

# The All You Can Eat Love Diet

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## Table of Contents

<b><i>Introduction.....</i></b>	<b><i>4</i></b>
Will power won't work!.....	5
<b><i>Some Questions To Think About.....</i></b>	<b><i>6</i></b>
<b><i>The Secret Revealed.....</i></b>	<b><i>10</i></b>
Why do we overeat?.....	10
What's the upside?.....	11
What do we really want?.....	12
Where do we look for it?.....	12
Looking in the wrong places.....	14
Who do you love?.....	16
Love and happiness.....	16
The only true security.....	17
Why don't we feel loving more often?.....	17
The journey to love.....	18
<b><i>Ten Steps To Love.....</i></b>	<b><i>20</i></b>
1 - Do What You Love To Do.....	20
2 - Carefully Choose The Company You Keep.....	21
3 - Let Go Of Obligation And Duty.....	23
4 - Forgive Everybody And Everything.....	24
5 - Stay In The Present Moment.....	25
6 - Observe Your Patterns Of Thinking.....	26
7 - Accept Yourself And Others.....	27
8 - The Attitude Of Gratitude.....	28
9 - Don't Compare Yourself To Others.....	30
10 - Practice Patience And Persistence.....	31

<b>Bonus Step: Examine Your Beliefs.....</b>	<b>32</b>
<b><i>Take A Timeout.....</i></b>	<b>35</b>
<b><i>Shortcuts To Love.....</i></b>	<b>37</b>
<b>The Work of Byron Katie.....</b>	<b>39</b>
Introduction, by Byron Katie.....	40
Frequently Asked Questions, by Byron Katie.....	56
Katie-isms, by Byron Katie.....	58
Miscellaneous.....	59
How to use this shortcut.....	63
Where to find out more.....	63
<b>Emotional Freedom Techniques.....</b>	<b>64</b>
Introduction, By Siliva Hartmann.....	64
Choices, By Pat Carrington.....	72
How to use this shortcut.....	107
Where to find out more.....	107
<b>Releasing aka Letting Go.....</b>	<b>109</b>
The First Steps of Letting Go, By Hale Dwoskin.....	109
The Basics of Holistic Releasing, By Hale Dwoskin.....	111
Frequently Asked Questions, By Hale Dwoskin.....	113
What if all your problems are just memories? By Hale Dwoskin.....	118
How to use this shortcut.....	123
Where to find out more.....	123
<b><i>Why use different Shortcuts?.....</i></b>	<b>124</b>
<b><i>Top Ten Benefits To Focusing On Love.....</i></b>	<b>126</b>
<b><i>Please Tell Others About This Book.....</i></b>	<b>128</b>
<b><i>This Is All A Waste Of Time Unless .....</i></b>	<b>128</b>
<b><i>The Beginning.....</i></b>	<b>130</b>
<b><i>Appendix: Where To Find Out More.....</i></b>	<b>132</b>
The Work of Byron Katie.....	132
Emotional Freedom Techniques.....	132
Releasing or Letting Go.....	133

## Introduction

Hello, and thanks for purchasing this book. If you are looking for more love in your life, or less excess weight, this book can help you. I've made it pretty short, because we're all very busy these days. Who has time to read several hundred pages? Better that you read a short book and actually learn and use something, rather than not even start reading a long book.

Congratulations on being still open to trying yet another method to lose weight, given the large amount of misinformation out there. After trying one diet after another it's really easy to give up and decide that it's just not possible for you to lose weight. It is possible. For you. Your persistence in reading this book is the very quality which will lead you to your goal.

Please read these pages slowly and see if anything resonates with you. If so, great, you've found something useful. If not, just let it go. Some ideas might seem strange at first, so feel free to discuss them with friends or family to see if you can find some sense in them. Don't blindly believe anything written here, or anywhere for that matter: make up your own mind.

So why is this book called *the All You Can Eat Love Diet*?

Read on, and you'll find out ...

## **Will power won't work!**

One thing you've probably already noticed is that will power doesn't usually help in the long term. Sure, you might be able to lose a few pounds initially, but sooner or later the discipline goes out of the window and you end up going off the rails. Then you feel guilty and/or start judging yourself for not being strong enough to stick with the plan.

Something isn't quite right here. That's because will power is usually about using force to suppress a part of you. An inner dictatorship that in the long term never works. Why would you want to suppress a part of you which has wants and desires? Any kind of inner struggle is uncomfortable, and usually you'll go back to what you've always done.

So what's the solution? I'm afraid there is no quick fix. It's a longer term project: you need to become somebody who easily and naturally lives in such a way that you maintain a fit and healthy body, and weight is no longer an issue to you. You need to actually change who you are, to heal the parts of you that get something out of being overweight.

Again, if you're looking for a quick fix, you may as well stop reading now. However, there is an upside to this: as you gradually move in the right direction, you'll begin to lose weight without even trying. You'll just naturally eat less, eat less unhealthy food, and exercise more and more often, without trying. It'll be effortless. You'll no longer even need to think about it.

Isn't that something worth working towards? Solving the whole weight issue once and for all? Never having to think about diet ever again, or having to go against your own wishes? Yes, it is possible, and with patience and persistence, you can get there.

## **Some Questions To Think About**

Here is a list of questions to help you to identify what's behind your current situation around overeating. Please note that there are no right or wrong answers. There is no judgment about how you answer, the purpose of asking is to get a clear picture of the inner aspects of your situation. Knowledge is power and the more you know, the more your chances of succeeding.

Do write down your answers, as writing has the effect of focusing our attention. It's easy enough to answer them in our head, but by writing the answers down, we can get clearer about them. Once down on paper, we can reflect upon them, and clarify them, resulting in more detail. Everything you discover about yourself can help you lose weight long term.

### **Motivation**

Why do you want to lose weight?

Did somebody tell you to, or do you really want to?

### **Body Image**

How do you feel about your body?

Do you like some parts?

Do you hate other parts?

If so, why? Does feeling that way help?

What is your idea of the perfect body shape?

Where did you get this idea from?

Is it realistic?

### **Overeating**

Do you overeat? If so, why? Is it a way of numbing uncomfortable feelings?

How do you feel when you overeat? Does that feeling help?

When do you overeat? Are there any patterns you can see?

### **Early Lessons**

Are your parents overweight? Or other family members?

What are their attitudes and habits around eating?

What are their attitudes and habits around exercise?

What does your family think of your desire to lose weight?

### **Hidden Benefits**

What are the advantages of being overweight?

What are the disadvantages of overweight?

What are the advantages of losing weight?

What are the disadvantages of losing weight?

### **Peer Pressure**

How do your close friends feel about your current weight?

About you losing weight? About you becoming slim?

About you becoming slimmer than they are?

How do you feel about your current relationships?

How do you feel about the opposite sex?

### **Limiting Beliefs**

Is it possible for you to lose weight?

Is it safe for you to lose weight?

Do you have permission to lose weight?

Do you deserve to lose weight?

Are you worried that you'll only put it back on again later?

### **Dietary Beliefs**

What you do think is a good diet?

What you do think is a bad diet?

Why do you believe that?



## **What Next?**

By exploring your answers to these questions, losing weight will become easier. However, it won't happen overnight, so please do be persistent and don't be hard on yourself if you don't always live up to your highest ideals. We're all doing the best that we can, and beating ourselves up for not being perfect isn't a useful strategy. Be gentle with yourself.

As you read the rest of this short book, bear in mind your answers to these questions. As you begin to use and master these new ideas, you'll be able to choose more effective answers to the questions we've just explored, answers which support you better in your goal of moving towards a healthier and more sustainable body weight.

## **The Secret Revealed**

In this first section we take a look at love and how it relates to food. You didn't think there was a connection? Read on, you might be surprised! A couple of simple experiments reveal an unexpected result, showing us how we might replace excess food in our life with love.

Without further ado, let's start with an important question.

### **Why do we overeat?**

Much of the information on losing weight focuses on what to eat, and how to exercise. These are good questions, but they miss a vital issue: why do we overeat? What causes us to eat so much? Unless we look at this, we probably won't make much progress. Given the increasing number of overweight people today, this question is very important.

How about you? Do you overeat when you're feeling happy? Do you cram down extra food when you're peaceful and relaxing? Do you eat too much when you're feeling content? Or do you perhaps find yourself eating too much when you're feeling anxious or uncomfortable? How about when you're worried about something or somebody? Hmmm ...

For each of us, the answers might be different to a degree, but there's a common thread that underlies most situations: we overeat when we aren't comfortable. We use food as a drug to numb our emotional pain, our sadness, our worry, any negative emotions we don't know how to deal with. What if there was a better way to deal with these uncomfortable emotions?

## **What's the upside?**

What do you get out of overeating? What do you get out of being overweight? These are probably strange questions for you! Still, they are valuable to explore. There are usually reasons for why we do what we do, and why we are as we are. So please do take a little time to consider these questions. What you find out about yourself might make all the difference.

So again, what do you get out of overeating? What are the benefits of being overweight? Maybe you don't have to deal with the opposite sex by being overweight. Maybe you get sympathy. Maybe overeating comforts you when you're feeling down. Maybe overeating is a common bond with your peer group. Maybe being overweight gets you out of exercising.

Let's explore the opposite question: what would you lose if you weren't overweight? What would be the downside of not overeating? Maybe you'd have to face your fears? Maybe your partner would want to get closer to you? Maybe you believe your parents wouldn't love you any more? Maybe you wouldn't be able to use your weight as an excuse any more?

Whatever you come up with, please don't judge yourself. This isn't useful and will only make you feel bad. Just notice whatever you can find, and see how there are logical reasons why you stay overweight. You might ask these questions to your friends and family, to see if they have any useful insights for you. Whatever you discover will be useful in this journey.

## **What do we really want?**

What do we want above all else? A good job? A nice place to live? A long and interesting life? These are all worthy desires, but above all, we want to have love in our life. Different styles or flavors of love perhaps, but above all, we all want to have love in our lives. How about you? Is that true for you?

Think about it: would you prefer love ... or a new car? Would you prefer love ... or a million dollars? Would you prefer love ... or a house on the beach? Even though these things would be nice to have, without love in our life, they're pretty meaningless. Why are so many books, songs and movies about love?

What's the point in having piles of money, or a red sports car or other nice toys, if we live alone and without love? We might be able to amuse ourselves for a while, but sooner or later we crave that basic human connection. Without it, we shrivel up and die long before our time.

Love.

## **Where do we look for it?**

If what we really want is love, this question follows naturally. According to Hollywood and almost every song on the radio, the answer is simple: find somebody to love us. Then we've got it made. As there are so many people out there, this should be easy! Out we go to find somebody to love us, somebody who'll adore us, make us whole. Or so we believe.

Sure, there will be some ups and downs in any relationship, but overall we've got it made if we can find somebody who loves us. Warts and all, he or she will love us almost in spite of ourselves. Life will be bliss. Isn't that the message we get so often from the media?

So we focus our attention upon finding that ideal partner, that other half who will complete us at last. We wear just the right clothes, look in all the right places, and read up on what men or women really want. Hmmm ... this isn't as easy as we thought! Surely it should just happen, shouldn't it? Surely we don't have to put all this effort into finding our soul mate?

All the time we're whipping ourselves up into a state of frenzy, convinced that we're not complete unless we can find this other. So we spend our time in a state of lack, a state of wanting, convinced that our lives can never really be ok until we find The One. This sense of lack is not attractive, and it doesn't feel good either.

