why didn't you stop her?" The result was that my client interpreted her mother's words to mean that she was responsible for her sister and her actions.

When she came to me as an adult she truly believed that she was still responsible for her sister, even though her sister was now 38, but had no idea why. After exploring my client's

relationship with her sister we traced this belief back to this incident. We then tapped on the various aspects of this memory; clearing the messages she had received and the emotions she was still carrying connected to it. After her session my client reported that the feeling of being responsible for her sister had now gone, and that they had a much better relationship as a result.

So, if you're carrying a belief about yourself, which is detrimental in some way or holding you back, why not explore this belief using EFT and see what memory surfaces? Some tapping may be all that is needed to release you from this belief for good.

4. Recommended reading suggestions.

The book I would like to recommend to you this season is: The Five Love Languages by Gary Chapman

This is a brilliant relationship book. Dr Gary Chapman specializes in relationship problem and has identified that there are five love languages: Words of Affirmation, Physical Touch, Gifts, Quality Time and Acts of Service. He explains that if you're not communicating your love in a language your partner or child recognizes then your love will not be felt. Gary explores each of these languages in detail, giving examples of each, and then provides a quiz at the end of the book so that you can work out your individual love language & that of your partner. I would highly recommend this book to anyone who is in, or about to enter into, a relationship.

5. Bach Flowers

Please note: I find that Bach Flowers work well in conjunction with EFT as they also focus on the energies in the body.

The spotlight this season is on **Walnut**

Walnut is for new beginnings and all areas of change, be it physical, personal, professional or in relationships. It enables us to cut ties with the past and move into the future. I've found it to be very beneficial for children who are starting school or for people who want to make changes in their life but are finding it hard to take that final step. So if you're undergoing any form of change, be it changing jobs or moving house, you will find that Walnut will help with the transition process.

In conclusion, I hope that you have found this newsletter beneficial. I would love to hear from you, as always, if you have any questions, thoughts or suggestions for future newsletters.

I wish you love & light in your life.

Mo

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