



... NOVEMBER 2010 ...



(Adapted from the book 'Healing the Addicted Heart: 5 Stages of Transformation', © Sue Beer 2010)

TRAUMA and VOWS: Reclaiming Love and Power

Before the breakthroughs of EFT and Tapping techniques, many people found therapy and the requirement to talk about the past too painful and distressing. At a deep level we may decide we cannot control the world of our perpetrators, but we can control our inner holographic world. We may have vowed never to be that vulnerable again. The vows we make as a response to trauma are a particular type of belief and are always an attempt at a solution.

The problem is that this attempt at a solution means giving up our true power, and it seals us into victim thinking. Trauma imprints profoundly in the cells and fields of our bodies, and creates addiction to this kind of reality with its illusions about self, relationships and the nature of love. As a result we carry the belief that, I am a victim, powerless and helpless.

The beliefs we create as a response to trauma imprison us in a world dominated by fear and addictions, co-dependency, dysfunction, disease and other more subtle manifestations like depression, doubt, shyness, and blushing are inevitable consequences. Again, all these symptoms are attempts at a solution to our pain. We think we will be safe if we hide away somehow. And this goes on, until the time comes and we are ready to change our minds, step into our true power and release ourselves. Love waits for us until we are ready.

Obstacles to Love and Power - VOWS

What we are believing about ourselves right now creates the reality we experience. However there is a form of belief that is difficult to identify for yourself that may be creating extremely negative situations from which you find it almost impossible to escape and are well and truly stuck – VOWS.

Vows are really the decisions we make right alongside the beliefs about ourselves that we create in the moment of trauma. And so they have



November Brad Yates

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October Margaret Lynch

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Trauma and Vows (Continued)

to do with what we do and who we are from that moment on. In a very real sense they are the blueprint for the false identity of the wounded self. We have already mentioned the old dilemma of the talk therapies where clients come with a need to tell their story and yet the vow 'I will never make myself that vulnerable again', or 'I must never speak out' connected to an original trauma may prevent them.

What about vows like 'My mother is not safe... I cannot open myself up to her', what about 'He hurt me.... I will never love again', or 'Its not safe to play... I will protect myself by being serious'. What impact do you suppose vows like these have in our lives?

Vows often emerge when you have already made progress in your work on yourself. This is because they will often conflict with attempts to change at a worldly level. As you change on the inside you may find that some of the things you used to do no longer work for you. You may no longer find it satisfying to spend a lot of your time out drinking, for instance. It may mean that you need to change some external situations, circumstances or relationships that just do not work any more. If so, does the prospect seem terrifying to you? Whenever there are very strong feelings involved it is a good sign that you are conflicted by internalized vows. You want to move on and yet it seems as if something is stopping you.

Although it may feel really uncomfortable, getting to this point is positive because it means that what was previously an unconscious conflict is becoming conscious. Once something starts to come into your conscious awareness it is presenting itself to you as another possible piece of your healing. This holds true even when the urge or momentum towards change has brought you to such an impasse that it just seems impossible to take action. You feel helpless and hopeless at the prospect of it. Thoughts like these may show up:

- I would rather die than leave my children
- My mother/sister/partner will hate me if...
- I just can't leave my job
- I will never let that happen again

Vows protect our false identities. Subtly they destroy our spirit and force us to live from victim mode. It may seem absolutely true that you cannot change, make a decision, or do whatever it is that is requiring an action to change. Notice where you feel this in your body – perhaps in your throat? Notice any resistance. Tap to reduce the intensity while you are tuning in to the feelings. If you can, put into words the impossible thing:

I just can't.....

Then sit quietly with the thought for a moment and ask:

Is that really true...?

TAPPING TIP

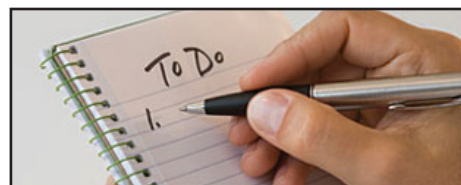
Yawning during tapping is a sign that you are releasing energy, so let those yawns out and keep tapping!

"How does one become a butterfly?" she asked.

"You must want to fly so much that you are willing to give up being a caterpillar."

-Trina Paulus

What to look forward to in NOVEMBER



Lindsay Kenny on **Using EFT to End Procrastination**

Cathryn Taylor on **Ending Relationships**

Karen Lewis on **Menopause**

Joe Vitale on **Tapping and Ho'oponopono**

Carol Look on **The Power of Questions**



Trauma and Vows (Concluded)

You may receive your answer immediately, or next week, or next year. The point is to set your intention to reconnect with your Truth and invite Love to help you see this differently. You cannot make any decisions from fear, you will simply create more fear.

Working with vows

It is important to be very gentle with yourself – vows are usually the last things we want to acknowledge and change about ourselves. For now you are sowing the seeds or creating the conditions within which a vow will no longer be necessary to you. When a vow is no longer necessary to you it will simply let go of you. The first step is always to become more aware of the vows you may have made. Try filling in the blanks to the following statements:

- I vowed that I will never...
- I vowed that I will always...
- I vowed that nobody will ever...