How about when we find a partner to love us? How many of these apparently perfect unions actually last? We all know the divorce statistics, increasing every time we stop to measure them. These relationships don't always go as smoothly as we hope.

And that isn't the only challenge. While we do enjoy much of the time we spend in relationship, especially at the beginning, we also worry that it might end. What if my partner leaves me? What if they find somebody else? What if they die? How would I cope? Worry, fear, and doubt, all of which eat away at the love that might have been there to start with.

We also know of a few couples who appear to beat the odds, but often only because they soldier on together in unhappy marriages, resigning themselves to lives of quiet desperation. Is this any better? What a choice: stay in a loveless union, or return to being alone and lonely again?

And so the show goes on. We enter into relationship, after a while it comes to an end, and we enter into a long or not so long period of introspection, trying to figure out what went wrong. Was it me? Was it the other? Was it both of us? How can I prevent that from happening again? What does it take to create a successful partnership?

Usually not much wiser, we soon decide to plunge back into the game, preferring to play rather than watch from the sidelines. Anything to avoid being alone. To paraphrase Oscar Wilde: "seeking another relationship is a triumph of hope over experience". And so we go on, serial monogamists most of us, for the rest of our lives.

Yet much of the time, whether in unsatisfactory relationships, or alone and lonely, we aren't happy. Our various partners aren't able to make us happy in the long term. And, to be fair, we probably never made them happy either. This grim prospect doesn't even consider the all too frequent event of infidelity within relationships.

So is that it? Is this all we can look forward to for the rest of our lives? Is there no hope? Is there another way?

## **Looking in the wrong places**

Let's explore a little and try an experiment. Relax your body, and think of somebody or something you really love. It doesn't matter who or what you choose, only that you feel love when you bring up this memory. Get right into this memory and feel the love. Think of a specific time, see whatever you could see, hear the sounds and feel how you felt then.

Doesn't it feel good? Doesn't it feel wonderful? Isn't this the feeling we're all yearning for? Isn't it strange that you can feel this way just by remembering love from the past? What does that mean about all the time and money we spend looking for love?

Now think of a time when somebody loved you but you didn't return the affection. It doesn't feel very good, does it? How about when somebody loved you, but you never knew about it. Not knowing meant that you didn't feel their love, did you? This is strange? Isn't being loved the Holy Grail of life? How come it didn't feel good in these situations?

What can we learn from this? When you remember loving, you feel great. When you remember being loved, very often this doesn't feel the same. So maybe the joy, the energy, the aliveness lies in loving, and not being loved? Isn't that the opposite of what we've been taught?

Ok, so when somebody loved you and you *wanted* them to love you, it did feel great. To love and be loved at the same time, what a joy! However, the difference again is that you loved them. If you did, it felt great. If you didn't, not so great. Again, it comes down to whether or not *you* love. Suddenly, it's not about somebody else anymore, it's about you.

Even better, you don't have to remember love from the past, you can look around you right here and now and find things that you love. They needn't be large or important things. How about a sunny day? Or a good film? Or a loving pet? A favorite book? The list is endless. Just by tapping into something you appreciate, you can feel the love that you want anytime.

Does this mean that you shouldn't be in relationship with a partner? Not at all! What it means is that you're probably going to enjoy a much more loving connection if you come from a place of loving. Offer love first and foremost, instead of firstly looking to get love from your partner. Seek to love first, then to be loved, and you'll probably do much better.

Now return to a loving memory from the past again. Choose a different one to the last time and see if you can relax right into that feeling. Recreate your surroundings from this memory, so that you feel as if you're right back there. Enjoy it, bask in it. How wonderful that we have the power to feel love whenever we wish. The trick is to remember!

## **Who do you love?**

If you think about it, the love you feel is pretty much the same no matter whom or what you're loving. It might be mixed with other emotions, such as respect, lust, confusion or excitement, but the love is the same. This means that the more you practice loving, the better at loving you become. There's no shortage: the more you love, the easier it becomes.

You might love different aspects of people, places or things, or you might love something different in each of them, but the love is the same. Make it a priority to love as many different people, places, events and things as you can. Not primarily for their sake, but for yours! The great thing about loving is that you're not dependent upon another, you can love anytime.

Please note: loving somebody doesn't mean obligation towards them. You don't have to marry everyone you love, you don't have to do anything at all. Love is its own reward. Don't imagine that loving somebody has certain expectations, because it doesn't. Just loving is enough. What you choose to do from that place of love is up to you.

## **Love and happiness**

When you're loving, you feel happy with who or what you love. You feel accepting and at peace. Also, when you're happy, you're usually feeling loving. In many ways, love is the flip side of happiness. So if we want more love, we can work on being happier, and vice versa.

Perhaps love is happiness turned outwards? Perhaps happiness is love focused inwards? Either way, they seem to be intimately connected, so when we feel one, we feel the other. If you find happiness easier than the love, simply changing your perspective reveals love. The Dalai Lama was once asked about the purpose of life. With a beaming smile, he replied:



"to be happy"

Maybe he knows something we've forgotten?

## **The only true security**

How much energy do we put into finding security? How much energy do we put into saving enough money to be secure? How much is enough? When we get that much, will we really feel secure, or just search for even more? Will the treadmill ever stop? Does anything ever stay the same? Can we ever find security in the outside world?

Maybe there really is no security in things like money. After all, the stock market could crash, you could lose your job, the fund manager could run off with your money. So much to worry about, not very secure! Not only can you feel insecure and anxious about how to accumulate money, you can also feel insecure and anxious about losing it once you've got it!

So maybe the only real security we can achieve is in learning to love. If we can love consistently, we find that outer challenges no longer affect us as much. We find ourselves more at peace with the world, even if we still wish to change some part of it. With love, other things don't matter quite so much. Maybe love is the only true security?

## **Why don't we feel loving more often?**

Think of how a baby or young child acts in the world. Most of the time they are happy, trusting and loving. Sure, now and then they cry for food, or when they are wet, but overall they're pretty content. They're curious, they're interested, and they seem to love not only most people, but also most things and situations. Maybe it's natural to feel this way?

It's only when young children start being judged and criticized that they start feeling anything but happy as their natural state. Gradually their natural trust in themselves and the world gets rocked, as they're told to stop doing this, don't do that, and generally restrict the way they are in the world. They start changing how they are and how they act to prevent such criticism.

These comments are often offered with the best possible intention: to keep the child safe. Parents and others often try to protect children from harm by giving them a long list of things they shouldn't do, things to avoid, and behavior they mustn't do. Unfortunately, this begins to build layer upon layer of confusion over their previous natural state of loving.

This process continues throughout most of our adult lives as we're continually told how we're not good enough, how we need to improve this or change that, otherwise we just don't measure up. It's no surprise that many (most?) of us spend much of the time wondering just how we need to be, think and behave in order to be good enough in the eyes of the world.

## **The journey to love**

So what's the solution? A gradual process of seeing where we've learnt to judge ourselves and others, and letting go of such habits. While it's not an instant transformation, with a firm desire and a gentle heart, we can look for such habits within ourselves, and let them go. For each one we drop, we become a little happier, and return closer to our natural state of being.

It's not a process of gaining anything, or becoming something we're not already. It's more of a process of letting go of anything that has removed us from our earlier relaxed, loving, trusting nature. Underneath all the rules & judgements & roles we've learnt over the years, our original free nature is waiting for us. All we have to do is let go.

That's what this book is about: simple ways of returning to our natural state of being: loving, peaceful and trusting. The more we can let go of anything that keeps us uncomfortable, unhappy or untrusting, the less we'll need to use food or other drugs to deal with our discomfort. This will lead without effort to a normal weight, as well as a life full of love.

Note: sometimes we send our love to another, and then get disappointed when it isn't returned, or when our expectations aren't met. This can be very painful. The simplest solution is not to have any expectations of your love being returned. Just love for the sake of love, not with any demand that it come back to us, or how the object of our love should respond.

Is this easy? Maybe not initially, but with practice we can all develop this skill of loving without expectation. This is of course unconditional love. Any time we add any sort of condition or expectation to our love, we are setting ourselves up for disappointment. Love just for the sheer joy of love, and you cannot be disappointed in how it is received.

## Ten Steps To Love

Ok, you say, that's all very well, I can see that learning to love is a great idea, but how I can actually do it? Good question. It's no good knowing the rewards of love without some tools to get you there. This book introduces ten simple ways to increase the love in your life, all of which are based upon the principle of focusing on loving first, rather than being loved.

As you gradually begin to master these ideas, you'll find yourself becoming happier and more loving naturally. You won't need to try, it'll just happen automatically. This will lead to that other useful side benefit: you will find yourself overeating less, and any excess weight you have now will also begin to fade away, without having to use will power or force.

### 1 - Do What You Love To Do

Such a simple idea, but how often do we practice it? So often we get caught up in duty, or other people's expectations. Don't think that you have to keep doing things that you don't enjoy. This is a guaranteed way to feel frustrated and resentful. Resistance is no path to love or peace of mind.

It might not happen overnight, but with persistence we can all gradually move towards doing what we love doing. This is especially important at work. Spending 40 hours or more each week doing something you don't enjoy will ensure you are miserable, no matter how much you earn. Not to mention the dreadful affect it has on your health and family life.

Yes, there may be doubts about your ability to find something you love doing for a living, but until you ask the question, you'll never know. Have the courage to ask the question, to take the risk, to do

what you love. Often, if you just ask, answers will come to you. It might take trying a few different things before you find the ideal vocation, but you'll get there.

Each of us have special gifts, special skills, and the effort required to find a way to do what we love for a living is well worth it. After all, if you love your work, it's not work anymore. It's joy, and delight, and love. You'll never work another day in your life. Isn't that more appealing than enduring yet another dull endless working week praying for the weekend?

**Exercise:** sit down with a piece of paper and write down on the left hand side the various activities that you do during a typical week. Then mark on the right hand side whether you enjoy doing them or not. When you're done, take a look to see whether you enjoy all, most of, about half of, some of, or hardly any of those activities. Just notice without judgement.

If there are less enjoyable activities than you'd like, think about how you can improve the balance. How can you do more of what you love during the week? Or maybe less of what you don't love? Is there any way you could actually enjoy some of the tasks you currently dislike? Could you swap some tasks with somebody else who likes doing them? Hmmm ...

## **2 - Carefully Choose The Company You Keep**

How supportive are your friends and family? Do they encourage you? Love you? Accept you? Let you live your own life? Enjoy your successes? If not, why are you spending time with them? Surely not duty or obligation? Is it really worth it?

Who we spend our time with makes a huge difference in how we feel. If we are with a close friend who really supports us and enjoys our company, we feel great. If we spend time with negative people who

constantly criticize us, then we'll feel pretty bad much of the time. Why would we want to continue to do that?

There is no unwritten law that we must spend time with people just because we've done so in the past. People change, we change, things change, we always have the chance to choose differently. So consider very carefully. Your health, happiness and wealth depend upon it. Difficult to believe? Try making some changes and see how much better you feel.

Do you spend time with people who really do enjoy who you are, people with whom you have a wonderful time, people whom you look forward to seeing again? If so, great! Prioritize spending time with them. If not, consider spending less time, or even no time with them. Life's too short to waste with people who consistently bring you down.

**Exercise:** sit down with another sheet of paper and write down on the left hand side a list of everybody that you spend time with during a typical week. Whether a minute or many hours, list them all. Then on the right hand side write down how much you enjoy the time that you spend with this person. Don't sugar coat it, this is for your eyes only. Be totally honest.

