

EFT, Homeopathy and Spirituality

I'm writing to share my experience of the priceless gift of EFT -Emotional Freedom Technique. It is profoundly healing and works extremely well alongside Homeopathy. It's easy to learn and use, and easy for our patients to learn and use at home.

I trained as a Practitioner in EFT six years ago and have used it consistently and successfully in my Homeopathic practice. I recently attended a Mastering EFT Conference run by Gary Craig, the Founder of EFT, focussing on using EFT for chronic physical disease, and realised the extraordinary further potential in this therapy when used with increasing skill and expertise.

EFT complements Homeopathy perfectly because they share basic principles. EFT's starting point is that 'the cause of all negative emotions is a disruption in the body's energy system'. This for me is another way of stating Hahnemann's principle that all disease is caused by 'the dynamic untunement of the vital force'. EFT, like Homeopathy, treats this disruption or untunement as it is uniquely and individually expressed by the patient. In both EFT and Homeopathy we give a dynamically resonant additional stimulus to this suffering enabling the vital force to have its counteractive healing effect.

In practice, EFT involves identifying the core emotional issue, or specific physical problem, and using a form of words such as 'Even though I (have this problem) I deeply and completely love and accept myself.' We then tap on meridian end points on the body while repeating words relating specifically to the problem. Before we begin tapping the patient rates the intensity of the problem on a scale of 0 to 10. In my experience, I have found it extraordinary how frequently the patient's intensity has been reduced to zero after a few rounds of such tapping. Sometimes a problem, even of very long standing, can be resolved with one session. At other times persistence is necessary. Gary has found that for Chronic Physical Disease, Depression, and when treating Addictions it's necessary for the patient to repeat EFT themselves several times daily, in addition to treatment.

There is another aspect to EFT which I find particularly useful. Throughout my time in practice I have found it helpful at the end of the consultation to reflect back to the patient the key aspects of the case, with love and compassion. Again following the principles above, it seems to enhance the healing process to demonstrate to the patient first that the specific nature of their suffering has been understood, and then that their unique strengths, positive qualities and potential have been recognised. This process is greatly assisted by using an understanding of the positive aspects of the indicated Homeopathic remedy. In this way we move from focussing on the clouds on the surface to the light within. Advanced EFT provides a medium for doing exactly this, in a way which has profound dynamic resonance, and so greater therapeutic impact than words alone.

As Homeopaths, our skills translate well to the practice of EFT. Gary finds that practitioners become more successful the more skilled they become in 'the art of delivery of EFT' – the ability to be specific, to identify core issues, to respond to different aspects as they emerge, to be persistent. He gives rigorously clear, focussed guidelines within which the practitioner is then encouraged to use their own intuition and inner guidance.

What is emotional freedom? I suggest 'free to experience life as it is right now, free from self-defeating beliefs and judgements, free from the limitations imposed by past experience, established in peace and joy'.* Hahnemann tells us that the indications for improvement in our patients are 'greater ease, composure, mental freedom, higher spirits, returning naturalness'. Gary maintains that the less anger, guilt, grief, pain we have then the more our naturally joyous nature emerges, along with the spiritual qualities of forgiveness, peace, love: that healing comes from Love and that it takes place 'through me not by me'. This is also reflected in Hahnemann's 'divine homeopathy'.

My own experience is that in my journey towards truly establishing inner peace and focussed connection with Divine Love, I have needed a meditation practice – The Ishayas' Ascension (www.thebrightpath.com) is based on the principles of Praise, Gratitude, Love and Compassion, and helps me beyond measure.

* From Enlightenment, The Yoga Sutras of Patanjali, translation by MSI.

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