

Anne Grey

## **The Power of Love**

My experience is that our natural healthy state resonates with Love.

Our natural state is a constant state of Love, Peace, Joy, Freedom, Abundance and Wellbeing, lived in the moment. Not fleeting moments, but a constant experience.

And in my experience, the quickest and easiest way to experience that is through focussing on the experience of Love. Love is the source of Healing, of Wholeness and Completeness.

Disruptions of energy still move through – anger, sadness, irritation etc but can move quickly, especially when using EFT, restoring us to our natural whole state, and the experience of Love, Peace and Joy.

So how do we increase the experience of Love in our lives?

**For me, from tried-and-tested experience, there's a three-point process:**

1. An inner practice, so as to be able to establish this state as our comfort zone. There is an infinite source of Love flowing to us constantly. An inner practice enables us to become more consciously aware of this and for this to flow through into our everyday experience.  
In order to give out to others, we need to fill ourselves up first.
2. To be able to deal with the disruptions of energy as they move through skilfully and efficiently, using EFT (and other energy therapies), and therefore becoming more aware, less attached, more the observer.
3. To be resolute in our focus on creating a more Loving life, even when, especially when, it feels like others aren't doing the same!

So – how to achieve 3?

As Gary Craig says – the cause of all negative emotions is a disruption in the body's energy system.

So we don't need to make a judgement about a disruption – why we experience it, where it comes from, there is simply a disruption in energy, expressing itself in negative emotion and/or physical symptoms.

This is exactly the philosophy of Homeopathy – all mental, emotional and physical symptoms begin with ‘the dynamic untunement of the vital force.’ Samuel Hahnemann.

*It's important to note here that it is not the negative emotions that cause the physical symptoms, it's the disruption of energy which causes both.*

So we don't need to judge, or criticise or blame the negative emotions, in ourselves or others – it's simply disrupted energy moving through.

If we let it move, and assist it with EFT, it moves quickly, and we are restored to our state of peace, love, joy.

If we grab it, judge it, make it personal, then it gets stuck, and more painful, and takes more effort, and more EFT to move.

So to assist in establishing more love and acceptance for ourselves, and in our relationships with others, we have

**Another three point process:**

4. Remove Criticism and Blame – for yourself and others.
5. Be real! Express how you feel – you have a right to your feelings, and the energy needs to move, so express how you feel, skilfully (using EFT where necessary and especially with ‘old stuff’) without criticism and blame of yourself or others, and with your focus on your desire for greater love.
6. Practise Praise and Gratitude – these naturally lead to Love.

**And finally:**

7. Use The Pink Light Technique.

**..to let your uniquely beautiful light shine.**

*With my love*

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