Now take a look to see where you're spending most of your time. Is it with loving, supportive, friendly people whose company you really enjoy? Do you feel uplifted after spending time with them? Or drained and depressed? Have a think about how you can spend more time in good company and less time with bad company. Your time is precious so think carefully.

If you spend time with draining people who are pretty much unavoidable in the short term, see if there's a way you can make that time better. It might be speaking out to them about what is and isn't acceptable behavior. e.g. no complaining or whining. It might be explaining to them how depressing such behavior is, probably to both of you. If this works, great. If it doesn't, see if you can find a way to gradually sever contact with such draining people.

### 3 - Let Go Of Obligation And Duty

So often we live our life by the things we think we should do, the things we believe we must do. Duty. Obligation. Unfortunately, this often produces tension, especially if we don't want to do the thing we think we should. We rebel and struggle internally, which is stressful. Our health and happiness both suffer.

The way out of this is to realize that there is nothing that we have to do at all! No shoulds, no musts, no obligations at all in life. Certainly, there are consequences to our actions, and it's good to be aware of these. But forcing ourselves to do things we don't want to do is counterproductive. All we do is resist, procrastinate, feel guilty, and generally miserable.

What if you chose to only do the things you wanted to do? How would you feel? Happier, perhaps? Sometimes we might not want to do something right now, but if we look at the long term consequences, we can find a reason to do that thing. Think long term and not just short term, it helps you to find a reason to do things which might not make sense this minute.

But if you can't find a good short term or long term reason to do something, other than you think that you ought to do it, perhaps you can let go of it. This will release much tension within you, free up lots of blocked energy, usually some time, will allow you to relax more and be happier in your life, and therefore more naturally loving.

**Exercise:** Take a piece of paper and write down on the left hand side a list of all the things that you do in a typical week that you want to do. Now write on the right hand side a list of all the things you do during the week that you only do because you think that you have to do them. Anything that you do from a sense of obligation or duty, put down.

Now take a look at the paper and see where the balance is: are there more items on the left hand side or the right hand side? How do you feel about that? See if there's any way you can begin changing the balance by letting go of things you do out of obligation, and beginning to do more things that you really want to do. How does it feel to change that balance?

## **4 - Forgive Everybody And Everything**

Whenever we hold onto a past wrong that somebody has done to us, we are only hurting ourselves. Whenever we continue to blame ourselves for something we did in the past, we are only hurting ourselves. The past is over, and keeping count of and hanging onto old incidents that we judge can never help us. The key is to forgive. Always.

This doesn't mean we have to agree with what happened, only that we let it go. We cannot change the past. All we can do is forgive. This will free up enormous amounts of energy that we had invested in keeping track of who wronged us, how badly, and how dreadful it was for them to do that to us. It's useful to learn from the past, but it doesn't serve us to live there.

Even more important is that we learn to forgive ourselves. Just like everybody else, we're doing the best that we can in each moment, and have no cause to judge ourselves if we fail to meet some standard. Judging ourselves only leads to low self esteem, to feeling badly about ourselves and a lack of self confidence. None of these outcomes are useful.

Even better than forgiving ourselves and others is not to judge in the first place. This might seem hard to do, but that's only because we've been taught to judge all of our lives. We can create a new pattern if we choose, by learning not to judge ourselves or others. This leaves us freer in each moment to enjoy life, here and now.



**Exercise:** make a list of the people you still hold a grudge against. They may be still in your life, they may have moved on, they may be long dead. It doesn't matter. You're not hurting them by your grudge, you're only hurting yourself. Then add to the list all the things that you judge yourself about: past, present and future. All of them, even the small things.

Now, take the smallest thing on your list, and see if you can forgive the person you blame, either yourself or another. Start with the smallest thing so that it doesn't seem too difficult. What can you gain by hanging onto judgement? Would you rather be right (are you right?) or would you rather be happy? Once done, move up the list to bigger and bigger items.

## **5 - Stay In The Present Moment**

One thing we are very good at is thinking about the future or the past much of the time. The trouble with this is that we often end up stressing ourselves about things we can't do much about. The past is already past, feeling guilty or ashamed about it doesn't help. It only stops you from feeling good. Learn from the past, yes, but once that's done, let it go.

Planning does have a role in life, but worrying about things you cannot change serves no purpose at all. Anxiety about future events doesn't help us to prepare for them, it makes us think less clearly about them, and leaves us less able to prepare for them. It also stops us from enjoying the present. Worrying about the future is paying interest on a debt not yet due.

By remaining in the present, we are able to notice things in our life that often pass us by. How often do we miss the joys of sharing a moment with our partner, or watching the trees blow in the wind, or the sun set? Only by remaining present can we actually experience what's happening now. Everything else is a dream of the future or a memory of the past.

**Exercise:** find ways to regularly check to see if you're being present. Put up small Post-it notes saying: are you present? Or set your watch to chime every hour, and when it does, ask yourself the same question. If you weren't being present, don't judge or blame yourself, just refocus yourself to the here and now. You'll find yourself becoming more and more present.

## **6 - Observe Your Patterns Of Thinking**

Part of the challenge is that we've picked up many habits of thinking and behaving over the years which aren't helpful. e.g. getting upset whenever a particular person does something that annoys us. If we're not aware of this habit, it's not very easy to change our reaction. The first step to change is always becoming aware of something that's not working for us.

That's why observing ourselves is so useful. Not so that we can beat ourselves up whenever we find something negative, but so that we can notice our patterns and, if we wish, chose a new thought or action. Observing allows us to consciously choose a more useful response. Between action and reaction is always an opportunity to choose a different response.

**Exercise:** one of the best ways to do this is to meditate. This doesn't have to be a strange religious experience from the East, it can be very simple. Just sit down for ten or twenty minutes each day and observe your thoughts, notice what flows through your mind, without judgement or condemnation. Don't get caught up in your thoughts, just notice them.

Simply by observing yourself regularly, you will notice thoughts and beliefs which aren't useful, which don't serve you. You will notice fears and concerns which have no basis in reality. You will start to see how your expectations create your reality. By just noticing such things,

you can start to change them. This will lead to more peace and more love in your life.

## **7 - Accept Yourself And Others**

Accepting who you are, how your life is, and how the world is, can really help you move towards love. So often we're taught to judge ourselves, to harshly criticize ourselves, but this is never helpful if we want to change our lives for the better. Only acceptance allows for this. Besides, it feels much better to accept ourselves than to judge ourselves.

Acceptance isn't an excuse not to grow or not to improve. It's just noticing that things are the way they are right now. There's no point struggling against how things are. That would be like being upset because the sun rises every day. As Byron Katie says: *when I judge reality, I lose, but only all of the time.*

Only from acceptance can we choose to make changes in our lives. If we refuse to admit that something is happening, then we have no power to change it. If we refuse to accept the world as it is, then we're getting ourselves upset for no good reason. It doesn't help. Certainly, change yourself and the world if you wish, but do so from a place of peace and acceptance.

The easiest way to accept yourself is to realize that you're doing the best that you can. If you could do better, then you would! This doesn't stop you from making changes if you want to, but it does allow you to stop judging yourself. Instantly you will feel better. This leads to more peace of mind, which leads to more love.

If you're overweight, accepting yourself is even more important. If you continue to judge yourself for being overweight, then you will feel pretty bad much of the time. This will often lead to overeating to mask this bad feeling. This will lead to more weight, and more judgement: a

vicious circle. The only way out is to accept yourself as you are right now.

Also, when you're judging yourself for being overweight, then you are focusing on the extra weight. Whatever you focus upon tends to grow, which is another reason why judging yourself doesn't work. Instead, focus on something about your body that you can appreciate, however small. Find a way of feeling good about your body, and that feeling will grow.

**Exercise:** at the end of your day, take a few moments to see how accepting you were of yourself and others. Think back to see if there were any times that you judged, either yourself or others. Again, don't criticize yourself if there were, just notice them. Then see if you can let go of those judgements. Gradually you will find yourself judging less, and being happier.

An even better thing to do is to look at yourself daily in a full length mirror. Notice any judgements and just let them go, without arguing one way or another about them. Just be with yourself. See if there's anything you can appreciate about your body. Tell yourself out loud. Tell yourself that you love and accept yourself. Repeat this regularly, and you will begin to.

It might be hard to do at first, but it's worth it. Much research has demonstrated that it can take about a month to change an old habit. By looking at yourself in a mirror each day and speaking new thoughts and appreciation, you're gradually changing how you think and feel about your body. Gradually, with persistence, the change will stick.

## **8 - The Attitude Of Gratitude**

What we focus on determines to a large degree how we feel. If we spend all our time thinking about what we don't have in our life, then we'll feel a sense of lack, and often dwell on the unfairness of it all. In other words, we'll feel unhappy if we focus on what's not there. It's the

glass being half empty instead of half full. Sure, we've heard this before, but do we live it?

On the other hand, if we are grateful, if we focus on what we do have in our life that we appreciate, then we'll feel pretty good. It doesn't have to be anything huge, like a new car, we can just as easily appreciate our health, or a letter a friend sent us, or even the meal we are about to eat. Gratitude about things large and small feels really good, and it costs nothing.

In financial terms, to appreciate means to increase in value. When we appreciate the good things in our life, their value also increases. Without doing anything at all, we feel better about our life, and that will lead us to feeling happier and more loving. Not a bad return on investment for taking a moment to feel grateful!

Gratitude doesn't mean that we can't continue to work on improving our lives. Indeed, when we feel grateful and happy, we are far more likely to work effectively to improve our lives than when we feel upset and unhappy that we're lacking something. The choice is ours always: which do you choose?

**Exercise:** 10x10: take ten minutes at the end of each day to write down ten things you're grateful for. Don't choose the same things each day, see if you can find different things to appreciate. Don't just write them down, really feel grateful for these things. Without feeling the appreciation, this exercise doesn't work. Choose small things as well as larger things.

10x10 take 2. If you live with others, here is an exercise which will transform your lives together. Take ten minutes at the start of the day, and sit down and share appreciation with each other for ten minutes. Take turns to tell each person what you appreciate about them. Be as specific as possible. e.g. I really loved it when you helped me with the cooking last night.

Watch their faces as they listen to this appreciation. It's magic. We all love to be thanked and acknowledged, and it's something we receive all too little of. All it takes is a commitment and a few minutes each day. You'll be surprised at how everybody blossoms from such a seemingly small gesture. What a great way to start your day before going out into the world.

## **9 - Don't Compare Yourself To Others**

This is one area where it's very easy to get into a downward spiral about our lives. We see somebody who is more successful than we are, and feel inferior or unworthy. We might even feel envy or jealousy. Either way, we feel pretty bad, and that doesn't help us in any way at all. We can easily get stuck in a downward spiral of jealousy and resentment.

By choosing not to compare ourselves with others, we can bypass this whole area of upset, leaving us more able to remain in a place of peace and love. After all, isn't that what we really want? Surely we'd prefer to feel good, rather than to compare ourselves unfavorably to others? The choice is always ours.

If you do notice people who have more than you, and you'd like to achieve similar success, a much better strategy is to work out how they managed to achieve their success, and then follow a similar path. Many (most?) successful people in the world became that way by studying other successful people and deciding to emulate them.

If you do find yourself comparing your situation to that of others, why not compare yourself to those who have it harder than you do? How well off are you if you have any kind of job, house and relationship, when there are countless others who don't have these things? How do you feel when you consider how lucky you are compared to most people in the world?

