

MIND/BODY/EFT

By Tom Masbaum

Most readers of this publication would not question the fact that the mind and body is connected, that sometimes old emotional pains might have a connection with a physical ailment. Yet even most readers of this publication have trust in allopathic medicine. Modern Western medicine ignores that connection and treats the symptoms. Prescription drugs are their answer to treating physical pain. Many of the alternative health practitioners recognize and acknowledge that there is a mind-body connection, however many of them also only give lip service to this connection and focus on the relief of the symptoms.

In the chiropractic profession, the term "retracing" is used to identify the emotional element that "might be" associated with the physical pain. They do acknowledge that retracing experiences are very real and can be both physically and emotionally quite intense, but they substantially leave it at that. There is no recognition that the lower back pain might be our body talking to us that we have a memory of worrying about a particular payment. This profession for the most part, would not acknowledge that pain under the wing bone is a direct result from holding onto anger, or shoulder pain is telling us that we are feeling burdened.

In the CranioSacral therapy world, developed by Dr. John Upledger, the terms "unwinding" and "somatic-emotional release" are used to describe this "phenomenon." Dr. Upledger writes: "From our experience, it would seem that the body tissues possess a memory. When an injuring force occurs, the tissue which receives the forces changed. Perhaps it retains the energy of impact." CranioSacral therapy is wonderful as a healing modality, but it stops short of actually connecting old painful memories with actual current physical pain.

Bodywork practitioners, including massage therapy, shiatsu and Rolfing, have often noticed their clients experiencing "flashbacks" as they release negative emotional energy trapped in their bodies. Again, these practitioners are not taught to address the old negative emotional pain as an avenue to release the physical pain.

Psychotherapists noticing this call it progressive abreactive regression or PAR, and this comes closest to the concept advocated in our "EFT WITH A GUARANTEE" training. One of the many reasons why we can be so successful in an EFT session, using the "EFT WITH A GUARANTEE" process, is because we actually focus on the concept that the body naturally is healthy and any dysfunction or pain is our body speaking to us, telling us that we are holding onto a negative emotional memory. We're then using the EFT tapping process while focusing on the negative emotion that we experienced in the past and are still experiencing when we think about it. Once the negative emotional bite or sting is removed through the utilization of the EFT tapping process, most of the time the physical disruptions in the body substantially lessen or even disappear.

Toni Ann Winninger in her wonderful little book, "Healing with the Universe, Meditation and Prayer", puts it very nicely. She claims that this information comes directly from the Masters of the Spirit World. On page 38, referring to EFT (Emotional Freedom Techniques), it states "We have a multilayered answer. When used as a coping technique or a diversion, EFT... Is like allopathic medicine, just hiding what is going on, but when it is deeply and emotionally felt by a person, so that they get to the root cause of the reason why they are bringing disease within their body, then it is curative." And that is what we do in the EFT process when were working as an "EFT WITH A GUARANTEE" practitioner, getting "to the root cause of the reason why they are bringing disease within their body", AND IT IS CURATIVE.

For more information on classes and individual sessions, check our website, www.EFT-Tom.com, or call Tom Masbaum direct, 708.955.3634.

Note: classes for EFT, intuition and muscle testing and Grief release are CE certified for massage therapists, reflexologists and yoga instructors.