



Emotional Freedom Techniques

Maggie Adkins

EFT Founding Master

earthwomandreaming@bigpond.com

Releasing Unresolved Grief with EFT

Maggie Adkins, EFT Founding Master

It is a fact that, if we are human, we have losses and therefore grief. Fortunately, EFT is a terrific solution that can release grief, no matter how old or how intense.

I do the following EFT practice once or twice a year for a week and it never fails to make me feel better and more available to my life. It takes about 2 minutes a day and I do it in the morning before my life takes off and I forget or get too busy to do it.

There is some kind of loss in every person's life, something that happens that we wish hadn't happened. And often, instead of allowing ourselves to feel what we feel, we tell ourselves to press on, not let it get us down, We ignore our feelings and carry on.

Perhaps we even tell ourselves that, if we allow ourselves to feel, we are weaklings. Nothing could be further from the truth. The more we allow ourselves to feel our truth, to turn in instead of turning outside of our bodies, the more we will be able to move through the grief instead of it getting stuck in our bodies.

One of the reasons it is difficult for so many to move beyond grief is that we use our minds instead of our feelings to deal with it. Grief is about feeling, not thinking. If we could allow ourselves to feel what is real for us, we could "get over it" much easier and much quicker. It is not that something major, like the death of a loved one, is going to be forgotten. Releasing our grief allows us to function better, think more clearly, be available to others and ourselves more. It allows us to engage fully in life again.

Many of us have a backlog of grief stored in our bodies, and most of us don't even realize it. We may just tend to be sad or have some kind of sabotage working in our lives. The following strategy can help you feel lighter, more present and perhaps even a bit happier and open to wonderful new happenings in our lives.

This is the practice. Do 3 rounds of EFT as follows:

- Do the setup phrase at the karate chop point 3 times, *"Even though I have all this unresolved grief, I deeply and completely accept myself."*
- Then, while tapping, say the reminder phrase at every other point: Reminder phrase is simply "Unresolved grief."

You do not need to use any other wording.

Just do this for 3 rounds each morning. It only takes 2-3 minutes. You can determine after one week whether you want to do it an additional week.

Not only does this practice allow little griefs to be released, it will bring our attention to those we may need to do EFT on separately. We may, all of a sudden, remember something that we haven't thought of for years. If that thought comes up several times, or maybe only once but with intensity, I would write it down and tap on that separately at another time.

Once we start tapping, EFT has a way of taking us on a deeper journey within ourselves and showing us where we need to go next.

When something is remembered, then do the appropriate EFT. If it is a specific trauma, I highly recommend TBT (Trauma Buster Technique) as it is the most powerful, gentle and quick advanced form of EFT I have ever experienced.

If it is not a specific trauma, and you are not sure how to handle it, that may mean it is time to contact an EFT professional for a session. There are times we work on ourselves and I love that EFT is so self-empowering. There are times we work with a friend and there are times we hire the best quality practitioner we can find.

That's all there is to this simple practice. I would love to hear your comments.

Many blessings to you along your path,

Maggie

February 2015