We can always find evidence to back up whatever thought we want to hang onto. Feeling that you should have more or be doing better? You can always find those who have more or are doing better than you. Feeling blessed and grateful for your life? You can always find reasons to feel that way as well. As always, it's up to us which attitude we wish to live.

**Exercise:** at the end of each day, review your day to see if you compared yourself unfavorably to others. If you did, don't blame yourself, just notice, and let go. You could also compare yourself to somebody less fortunate than you are instead. Either way, you'll be focusing more on what you have instead of what you lack. This leads to peace and happiness.

## **10 - Practice Patience And Persistence**

This idea of focusing more on loving instead of being loved is probably a new idea for you. After a lifetime of looking for love outside yourself, it might not be so easy to change your way of thinking and behaving overnight. It might take a little while longer. Don't criticize yourself if it takes a while to master this new way of being.

Patience and persistence are crucial to creating a new way of being in the world. Your old habit of looking to be loved took a long time to be formed, and so your new focus of looking firstly to love will also take some time to become a habit. Be gentle with yourself, and persist. Your reward is a life full of love and peace of mind.

If you notice that you're again falling into the trap of looking for love outside of yourself, don't blame or judge yourself. Just notice, and choose to focus on being more loving. Focus on giving love instead of receiving it. Focus on being the source of love instead of feeling that somebody else must give it to you. You'll be more in control of the love in your life.

**Exercise:** Share these ideas with those who are close to you, and see if you can remind each other during the day, especially if you notice you're getting distracted. At such times, a gentle nudge from somebody dear can remind you to return your focus to loving. It might take a while, but it's worth it. When you learn to love, nobody can ever take that away from you.

There are more ideas later on about how to make sure you master these steps to love. There's no point in just reading about them if you're unable to use them in your life.

**Please note:** If you notice that many of these steps seem related, or the ideas seem to be repeated, you're right! By revisiting these steps in different forms, we're more able to understand them, master them, and integrate them into our lives. Practice makes perfect!

### **Bonus Step: Examine Your Beliefs**

What do you believe about love? Do you believe that you deserve love? Do you believe that love is possible for you? Do you believe that it's hard to love? Do you believe there are limits to how and to whom love should be expressed? All the beliefs that we have about ourselves, our worthiness, and about love greatly affect how much love we have in our lives.

The strange thing about beliefs is that we all have different ones, but we all think that our beliefs are true! What's that all about? How can we all be right? Maybe it depends upon how we look at beliefs. e.g. whatever we believe we can usually find evidence to prove it. Even if we have a completely different belief to somebody else, we're both sure that we're right.

The world is a good place? We can find plenty of evidence to prove that. The world is a bad place? Again, there is plenty of evidence to back that belief up. So which one is true? Maybe neither! Maybe



instead of exploring whether our beliefs are true or not, perhaps it would be more useful to ask whether they are useful or not.

What on earth does that mean? Let's say you believe that people are generally honest and trustworthy. You'll probably trust people in general and get on with most people. Your experience seems to prove your belief is true. If you believe the opposite, you'll probably trust few people, and be cautious and reserved. Again, your evidence will prove your belief.

So again, which belief is true? Neither! Some people are honest and trustworthy, some aren't. So which belief is more useful to you? Maybe the first one, as it seems to produce an easier life for you. Certainly be careful and notice how people behave, but starting from a position of mistrust and dislike is not going to be useful in the long term.

**Exercise:** Let's look at some of your beliefs. Take a look at each of the following beliefs and see if you think it's true or not. How do you know it's true? Does it serve you to believe that? How do you feel when you believe this belief? Could the opposite belief perhaps be true? What if it was true? What if neither were true? This might sound very strange, but there are some very useful jewels to be found here.

Here are some beliefs about love you might have:

I am lovable  
I deserve love  
I like most people  
People generally like me  
Love is easy to find  
Men/women are good company  
There are plenty of good men/women out there  
I enjoy my own company  
Learning is fun and easy  
My life is full of good things

Here are some others to consider:

I must stay in a bad relationship  
Love hurts  
My relationships never work  
I'm too old for love  
I can't learn anything new  
Love never lasts  
I don't have time to focus on love  
People don't like me  
I'm better off by myself  
I can't love several people at once

Take a look at these beliefs. Which ones do you believe? Which ones don't you believe? How does each belief affect your life? Do they help you live a life of love? If so, great, keep them. If not, consider the opposite belief as a possibility at least. Be open that it might be true. Consider how different your life would be if you believed the opposite.

This can strike directly at who you believe you are, so be gentle with yourself while exploring this process. There are no right or wrong beliefs \*, only beliefs which serve us and those that don't serve us. At any moment, if we identify a belief which we no longer wish to have, we can choose a different one. This will make a huge difference in our lives.

Now consider your beliefs around food and weight. Do they serve you? Are they true? How do you know? By exploring beliefs in any area you can make rapid improvement. The first step to change is to be aware of where we are right now, of what our current beliefs are.

Here are some beliefs about food that you might have:

I eat too much  
Being healthy is enjoyable  
Food nourishes me  
I will always weigh too much  
Dieting is no fun  
It's hard to know what to eat  
It's easy for me to eat well  
Eating fat makes you fat  
Exercise is boring  
Thin people have an easy life

See which of these you believe and which you don't believe. People used to believe smoking was healthy, and now they believe it's very unhealthy. Sometimes the beliefs that society teaches change. That's why it's very important to look at your own beliefs and see if they really are useful. Some are, some aren't. Don't just assume that what you believe is true!

\* what about the law of gravity, surely gravity is true? Well ... probably, but be careful even with this one. e.g. hundreds of years ago people thought that gravity meant that human beings could never fly. Now thousands of people fly every day. Did the law of gravity change? Is it true? Maybe, maybe not, but don't consider any belief to be fixed in stone.

## **Take A Timeout**

Now that you've had a chance to read the first part of this book, it's well worth pausing for a while to catch your breath. There have probably been quite a few new ideas for you to consider, and diving straight into the next part of the book right away might not be the best idea. It'll probably take some time for you to absorb what you've read so far.

Don't short change yourself: take a break for a few days to think about what you've read so far, to give yourself a chance to review these ideas and get more familiar with them. The next section of the book looks at more powerful ideas and processes, none of which will be any use to you unless you've already absorbed and understood what you've read so far.

So please put this book aside for a while, and go and enjoy yourself! Do something different, something you really enjoy, and come back to this book in a few days time. Don't worry, it'll still be here, and you won't lose out by taking a few days longer. In fact, you'll master the next part of the book far more easily, as your brain can only absorb so much at a time.

See you soon!

## Shortcuts To Love

Now that you've got some experience using the 10 steps in the last section, here are some tools which will greatly accelerate your growth to more happiness, peace of mind, and love. Please don't skip the last section and come here right away, as there are many valuable skills that are worth mastering in the last section. If you haven't already, go back and read it.

Many of the articles in this section have been written by the author of the particular tool being discussed. I could have written about the tools myself, but I believe that you are better served by reading the words of the authors themselves. I usually include a short introduction to each tool before passing you onto the authors to explain things in more detail.

Some of the shortcuts that follow are free, and others are not. I've tried whenever possible to give you a complete introduction to each tool in this book, so that you have several powerful new tools to use regularly. However, there are some things which just can't be explained in a book, so if you find them interesting, you'll have to fork out some money.

With many of these tools I've given you several options depending upon how interesting you find each one. Firstly, there are the articles in this section which describe and explain each tool as clearly as I can. For those which don't appeal to you, these articles might be enough for you. In that case, great, leave this tool for now and maybe come back to it later on.

Some, however, will interest you more, and the articles here might just be enough to whet your appetite. In this case I've listed a few sources where you can learn more. Some are web sites where you can learn more for free, or download more free books which go into greater detail. Some sites have far more on a particular tool than you'd ever want to know!

I've also recommended some books on these shortcuts, so that you can read and learn more about them offline. Some of these books are available primarily from the author, while others can be ordered directly from Amazon or another online bookseller. Buying such books is a relatively affordable way to learn more about these tools.

If you're interested in learning even more, I've included information about tape/CD sets and video products, and in some cases, workshops. Most of the time you don't need to purchase these unless you want to learn everything you possibly can about a particular tool. Again, if the articles in this book are enough for you, don't worry about the more expensive options.

For each shortcut, after the detailed articles there is an explanation of how to use that tool to create more love and less excess weight in your life. Sometimes it is easy to use and apply, sometimes it is a little more complex. To end, there are a few paragraphs to summarize each tool, which helps reinforce the earlier articles. Repetition is an important key to learning.

With that said, let's move onto the shortcuts themselves. There are very effective in helping you grow and heal past baggage, so don't expect to master them in a hurry. These are the pick of what I've found in over 25 years of study, and mastering them all might take a while.

**Please note:** copyright is retained by the authors of all articles in the next sections.

## The Work of Byron Katie

When we're unhappy we can usually find reasons why. These explain clearly why we are unable to be happy in this moment. For instance: because I had to work late today, because of global warming, because I'm overweight, because my team lost, because my partner forgot to do something they said they'd do, because of world hunger, etc.



However, we could still be happy even though all of these things might have happened. Does that sound strange? Why do we let these events, or any other events, interrupt our happiness? How would we feel if we didn't know these things had happened? How would we feel if we stopped thinking about these things?

Very often we are unhappy because we get attached to certain thoughts that we consider important. If we didn't think global warming was important, we probably wouldn't feel unhappy about it. Whether we can change the situation or not often has nothing to do with how we feel about it. Could we still be happy even though such things are happening?

Byron Katie has come up with a set of four simple questions that help us look at how our own thoughts are causing our unhappiness. There is no judgement in this process, just a way to notice how we continually let our thoughts effect how we feel. If we can find a way to let go of some of these unsettling thoughts, we can return to our natural state of happiness.

## **Introduction, by Byron Katie**

Byron Kathleen Reid, a businesswoman and mother living in the high desert of southern California, became severely depressed while in her thirties. Over a ten-year period her depression deepened, and Katie (as she is called) spent almost two years rarely able to leave her bed, obsessing over suicide. Then one morning, from the depths of despair, she experienced a life-changing realization.

Katie saw that when she believed that something should be different than it is (“My husband should love me more,” “My children should appreciate me,”) she suffered, and that when she didn’t believe these thoughts, she felt peace. She realized that what had been causing her depression was not the world around her, but the beliefs she had about the world around her.

In a flash of insight, Katie saw that our attempt to find happiness was backward — instead of hopelessly trying to change the world to match our thoughts about how it “should” be, we can question these thoughts and, by meeting reality as it is, experience unimaginable freedom and joy. Katie developed a simple yet powerful method of inquiry, called The Work, that helped make this transformation practical.

As a result of this process, a bed-ridden, suicidal woman became filled with love for everything life brings.

Katie’s insight into the mind is consistent with leading-edge research in cognitive psychology, and The Work has been compared to the Socratic dialogue, Buddhist teachings, and 12-step programs. But Katie developed her method without any knowledge of religion or psychology. The Work is based purely on one woman’s direct experience of how suffering is created and ended.

It is astonishingly simple, accessible to people of all ages and backgrounds, and requires nothing more than a pen and paper and an open mind. Katie saw right away that giving people her insights or



answers was of little value — instead, she offers a process that can give people *their own* answers. The first people exposed to her Work reported that the experience was transformational, and she soon began receiving invitations to teach the process publicly.