And then ask yourself: when did I decide that? The answer may take you to a specific memory which you can work with using the Movie Technique.



Using the Movie Technique

Focus on a specific memory from a particular time. Make sure it has its own beginning, middle and end just like a real movie, rather than being a series of events like the thought that Mum and Dad were always fighting. You just need one example – perhaps the first time, or the worst time?

Give it a title that makes sense to you, as if it really were a

movie. One example might be from school - Mrs Brown Humiliated Me. Rate the intensity of how you feel about it now (not when it happened) 0 to 10 so you can compare before and after tapping.

Once you have a specific memory in mind you can run it like a movie and tap through all the different aspects of it. If the feelings are very strong at first make sure you are watching the movie (dissociated) rather than in it (associated), by putting it on an imaginary screen a comfortable distance away from you. If you do feel any upset at all it is important to keep tapping until the feelings subside (that way you will have taken an opportunity to rebalance the energy system while that particular set of thoughts connected to the memory were creating disruption).

Reclaiming Love and Power

The following questions can provide you with 3 keys to happiness. These questions are directed to the true You that remains completely safe, fearless and unconditionally loving, regardless of anything that has ever happened to you. Tap through all your responses – thoughts, feelings and body sensations as you ask yourself the questions.

1. Who or what am I still accusing or blaming - what happened to me?
2. How do I respond/feel I when I believe that – what consequences?
3. Who would I be without that thought?

-Sue Beer, EFT Master
www.theeftcentre.com

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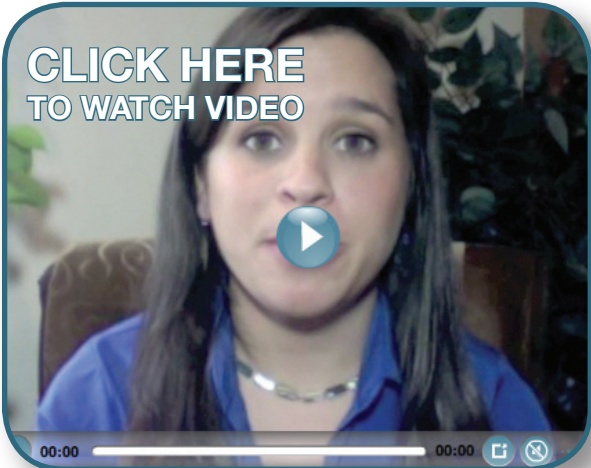
FROM THE ARCHIVES

There's SO much content in the club, that sometimes older material gets lost. Don't worry about getting through everything, but here's an oldie but goodie that you might enjoy!

OVERCOMING INSOMNIA TAP ALONG with Jessica Ortner

Can't sleep? Is even the thought of night time stressful?

Join Jessica in this Tap Along as she guides you to a restful night's sleep.



Member Feedback on this Video:

"I had trouble sleeping last night and after tossing for one hour I suddenly remembered (DUH!!) that you had a tap along video. I got up tapped along and in a few minutes after returning to bed was fast asleep. Awesome."

-Anne

"After a couple of sleepless nights worrying about a project, I found this tapping video. I now feel wonderfully relaxed and I especially like the mind/body talk and the positive round at the end. I think I will be sleeping well..."

-Joanne

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FEATURED TELECLASS

FINDING THE GIFTS OF BEING SENSITIVE

with Rue Hass

Have you ever been told that you are just too sensitive? Do you think you take things too personally or emotions seem to touch you very deeply?

In this series you'll learn how to harness the power of being sensitive. Get ready to find peace AND empowerment in being who you really are.

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FEATURED INTERVIEW



TAPPING FOR TEENS

with Jenn Goddard

In this audio you'll learn how to approach teens and help them with tapping.

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NOVEMBER TELECLASS

HOLIDAY BLUES with Mary Ayers

The holiday season is fast approaching. It's meant to be a time of reflection and celebrations yet it often becomes a time of stress and overwhelm.



In this teleclass series you'll follow Mary Ayers as she taps on some of the most common challenges faced during the holidays like family triggers, loneliness and feelings of overwhelm. Learn how you can stay balanced and experience the joy of the holiday season.

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MEMBER FEEDBACK

"Thank you for an interesting audio and a refreshing view on emotions that are usually viewed as wrong and to be suppressed. It's interesting to instead view them as a call to action."

-Joanne
In Response To:

The Hidden Gifts Behind Jealousy and Envy

"Thank you so much for all this wealth of help and information. I am a Registered Nurse and Natural Therapies Practitioner and also teach people how to make money with blogging and social media. With EFT I want to learn how to keep focused and help my clients get the very best results with their physical, emotional, financial and spiritual health."

-Chris
In Response To:

Thanks for Joining the Tapping Insiders Club!

WEEKLY UPDATES
with Jessica Ortner

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