



NEWSLETTER – SUMMER 2010

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1. Note from Mo

Having just and entered into a new relationship myself, this has highlighted to me how much emotional baggage we can carry from relationship to relationship and how many problems this can create. For this reason I would like to discuss Relationships & EFT in my first article and show how we can use EFT to alleviate any damaging emotional baggage and achieve an optimum relationship.

My second article is on stress management as I think this is something that we all could use some help with. It's so easy for us to be unaware of the stress building up in our systems, and yet this can often be the underlying cause of numerous physical problems and of course depression.

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

2. Featured Article 1: Relationships & EFT

As I mentioned above I have just entered a new relationship with my partner and this highlighted to me how much our emotional baggage can impact on our relationships.

As my clients will know, I always refer to your subconscious as your reference library. This is because it contains everything your five senses have collected since you were in your mother's womb. This information is stored in chronological order and accessed on a continual basis by our conscious brains for guidance. This would be a wonderful thing if it were only good things it stored, but unfortunately it collects the bad with the good.

This is why when we're in relationships we may have trouble trusting our current partner if a previous partner has cheated on us. Our subconscious uses our previous experience as a reference and sends out an automatic response. This can generate negative feelings, such as insecurity and mistrust, even if there's no logical reason for us to feel that way.

A clear example of this comes from one of my clients. She came to me because she deeply mistrusted her boyfriend even though he'd given her no cause. She also found herself becoming irritated and angry at him for no obvious reason. She told me that she was deeply in love and wanted to trust him, but couldn't for some reason and this was causing real problems for both of them. I asked her about her previous relationships and it came to light that a previous boyfriend a number of years before had betrayed her trust. On further analysis it also came to light that her current boyfriend's gestures and facial expressions were sometimes similar to those of her previous boyfriend, hence the reason for her unreasonable irritation, mistrust and anger.

Fortunately once we cleared the emotional baggage from her previous relationship and did some tapping on that letting her previous partner go, these problems disappeared. She later contacted me to say that her illogical reactions of her partner had disappeared and they were now very happy together.

In my case, despite my trusting my new partner implicitly and him giving me no cause for concern, I had this illogical fear that he was going to reject me. Due to my EFT training I was very aware that this fear was subconscious and had nothing to do with my new partner. Fortunately my partner was very patient and allowed me the space to work out where this message was coming from. In my case it was a message from my childhood relationship

which was causing my fear of rejection. Once I had identified this, I was able to use EFT to clear the wrong emotional message I was carrying and resolve this irrational fear.

These are only two examples; however EFT can help with every aspect of your relationship, be it being unable to find a suitable partner or have problems when you're in a relationship.

Please don't hesitate to email me if you have any questions about this or wish further information.

3. Featured Article 2 – EFT & Stress Management

Stress is something that we will all suffer from at some time in our lives, be it work, family, home or health related. Stress can very insidious as it usually builds up over a period of time without us really being aware of it. It's only when we notice it's effects that we realized we're stressed. Some of the signs that you may be stressed are:

- Not sleeping as well as your used to
- Feeling tired all the time
- Finding it hard to focus and concentrate
- Making mistakes
- Muscle tension
- Headaches
- Anxiety symptoms, such as shortness of breath or rapid breathing

The reason for these symptoms is that when we're stressed our body is releasing more adrenalin than normal because we are in a fight or flight status. We've been pushing ourselves outside our physical and emotional comfort zones and our bodies are now showing signs of exhaustion.

This is where EFT can help. You can use EFT on the various individual symptoms and also on the cause of your stress. For example, one of my clients came to me complaining of an inability to fall asleep and a tight feeling in his chest all the time. As he ran his own business and this was around the time of the recession he was fully aware that he was stressed. We spent time during his session releasing the stress/worry emotions which were causing his chest tightness and inability to sleep. We also addressed his mental outlook on his business and the recession. By installing positive reframes my client was then able to relax and focus on his business whereas before he had felt frozen and unable to act. He returned to see me several

months later to report that everything with his business was now fine and they had fortunately managed to survive the recession. He now wanted to do another de-stress session with me in preparation for going on holiday.

As you know, I specialize in the treatment of depression, but I often find that depression is stress or, as I said in my previous newsletter, grief based. As humans we often think we can cope with anything that life throws at us and we just keep going. I know I fell into this trap when my mum became terminally ill in March last year. I was that busy helping to take care of her needs that I forgot about my own. Consequently it wasn't until I began to fall ill in October with various physical symptoms that I took time to stop and think. It was then that I realized I was totally stressed. Fortunately I was then able to utilize my EFT skills and use Bach Flower Remedies to alleviate my stress. I also had to go to an alternative health Practitioner for help with my physical ailments. The situation resolved itself in time, but how much better would it have been if I'd used my EFT and Bach Flowers back in March when the stress began, rather than wait until the stress had built up to a level where I was physically ill?

This is why I would like to encourage you all to be aware of your stress levels. If you feel out of sorts in any way use EFT to alleviate your symptoms. I myself am now very aware to tap whenever I start to feel stressed for any reason. I often recommend to clients that they take themselves off to the toilet (a private space) and just tap their stress levels down. It only takes 5 minutes to tap your stress levels down yet think of the benefits you would gain from doing this.

Please don't hesitate to contact me if you need help with this as I would be more than happy to email you some tapping routine formats, for you to adjust to suit yourself, and a copy of the tapping points.

4. Recommended reading suggestions.

One of my favourite books, which I would like to recommend to you, is:

Clear Your Clutter, by Karen Kingston.

This book totally changed the way I look at my possessions. It's a very easy enjoyable book to read. Karen shows the connection between clutter in our homes and our physical and emotional health. She really motivates you to make changes in your home. You may be surprised, as I was, at how much clutter you actually have in your lives.

5. Bach Flowers

As you will know, I am also a registered Bach Flower Practitioner and for this reason I would like to use this space to highlight one of the wonderful Bach Flower Remedies in each of my newsletters. I find that Bach Flowers work in conjunction with EFT as they also focus on the energies in the body.

The spotlight this season is on **Hornbeam**.

Hornbeam is essentially for weariness, mental exhaustion and procrastination. Procrastination is when we have that Monday morning feeling, we just can't be bothered and we continually put off the things we should be doing in our lives.

Personally I take Hornbeam when I find myself postponing tasks that I really need to do, such as this Summer Newsletter. I had planned to issue it in July but kept putting it off, hence my need for Hornbeam.

Hornbeam can also help when we have a mental weariness due to too many mental pressures e.g. studying for exams. It can help to jump start you when your motivation has disappeared. So the next time you're having trouble getting going, instead of a cup of coffee why not try taking a couple of drops of Hornbeam instead?

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

Wishing you love & light in your life.

Mo

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