Since 1986, Katie has introduced The Work to hundreds of thousands of people in over thirty countries around the world. In addition to public events, she has introduced her Work into corporations, universities, schools, churches, prisons, and hospitals. Katie's joy and humor immediately put people at ease, and the deep insights and breakthroughs that participants quickly experience make the events captivating (tissues are always close at hand).

Since 1998, Katie has directed The School for The Work, a nine-day curriculum of exercises offered several times a year in different locations. The School is an approved provider of continuing education units, and many psychologists, counselors, and therapists report that The Work is becoming an important part of their practice.

Katie also hosts an annual New Year's Mental Cleanse — a five-day program of continuous inquiry that takes place in Southern California at the end of December — and she offers weekend intensives, or “mini-schools,” in major cities. Audio and videotapes of Katie facilitating The Work on a wide range of topics (sex, money, the body, parenting) are available at her events and on her web site, [www.thework.org](http://www.thework.org).

In March 2002, Crown Harmony published Katie's first book, *Loving What Is: Four Questions That Can Change Your Life*, co-written with renowned author/translator Stephen Mitchell. *Loving What Is* has already been translated into 16 languages. It has been on several bestseller lists, including Amazon.com, where a Christian minister wrote that she would recommend it before the Bible.

This article is an excerpt from *Loving What Is*. For a deeper and more complete introduction to The Work, please look for *Loving What Is* at a bookstore near you, and visit the web site.

Welcome to The Work.

## What Is Is

The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, what is is what we want. If you want reality to be different than it is, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, “Meow.” Wanting reality to be different than it is is hopeless.

And yet, if you pay attention, you’ll notice that you think thoughts like this dozens of times a day. “People should be kinder.” “Children should be well-behaved.” “My husband (or wife) should agree with me.” “I should be thinner (or prettier or more successful).” These thoughts are ways of wanting reality to be different than it is. If you think that this sounds depressing, you’re right. All the stress that we feel is caused by arguing with what is.

People new to The Work often say to me, “But it would be disempowering to stop my argument with reality. If I simply accept reality, I’ll become passive. I may even lose the desire to act.” I answer them with a question: “Can you really know that that’s true?” Which is more empowering? — “I wish I hadn’t lost my job” or “I lost my job; what can I do now?”

The Work reveals that what you think shouldn’t have happened *should* have happened. It should have happened because it did, and no thinking in the world can change it. This doesn’t mean that you condone it or approve of it. It just means that you can see things without resistance and without the confusion of your inner struggle. No one wants their children to get sick, no one wants to be in a car accident; but when these things happen, how can it be helpful to mentally argue with them? We know better than to do that, yet we do it, because we don’t know how to stop.

I am a lover of what is, not because I'm a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don't feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

## **Staying in Your Own Business**

I can find only three kinds of business in the universe: mine, yours, and God's. (For me, the word God means "reality." Reality is God, because *it rules*. Anything that's out of my control, your control, and everyone else's control, I call that God's business.)

Much of our stress comes from mentally living out of our own business. When I think, "You need to get a job, I want you to be happy, you should be on time, you need to take better care of yourself," I am in your business. When I'm worried about earthquakes, floods, war, or when I will die, I am in God's business.

If I am mentally in your business or in God's business, the effect is separation. I noticed this early in 1986. When I mentally went into my mother's business, for example, with a thought like "My mother should understand me," I immediately experienced a feeling of loneliness. And I realized that every time in my life that I had felt hurt or lonely, I had been in someone else's business.

If you are living your life and I am mentally living your life, who is here living mine? We're both over there. Being mentally in your business keeps me from being present in my own. I am separate from myself, wondering why my life doesn't work.

To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is pure arrogance, and the result is tension, anxiety, and fear. Do I know what's right for myself? That is my only business. Let me work with that before I try to solve your problems for you.

If you understand the three kinds of business enough to stay in your own business, it could free your life in a way that you can't even imagine. The next time you're feeling stress or discomfort, ask yourself whose business you're in mentally, and you may burst out laughing! That question can bring you back to yourself.

And you may come to see that you've never really been present, that you've been mentally living in other people's business all your life. Just to notice that you're in someone else's business can bring you back to your own wonderful self. And if you practice it for a while, you may come to see that you don't have any business either and that your life runs perfectly well on its own.

### **Meeting Your Thoughts with Understanding**

A thought is harmless unless we believe it. It is not our thoughts, but the attachment to our thoughts, that causes suffering. Attaching to a thought means believing that it's true, without inquiring. A belief is a thought that we've been attaching to, often for years.

Most people think that they are what their thoughts tell them they are. One day I noticed that I wasn't breathing — I was *being breathed*. Then I also noticed, to my amazement, that I wasn't thinking —that I was actually being thought and that thinking isn't personal. Do you wake up in the morning and say to yourself, "I think I won't think today?"

It's too late: You're already thinking! Thoughts just appear. They come out of nothing and go back to nothing, like clouds moving across the empty sky. They come to pass, not to stay. There is no harm in them until we attach to them as if they were true.

No one has ever been able to control his thinking, although people may tell the story of how they have. I don't let go of my thoughts — I meet them with understanding. Then they let go of me.

Thoughts are like the breeze or the leaves on the trees or the raindrops falling. They appear like that, and through inquiry we can make friends with them. Would you argue with a raindrop? Raindrops aren't personal, and neither are thoughts. Once a painful concept is met with understanding, the next time it appears you may find it interesting. What used to be the nightmare is now just interesting. The next time it appears, you may find it funny. The next time, you may not even notice it. This is the power of loving what is.

## **Putting the Mind on Paper**

The first step in The Work is to write down your judgments about any stressful situation in your life, past, present, or future — about a person you dislike or a situation with someone who angers or frightens or saddens you. (Use a blank sheet of paper; or you can go to [www.thework.org](http://www.thework.org) to the section called “Do The Work,” where you'll find a Judge-Your-Neighbor Worksheet to download and print).

For thousands of years, we have been taught not to judge — but let's face it, we still do it all the time. The truth is that we all have judgments running in our heads. Through The Work we finally have permission to let those judgments speak out, or even scream out, on paper. We may find that even the most unpleasant thoughts can be met with unconditional love.

I encourage you to write about someone whom you haven't yet totally forgiven. This is the most powerful place to begin. Even if you've forgiven that person 99 percent, you aren't free until your forgiveness is complete. The 1 percent you haven't forgiven them is the very place where you're stuck in all your other relationships (including your relationship with yourself).

If you begin by pointing the finger of blame outward, then the focus isn't on you. You can just let loose and be uncensored. We're often quite sure about what other people need to do, how they should live, whom they should be with. We have 20/20 vision about others, but not about ourselves.

When you do The Work, you see who you are by seeing who you think other people are. Eventually you come to see that everything outside you is a reflection of your own thinking. You are the storyteller, the projector of all stories, and the world is the projected image of your thoughts.

Since the beginning of time, people have been trying to change the world so that they can be happy. This hasn't ever worked, because it approaches the problem backward. What The Work gives us is a way to change the projector — mind — rather than the projected. It's like when there's a piece of lint on a projector's lens.

We think there's a flaw on the screen, and we try to change this person and that person, whomever the flaw appears to be on next. But it's futile to try to change the projected images. Once we realize where the lint is, we can clear the lens itself. This is the end of suffering, and the beginning of a little joy in paradise.

### **How to Write on the Worksheet**

I invite you to be judgmental, harsh, childish, and petty. Write with the spontaneity of a child who is sad, angry, confused, or frightened. Don't try to be wise, spiritual, or kind. This is the time to be totally honest and uncensored about how you feel. Allow your feelings to express themselves, without any fear of consequences or any threat of punishment.

On the next page, you'll find an example of a completed Judge-Your-Neighbor Worksheet. I have written about my second husband, Paul, in this example (included here with his permission); these are the kinds of thoughts that I used to have about him before my life changed. As you read, you're invited to replace Paul's name with the appropriate name in your life.

1. Who angers, disappoints, or confuses you, and why? What is it about them that you don't like?

I am angry at Paul because he doesn't listen to me. I'm angry at Paul because he doesn't appreciate me. I don't like Paul because he argues with everything I say.

2. How do you want them to change? What do you want them to do?

I want Paul to give me his full attention. I want Paul to love me completely. I want Paul to agree with me. I want Paul to get more exercise.

3. What is it that they should or shouldn't do, be, think, or feel? What advice could you offer?

Paul should/shouldn't watch so much television. Paul should stop smoking. Paul should tell me that he loves me. He shouldn't ignore me.

4. Do you need anything from them? What do they need to do in order for you to be happy?

I need Paul to listen to me. I need Paul to stop lying to me. I need Paul to share his feelings and be emotionally available. I need Paul to be gentle and kind and patient.

5. What do you think of them? Make a list. (Remember, be petty and judgmental.)

Paul is dishonest. Paul is reckless. Paul is childish. He thinks he doesn't have to follow the rules. Paul is uncaring and unavailable. Paul is irresponsible.

6. What is it that you don't want to experience with that person again?

I don't ever want to live with Paul if he doesn't change. I don't ever want to argue with Paul again. I don't ever want to be lied to by Paul again.

## **Inquiry: The Four Questions and Turnaround**

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you think that thought?
4. Who would you be without the thought?

and

Turn it around.

Now, using the four questions, let's investigate the first statement from number 1 on the example: I don't like Paul because he doesn't listen to me. As you read along, think of someone you haven't totally forgiven yet.

1. Is it true? Ask yourself, "Is it true that Paul doesn't listen to me?" Be still. If you really want to know the truth, the answer will rise to meet the question. Let the mind ask the question, and wait for the answer that surfaces.

2. Can you absolutely know that it's true? Consider these questions: "Can I absolutely know that it's true that Paul doesn't listen to me? Can I ever really know when someone is listening or not? Am I sometimes listening even when I appear not to be?"

3. How do you react when you think that thought? How do you react when you think that Paul doesn't listen to you? How do you treat him? Make a list.

For example: "I give him 'the look.' I interrupt him. I punish him by not paying attention to him. I start talking faster and louder, and I try to force him to listen." Continue making your list as you go inside, and see how you treat yourself in that situation and how that feels. "I shut down. I isolate myself. I eat and sleep a lot, and I watch television for days. I feel depressed and lonely." Notice all the effects of thinking the thought "Paul doesn't listen to me."



4. Who would you be without the thought? Now consider who you would be if you couldn't think the thought "Paul doesn't listen to me." Close your eyes and imagine Paul not listening to you. Imagine you don't have the thought that Paul doesn't listen (or that he even should listen). Take your time. Notice what is revealed to you. What do you see? How does that feel?

Turn it around. The original statement "I don't like Paul because he doesn't listen to me," when reversed, could become "I don't like myself because

I don't listen to Paul." Is that as true or truer for you? Are you listening to Paul when you're thinking about him not listening to you? Continue to find other examples of how you don't listen.

Another turnaround that could be as true or truer is "I don't like myself because I don't listen to myself." When you're thinking about what Paul should be doing, are you listening to yourself? Do you put your own life on hold when you believe that he should listen? Can you hear how you talk to Paul when you believe that he should listen?

After sitting with the turnarounds, you would continue a typical inquiry with the next statement written in number 1 on the Worksheet — I'm angry at Paul because he doesn't appreciate me — and then with the other statements on the Worksheet.

### **Your Turn: The Worksheet**

Now you know enough to try out The Work. First you'll put your thoughts on paper. Simply pick a person or situation and write, using short, simple sentences. Remember to point the finger of blame or judgment outward. You may write from your present position or from your point of view as a five-year-old or twenty-five-year-old. Please do not write about yourself yet.

1) Who angers, confuses, saddens, or disappoints you, and why? What is it about them that you don't like? (Remember: Be harsh, childish, and petty.) I don't like (I am angry at, or saddened, frightened, confused, etc., by) \_\_\_\_\_ because \_\_\_\_\_.

2) How do you want them to change? What do you want them to do? I want \_\_\_\_\_ (name) \_\_\_\_\_ to \_\_\_\_\_.

3) What is it that they should or shouldn't do, be, think, or feel? What advice could you offer? \_\_\_\_\_ should (shouldn't) \_\_\_\_\_.

4) Do you need anything from them? What do they need to do in order for you to be happy? (Pretend it's your birthday and you can have anything you want. Go for it!) I need \_\_\_\_\_ to \_\_\_\_\_.

5) What do you think of them? Make a list. (Don't be rational or kind.) \_\_\_\_\_ is \_\_\_\_\_.

6) What is it that you don't want to experience with that person again? I don't ever want \_\_\_\_\_.

### **Your Turn: The Inquiry**

One by one, put each statement on the Judge-Your-Neighbor Worksheet up against the four questions, and then turn around the statement you're working on. (If you need help, refer back to the example a few pages ago). Throughout this process, explore being open to possibilities beyond what you think you know. There's nothing more exciting than discovering the don't-know mind.

It's like diving. Keep asking the question and wait. Let the answer find you. I call it the heart meeting the mind: the gentler polarity of mind

(which I call the heart) meeting the polarity that is confused because it hasn't been investigated. When the mind asks sincerely, the heart will respond. You may begin to experience revelations about yourself and your world, revelations that can transform your whole life, forever.

Look at the first statement that you have written on number 1 of your Worksheet. Now ask yourself the following questions:

1. Is it true?

Reality, for me, is what is true. The truth is whatever is in front of you, whatever is really happening. Whether you like it or not, it's raining now. "It shouldn't be raining" is just a thought. In reality, there is no such thing as a "should" or a "shouldn't." These are only thoughts that we impose onto reality. Without the "should" and "shouldn't," we can see reality as it is, and this leaves us free to act efficiently, clearly, and sanely.

When asking the first question, take your time. The Work is about discovering what is true from the deepest part of yourself. You are listening for your answers now, not other people's, and not anything you have been taught. This can be very unsettling, because you're entering the unknown. As you continue to dive deeper, allow the truth within you to rise and meet the question. Be gentle as you give yourself to inquiry. Let this experience have you completely.

2. Can you absolutely know that it's true?

If your answer to question 1 is yes, ask yourself, "Can I absolutely know that it's true?" In many cases, the statement appears to be true. Of course it does. Your concepts are based on a lifetime of uninvestigated beliefs.

After I woke up to reality in 1986, I noticed many times how people, in conversations, the media, and books, made statements such as "There isn't enough understanding in the world," "There's too much violence," "We should love one another more." These were stories I

used to believe, too. They seemed sensitive, kind, and caring, but as I heard them, I noticed that believing them caused stress and that they didn't feel peaceful inside me.

For instance, when I heard the story "People should be more loving," the question would arise in me "Can I absolutely know that that's true? Can I really know for myself, within myself, that people should be more loving? Even if the whole world tells me so, is it really true?"

And to my amazement, when I listened within myself, I saw that the world is what it is — nothing more, nothing less. Where reality is concerned, there is no "what should be." There is only "what is," just the way it is, right now. The truth is prior to every story. And every story, prior to investigation, prevents us from seeing what's true.

Now I could finally inquire of every potentially uncomfortable story, "Can I absolutely know that it's true?" And the answer, like the question, was an experience: No. I would stand rooted in that answer — solitary, peaceful, free.

How could no be the right answer? Everyone I knew, and all the books, said that the answer should be yes. But I came to see that the truth is itself and will not be dictated to by anyone. In the presence of that inner no, I came to see that the world is always as it should be, whether I opposed it or not. And I came to embrace reality with all my heart. I love the world, without any conditions.

If your answer is still yes, good. If you think that you can absolutely know that that's true, it's always fine to move on to question 3.

### 3. How do you react when you think that thought?

With this question, we begin to notice internal cause and effect. You can see that when you believe the thought, there is an uneasy feeling, a disturbance that can range from mild discomfort to fear or panic.

After the four questions found me, I would notice thoughts like “People should be more loving,” and I would see that they caused a feeling of uneasiness. I noticed that prior to the thought, there was peace. My mind was quiet and serene. This is who I am without my story.

Then, in the stillness of awareness, I began to notice the feelings that came from believing or attaching to the thought. And in the stillness, I could see that if I were to believe the thought, the result would be a feeling of unease and sadness.

When I asked, “How do I react when I believe the thought that people should be more loving?” I saw that not only did I have an uncomfortable feeling (this was obvious), but I also reacted with mental pictures to prove that the thought was true.

I flew off into a world that didn’t exist. I reacted by living in a stressed body, seeing everything through fearful eyes, a sleepwalker, someone in an endless nightmare. The remedy was simply to investigate.

I love question 3. Once you answer it for yourself, once you see the cause and effect of a thought, all your suffering begins to unravel.

#### 4. Who would you be without the thought?

This is a very powerful question. Picture yourself standing in the presence of the person you have written about when they’re doing what you think they shouldn’t be doing. Now, just for a minute or two, close your eyes, and imagine who you would be if you couldn’t think this thought.

How would your life be different in the same situation without this thought? Keep your eyes closed and watch them without your story. What do you see? How do you feel about them without the story? Which do you prefer — with or without your story? Which feels kinder? Which feels more peaceful?

For many people, life without their story is literally unimaginable. They have no reference for it. So “I don’t know” is a common answer to this question. Other people answer by saying, “I’d be free,” “I’d be peaceful,” “I’d be a more loving person.” You could also say, “I’d be clear enough to understand the situation and act efficiently.” Without our stories, we are not only able to act clearly and fearlessly; we are also a friend, a listener. We are people living happy lives. We are appreciation and gratitude that have become as natural as breath itself.

Happiness is the natural state for someone who knows that there’s nothing to know and that we already have everything we need, right here now.

Turn it around.

To do the turnaround, rewrite your statement. First, write it as if it were written about you. Where you have written someone’s name, put yourself. Instead of “he” or “she,” put “I.” For example, “Paul should be kind to me” turns around to “I should be kind to myself” and “I should be kind to Paul.” Another type is a 180 degree turnaround to the extreme opposite: “Paul shouldn’t be kind to me.” He shouldn’t be kind, because he isn’t (in my opinion). This isn’t an issue of morality but of what’s actually true.

You may come to see three or four or more turnarounds in one sentence. Or there may be just one that feels true for you. Consider whether or not each turned-around statement is as true as or truer than your original statement. For example, the turnaround “I should be kind to myself” does seem as true as or truer than the original statement, because when I think that Paul should be kind to me, I get angry and resentful, and I cause myself a lot of stress. This is not a kind thing to do.

If I were kind to myself, I wouldn’t have to wait for kindness from others. “I should be kind to Paul” — that too is at least as true as the original statement. When I think that Paul should be kind to me and I get angry and resentful, I treat Paul very unkindly, especially in my

mind. Let me begin with myself and act as I'd like Paul to act. As for "Paul shouldn't be kind to me," that is certainly truer than its opposite. He shouldn't be kind, because he isn't. That's the reality of it.

The turnaround is a very powerful part of The Work. As long as you think that the cause of your problem is "out there" — as long as you think that anyone or anything else is responsible for your suffering — the situation is hopeless. It means that you are forever in the role of the victim, that you're suffering in paradise. So bring the truth home to yourself and begin to set yourself free. Inquiry combined with the turnaround is the fast track to self-realization.

## **The Turnaround for Number 6**

The turnaround for statement number 6 on the Judge-Your-Neighbor Worksheet is a bit different from the others. We change "I don't ever want to..." to "I am willing to..." and "I look forward to..."

For example, "I don't ever want to argue with Paul again" turns around to "I am willing to argue with Paul again" and "I look forward to arguing with Paul again."

This turnaround is about embracing all of life. Saying — and meaning — "I am willing to..." creates openness, creativity, and flexibility. Any resistance that you may have is softened, allowing you to lighten up rather than keep hopelessly applying willpower or force to eradicate the situation from your life. Saying and meaning "I look forward to..." actively opens you to life as it unfolds.

It's good to acknowledge that the same feelings or situation may happen again, if only in your thoughts. When you realize that suffering and discomfort are the call to inquiry, you may actually begin to look forward to uncomfortable feelings. You may even experience them as friends coming to show you what you have not yet investigated thoroughly enough. It's no longer necessary to wait for people or situations to change in order to experience peace and harmony. The Work is the direct way to orchestrate your own happiness.

## **Frequently Asked Questions, by Byron Katie**

### **I have a hard time writing about others. Can I write about myself?**

If you want to know yourself, I suggest you write about someone else. Point The Work outward in the beginning, and you may come to see that everything outside you is a direct reflection of your thinking. It is all about you. Most of us have been pointing our criticism and judgments at ourselves for years, and it hasn't solved anything yet. Judging someone else, inquiring, and turning it around is the fast path to understanding and self-realization.

### **How can you say that reality is good? What about war, rape, poverty, violence, and child abuse? Are you condoning them?**

How could I condone them? I simply notice that if I believe they shouldn't exist when they do exist, I suffer. Can I just end the war in me? Can I stop raping myself and others with my abusive thoughts and actions? If not, I'm continuing in myself the very thing I want to end in the world. I start with ending my own suffering, my own war. This is a life's work.

### **So what you're saying is that I should just accept reality as it is and not argue with it. Is that right?**

The Work doesn't say what anyone should or shouldn't do. We simply ask, "What is the effect of arguing with reality? How does it feel?" This Work explores the cause and effect of attaching to painful thoughts, and in that investigation we find our freedom. To simply say that we shouldn't argue with reality just adds another story, another philosophy or religion. It hasn't ever worked.

### **Loving what is sounds like never wanting anything. Isn't it more interesting to want things?**



My experience is that I do want something all the time: What I want is what is. It's not only interesting, it's ecstatic! When I want what I have, thought and action aren't separate; they move as one, without conflict. If you find anything lacking, ever, write down your thought and inquire. I find that life never falls short and doesn't require a future. Everything I need is always supplied, and I don't have to do anything for it. There is nothing more exciting than loving what is.

### **What if I don't have a problem with people? Can I write about things, like my body?**

Yes. Do The Work on any subject that is stressful. As you become familiar with the four questions and the turnaround, you may choose subjects such as the body, disease, career, or even God. Then experiment with using the term "my thinking" in place of the subject when you do the turnarounds.

Example: "My body should be strong and healthy" becomes "My thinking should be strong and healthy."

Isn't that what you really want — a balanced, healthy mind? Has a sick body ever been a problem, or is it your thinking about the body that causes the problem? Investigate. Let your doctor take care of your body as you take care of your thinking. I have a friend who can't move his body, and he is loving life. Freedom doesn't require a healthy body. Free your mind.

### **How can I learn to forgive someone who hurt me very badly?**

Judge your enemy, write it down, ask four questions, turn it around. See for yourself that forgiveness means discovering that what you thought happened didn't. Until you can see that there's nothing to forgive, you haven't really forgiven. No one has ever hurt anyone. No one has ever done anything terrible. There's nothing terrible except your uninvestigated thoughts about what happened. So whenever you suffer: Inquire, look at the thoughts you're thinking, and set yourself

free. Be a child. Start from the mind that knows nothing. Take your ignorance all the way to freedom.

### **Is inquiry a process of thinking? If not, what is it?**

Inquiry appears to be a process of thinking, but actually it's a way to undo thinking. Thoughts lose their power over us when we realize that they simply appear in the mind. They're not personal. Through The Work, instead of escaping or suppressing our thoughts, we learn to meet them with open arms.

### **Katie-isms, by Byron Katie**

When you argue with reality, you lose — but only always.

Personalities don't love — they want something.

If I had a prayer, it would be this: "God spare me from the desire for love, approval, or appreciation. Amen."

Don't pretend yourself beyond your own evolution.

I am the perpetrator of my suffering — but only all of it.

An unquestioned mind *is* the world of suffering.

Anything you want to ask a teacher, ask yourself. If you really want to know the truth, the answer will meet your question.

It's not your job to like me — that's my job.

The worst thing that has ever happened is an uninvestigated thought.

Sanity doesn't suffer, ever.

The teacher you need is the person you're living with. Are you listening?

I don't let go of my concepts — I meet them through inquiry, then *they* let go of *me*.

Reality is always kinder than the story we tell about it.

Ultimately I am all that I can know.

Confusion is the only suffering.

What is is. You don't get a vote. Haven't you noticed?

I'm very clear that the whole world loves me. I just don't expect them to realize it yet.

There are no physical problems — only mental ones.

The direct route is: "God is everything; God is good."

The only way I can be angry at you is when I have thought, said, or done something that is unkind in my own opinion.

Reality is God, because it rules.

## **Miscellaneous**

### **Reviews of Loving What Is**

"Good lord! Where did Byron Katie come from? She's the real McCoy. Her Work is amazingly effective — a simple, straightforward antidote to the suffering we unnecessarily create for ourselves. She asks us to believe nothing, but provides a surprisingly effective and simple way to cut through the tangle of delusions we wrap ourselves in."

- David Chadwick, author of *The Crooked Cucumber*

“Suppose you could find a simple way to embrace your life with joy, to stop arguing with reality, and to achieve serenity in the midst of chaos. That is what *Loving What Is* offers. It is no less than a revolutionary way to live your life. The question is: Are we brave enough to accept it?”

- Erica Jong, author of *Fear of Flying*

“If I could give one book to everyone in the world, this would be it. I’m an ordained Christian minister, and I’d give out this book before the Bible itself. It is literally the key to end all suffering. The information it contains can replace all self-help books. It’s that transformational.”

- J.B., Nemaquin, PA (on Amazon.com)

“I am 52 years old, and I’m not someone who is trying to work out my relationship with other races, or explore why a spouse was unfaithful to me. I’m a disabled vet; for over thirty years I’ve been diagnosed with ‘paranoid schizophrenia.’

One day a few weeks ago, my friend Fred stopped by. He brought over a book called *Loving What Is*. ‘Let’s try this,’ he said. I went through the processes as Fred facilitated. ‘Who would you be without that thought?’ I sank down into what it would be like to be without that thought, someone simply enjoying my relationships with other people, exchanging ideas, passing time. It felt... free.

In twenty minutes, years of irascibility, anger, and confusion... just went away.

I used to sit in Rap Groups when the Vet Centers first came out and I watched Vets struggle with the horrors that had changed their lives so dramatically. Today, I wish someone had been sitting there like my buddy Fred, with *Loving What Is* and a piece of paper with four questions scribbled on it. Who might it have helped? I can only wonder. Three decades later, I know it helped me. I only have one

thing to say to other Vets about that: For those who fought for freedom, it's your time to be free. Do The Work.”

- J.M.L., Reno, NV

## **The School for The Work**

The School for The Work is an unrelenting, unforgettable experience, filled from morning till night with group outings and original exercises that provoke insights about any aspect of your life that you haven't fully embraced. People who have “been everywhere and done everything” are amazed at the transformation this School makes possible. Each exercise is led directly by Katie and is tailored to meet the needs of the participants attending — no two Schools are the same. And after nine days with Katie, you won't be either.

Special: Register online for The School for The Work with Katie and receive \$100 off tuition. Enter code LB0403sw during the checkout process.\*

## **Weekend Intensives**

The Weekend Intensives are an opportunity to experience the power of The School in a weekend program. Katie leads participants through several of her most powerful exercises, and gives people a chance to facilitate themselves and others. Clear communication skills, such as how to say no in a way that is loving yet maintains your integrity, and a question and answer period round out the program. Don't be fooled by the shorter length — the intensives have been called “blockage-busting,” “revelatory,” and “the most powerful weekend of my life.”

Special: Register online for a Weekend Intensive with Katie and receive \$30 off tuition. Enter code LB0403wi during the checkout process.\*

## **The Work Store**

A popular and enjoyable way to deepen one's understanding of The Work is to listen to Katie as she facilitates others. Her fluidity, her balance of firmness and compassion, and her trademark sense of humor all make for great entertainment and powerful realizations. The Work Store offers tapes and videos of Katie expertly facilitating audience members on topics such as sex, money, parents, relationships, work, and much more.

Special: Shop online for tapes and videos and save \$10 on purchases over \$50. Enter code LB0403ws during the checkout process.\*

\* Each person may use each discount code only one time, and may not combine it with other offers for that event or purchase. To receive these discounts, visit the web site

## **The Work on the Internet**

Would you like to connect with other people doing The Work? There are many groups meeting online to discuss their experiences and realizations related to doing The Work, as well as ways to move inquiry into places such as prisons and mental health practices. You can learn more about these discussion groups by visiting the “Network with Others” section of the web site.

## **The Four Questions**

Here are the four questions again. Some people print this on a card and keep it close at hand.

- 1 Is it true?
- 2 Can you absolutely know that it's true?
- 3 How do you react when you think that thought?
- 4 Who would you be without the thought?

Turn the statement around:

Is that as true or truer? Can you find another turnaround?

### **How to use this shortcut**

Whenever you're feeling under the weather, unhappy, or stressed, stop for a few minutes and do the Work. Use a pen and some paper and just ask yourself the above questions, and see what comes up for you. Don't force anything, just answer honestly and see how you answer. Surprisingly often you'll be able to just let go of whatever is troubling you.

This will allow you to let go of all kinds of things that were stressful in the past. No matter how long they have troubled you, asking these four simple questions can help you let go of them. As you become calmer and more relaxed, you're less likely to resort to overeating to help you feel better. Once more, without effort, your excess weight will gradually disappear.

### **Where to find out more**

The Work is presented in great detail for free at their [web site](#). There are many articles to read as well as free worksheets you can download to do the work yourself. Byron Katie has also written an excellent book on the topic called 'Loving What Is'. It's available at her web site, as well as Amazon and many other booksellers.

### **Summary**

The Work allows us to escape from the grip that our thoughts often have on us. By realizing how much trouble many of our thoughts and beliefs cause us, we're more able to let go of those which don't serve us. As we gradually let go of things which keep us from being happy and loving, we find ourselves much more at peace. All from four simple questions.

## Emotional Freedom Techniques

EFT is a very powerful emotional healing process which takes only a few minutes to apply. Instead of taking months or years of talk therapy to understand your problem and where it came from, EFT is able to bring about painless healing often in a matter of hours. It's helped people with life long issues, including Vietnam veterans.



However, it's just as effective at dealing with simple phobias, or various forms of anxiety and emotional discomfort. This is why it's an excellent tool to help with weight loss. By using EFT to take care of emotional pain, you'll find yourself less likely to reach for the fridge for comfort. This will lead to you naturally losing weight, without willpower or feeling deprived.

### Introduction, By Siliva Hartmann

**EFT is a meridian energy therapy** - just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian points by tapping on them or massaging them lightly.

**EFT is a true mind/body healing technique** because it combines the physical effects of meridian treatments with the mental effects of focussing on the pain or problem at the same time.

**EFT is a self help protocol**, designed for ease of use and so everyone can benefit from Emotional Freedom Techniques without prior knowledge about meridians.

**EFT was designed and developed by Gary Craig**, a Stanford Engineer, from Dr. Roger Callaghan's Thought Field Therapy



or TFT. TFT is done by a carefully trained practitioner and relies on complex sequences of tapping the points.

Gary Craig applied the concept of "total redundancy" to TFT and made the EFT Emotional Freedom Techniques protocol in which you tap all the meridian points for every problem, so by default you will always tap on the right one.

Gary Craig' [web site](#) is where you can buy a comprehensive EFT video course that shows you how to do Emotional Freedom Techniques with many different people and in many different situations, including treating Vietnam veterans for severe post traumatic stress disorder (PTSD), fears and severe phobias, sports performance, performance anxiety and addictions to cigarettes, sugar and much, much more besides.

Sometimes, the reasons and causes for problems, anxieties and fears are difficult to reach for a single person working on their own.

In this case, it is a good thing to visit with a good EFT Emotional Freedom Techniques or MET (meridian energy therapies) practitioner who has experience and can find out how to start the process off right.

But you still continue to use the basic EFT protocol at home or when you are in the situation that is making you nervous, fearful or stressed.

You can do the Emotional Freedom Technique on yourself anywhere, everywhere - all it takes is a few minutes and your own hands - makes EFT remarkable in all ways in psychology and self help.

Without any training, you really can use EFT to help yourself in moments of doubt and fear, in the middle of the night, or when you are on your own.

## The Basic Process

### The EFT tapping points



**0 = The Sore Spot** - On your chest where you would pin a medal or a brooch. Gently push with your fingertips to find an area that feels tender, rather than sore.

**1 = Start Of The Eyebrow** - Where the bone behind your eyebrow turns into the bridge of your nose.

**2 = Corner Of The Eye** - On the bone in the corner of your eye.

**3 = Under The Eye** - On the bone just below your eye, in line with your pupil if you look straight ahead.

**4 = Under The Nose** - Between your nose and your upper lip

**5 = Under The Mouth** - In the indentation between your chin and your lower lip

**6 = Collarbone** - In the angle formed by your collarbone and the breastbone

**7 = Under Arm** - in line with a man's nipples on the side of the body

**8 = Thumb** - all finger points are on the side of the finger, in line with the nail bed.

**9 = Index, 10 = Middle, 11 = Little Finger**

**12 = Karate Chop Point** - on the side of your hand, in line with your life line.

**13 = Gamut Point** - behind and between the knuckles of your ring and little finger.

**Take a moment now to find and touch each point in turn.** You may notice that some feel slightly different from others, or you may not. When you get to work on various issues, you will feel that some of the points "feel" differently when you tap them, and you will notice that the shift or release will occur with one or more points, depending on the reason for using the technique at the time.

### "Tapping" The Points

In EFT, these points are stimulated by tapping on them. Try now tapping the point under your eye, with your index or index and middle fingers, quite rapidly\* about seven to nine times or as many times as it takes for you to take a normal breath in and out. The strength of tapping should be comfortable, but you should be able to feel a resonance from the tapping spreading out across a reasonable part of that side of your face.

*\* I have noticed that different people have different speeds of tapping. We generally show a tapping speed in line with the rhythm of "Jingle Bells".*

*In spite of this, some people develop a kind of woodpecker action after a while, and others tap quite slowly. I would suggest that what **feels** right to you probably **is** right for you.*

For practice, tap all the points from the Eyebrow to the Karate Chop point now just to get the feel of doing it.

### Contacting The Problem

**To direct the releasing effects of the tapping to the required area, we focus the mind on the problem by using a statement of the problem: "I am afraid of heights."**

Preferably, this is **spoken out loud** to engage as much of the neurology as possible and to contact the problem as directly as possible.

In a moment, take a little time to think about a problem that you have, a pain, a fear, an illness or perhaps a phobia, something that always makes you depressed when you think about it, just generally any negative emotion you are happy to release now and forever. Choose a statement that rings true to you, choosing words that make sense to you and you alone.

**The more forthright, direct and truthful you can be, the more profound a change you will experience.**

The Set Up Now that we've named the problem, we can start with the Set Up.

For the opening statement, we use the following routine:

Find the sore spot on either side of your chest; rub it round gently and say:

**"Even though I (insert problem statement), I deeply and profoundly accept myself."**

For example, if you decided your problem was "My back is killing me", you would say as your Set Up Statement:

***"Even though my back is killing me, I deeply and profoundly accept myself."***

Repeat this **three times**, rubbing the Sore Spot continuously as you do so, and please do endeavor to put some meaning and energy into the "I deeply and profoundly accept myself" part.

The Round Following the Set Up, we now tap all the points, starting from the top (Eyebrow) and ending up with the Karate Chop Point on the hand.

As you tap each point, repeat **a shortened version of the Set Up Statement which is called the reminder phrase**; so if your set up statement was,

***"Even though I hate and despise my boss, I deeply and profoundly accept myself",***

... you say the reminder (shortened version) phrase:

***"I hate and despise my boss"***

**... on each point at the same time as you tap.**

The 9 Gamut

This is the middle part in what is sometimes called the EFT sandwich:

Following tapping all the points about 7 times from the top of the eyebrow to the karate chop point, you tap continuously on the Gamut point, and then do the following:

- move your eyes from the floor to the ceiling without moving your head and back again.
- move your eyes from left to right and back again
- move your eyes in a big circle and back again
- hum - Happy Birthday To You (or another tune or just a scale) for about one bar;
- count - one two three four five
- hum again

Take a deep breath in and out.

As you do these (at first slightly unusual) things\*, repeat the statement in between as best you can to keep yourself focussed on the problem in hand.

**Then, repeat the Round one more time**, tapping all the points from the eyebrow to the karate chop point. Take a deep breath and allow yourself a moment to reflect on how you feel now.

The eye movements are linked to various brain functions and the reason for the humming-counting-humming maneuver is to switch between hemispheres quite quickly; both are designed to "wake up" your neurology so the tapping can go to work on the problem.

Testing Your Changes A great way to ascertain from yourself or others just how you feel is to put a number on it. The technical term is taking a SUD Level or SUDS Scale reading, which stands for ***Subjective Units of Disturbance***.

What that means is you ask yourself:

**On a scale of 10 to 0, 10 being the highest imaginable pain/freak out/fear/sadness/discomfort, and 0 being completely calm, pain free, tranquil, relaxed and happy, how would you rate what you are experiencing at this moment?**

This works for emotions as well as for physical sensations and even for beliefs which might be a problem:

**On a scale of ten to zero:**

- how depressed are you right now?
- how painful is your leg?
- how bad is your fear of heights?
- how distressing is this memory?
- how much do you hate this person?

Before you begin tapping for any subject or problem, **take the time to take a SUDS rating and make a mental note of it.** Then, when you have completed a Sandwich treatment, ask the question again to find how much has changed. It's a good way to be able to assess how well the treatment has worked and **if you need to repeat the treatment.**

Sometimes, the problem can go from as high as 10 to as low as 0 in a single Sandwich treatment.

More often though, you start with 8 or 9, and after a round of tapping, the severity is reduced to a 4 or a 5.

This means that the treatment is beginning to work but there's more to be done.

### **Testing is a very important part of the EFT procedure**

#### **Subsequent Treatment Rounds**

If the original set up statement was something along the lines of, "Even though I have this problem" and you have tapped a first round on "this problem", and upon checking with yourself, this problem is not as severe anymore but still noticeable, change the start up affirmation to:

**"Even though there is still some of this problem remaining",**

or

**"Even though I still have some of this problem".**

When you're down to a rating of "Oh its a tiny little bit now" which would be a 2, 1 or a half on the subjective rating scale, a third round can be done with the opening statement of,

**"I want to completely overcome this problem and I fully and completely accept myself".**

And that's it!

It's as simple as that. There's no need for you to worry about getting it wrong, or getting the wrong statement.

## **ALL TAPPING YOU DO IS GOOD FOR YOU.**

Any tapping you do stimulates the meridians, relaxes you, calms you and makes you feel a little better, even if you get totally the wrong opening affirmation and the original problem has not yet shifted.

Just try again with a different start up phrase, or think about what the truth about the problem might be.

## **Choices, By Pat Carrington**

### **Introduction**

Frequently, if a client has been cleared of a block by using EFT the problem may be gone forever, or only require a few “booster” tapping sessions at home before the treatment really ‘takes’.

But what of the issues which, having been successfully tapped on, still need to be assimilated into a person’s life pattern to have their greatest effect? The way a person has lived their life up until now – their self-image and habitual ways of being — can work against even the most beneficial changes, and although they may not wipe out the gains made, they can make these gains less pervasive and influential. In this event we will not have gotten everything we could out of that stunning switch in perspective that can occur with EFT.

Here is where the use of “Choices” (a form of affirmation which I find more effective in many instances than the straight declarative form)



comes in. I've found that the "Choices" method can assist a client to consolidate and make permanent the beneficial changes brought about by EFT, thus helping these EFT-created changes to generalize to many aspects of the person's life. When that happens, we see true transformation.

Let me give you an example.

"Tara" came into therapy for help with intermittent depression and marital problems. She is an accomplished singer who grew up in a world of theatre people. Her mother played a regular bit part on a TV series, her father was a well-known TV director. Their friends were all show biz people.

An only child, Tara recalls that she was always dressed up in "adorable" clothes with an ever-different colored bow in her soft blonde curls. She would often recite Longfellow poems and do a little tap dance at age 3 to excited rounds of applause from their guests, which of course was the highest form of compliment from show people.

At superficial glance one might conclude that she was "over-valued" since her every move was subjected to exaggerated attention (either praise or criticism), and her mother professed incredible pride and seemed to glory in her daughter's achievements, never missing a detail of one of her recitals. In fact, the mother seemed almost to have lived vicariously through her daughter, enjoying a triumph that she had never achieved in her own modest career.

When Tara came into therapy she acted as though she had "no identity" of her own, and this became a main focus for her treatment. In her year and a half of therapy we have made heavy use of EFT, with many sessions of tapping on her original family situation, on her fear of being more successful than her pretty actress mother, on her fear of failing to please her "highly directive" director father, and on the depression she feels today when she isn't getting what she considers enough attention (no applause in other words) from others.

During this time, Tara has changed remarkably. She now walks with dignity where before she seemed to flutter into a room. She now speaks more slowly and with a new sincerity and directness that make her come across as a “real person” to others for the first time.

Her life in general, and her relationships have become much more real and very much richer. It often seems as though I am greeting a different person when she walks into the office. Despite all these gains, however, she still had a residual sadness in her face, the look of a person gazing at some far away painful scene.

When she came for a session recently, her sadness had come to the surface (which was good because now we could deal with it directly), and as we tapped on the sadness, it became evident that it was not due to anything in the present, nor was it about her being forced in childhood to uphold a facade for their guests — none of that.

In fact, it was not about attention per se — rather it was about being in people’s awareness, having them AWARE of her.

In the middle of this session, Tara’s eyes lowered, and she became silent. Then she said in a low voice: “It’s not about my worry about pleasing people anymore — that’s doesn’t bother me the way it did. It’s just that, attention or no attention, , and no matter how much she SAID she loved me, and no matter how much she boasted about me — my mother wasn’t really AWARE of ME.”

Her eyes welled up with tears as she spoke about this, and she explained that even when she had performed beautifully, and tap-danced and sung and recited the way her parents wanted her to, that she now realized that her mother never really saw the real “her”.

“She saw the little puppet she’d created. She was so proud of that puppet, but she never saw ME....” She said. Here was a source of some of the deepest sadness within Tara — and we were able, gently

and with respect for the difficulty it was for her to articulate this, to dissipate this painful memory through quietly tapping on it:

“...even though Mommy never really saw me” ...”

“...even though Mommy didn’t know I was there ...”,

“...even though her eyes didn’t really look at me ...”

As she tapped away, a quiet came over Tara, a peace I hadn’t seen there before.

There was a new clarity in her eye as she said very slowly, “I never — really — realized this before. She saw the performer. She loved her. She never saw me...” She then said that she had a peaceful feeling about this and that it was a tremendous relief to have faced it and been able to tap right on it, not on issues “around it”. It was clear that this was a turning point for Tara.

I knew how fundamental the session had been and I wanted to help her consolidate her gain, to allow this insight and understanding to become a basis for her life from now on. To help this along, I suggested that we make a few “Choices” relating to what she had discovered. She was familiar with making Choices since we’d used them a number of times during her therapy. So she worked with me to create several to take home with her.

These choices evolved from a discussion which she and I then had about how we can “see” and respect ourselves even though someone as vital in our life as a parent may not have been truly aware of us as a child. Our discussion led to Tara realizing that her mother had not seen “her” (but only the little budding stage star) because the mother had never seen herself as real, but only as a would-be “star.” None of this was because she didn’t love Tara. Love had nothing to do with it. It was her mother’s sense of insignificance that was the factor operating here.

This was a time of deep understanding for Tara, a melting of a resentment she had carried around against her mother for years. She realized now that the two of them had both been caught in the same dilemma--that both had felt they were nonentities.

Several Choices (which Tara took home with her to work on) came out of this session, each dealing with a slightly different aspect of the problem and stating her preferred solution for it. These were worded as follows:

“I choose to know and love the ‘real’ me, even if Mommy couldn’t.”

“I choose to understand why Mommy could never ‘see’ me.”

“I choose to feel close to Mommy because we both had the same problem.”

And finally,

“I choose to allow my real self to be seen.”

This was probably the most important choice of all for Tara because she had been terribly afraid to take this chance before.

She took home the little blue cards with her choices written on them (I’ll explain the process in a moment) and has used them ever since. The feeling that she could “know my real self” has grown in her as a result of this to a point where she has been largely able to dispense with the facade she had had all her life.

She is now an intentionally fine and studied performer on stage (in fact she claims to be an even better one now) but unlike before, she is now able to be a ‘real’ person off stage, one whom she genuinely likes and respects, as do many others. Her choices have strongly reinforced the insights she gained during the EFT process.

If you would like to make use of Choices to consolidate gains made with EFT, here is the procedure I use:

At the end of an EFT session, when we have cleared, or partly cleared, important emotional blocks, I will suggest that the client formulate, along with me, a meaningful choice or series of choices (the latter covers more than one aspect) relating to the issue they have just been tapping on.

I then write down each choice for them, using their exact words, on a 3” by 5” card (usually light blue colored), a separate card for each choice, and hand these to the client at the end of the session. This little ritual has the effect of serving as a symbolic gift from me and is almost always treated with respect and seriousness because of this.

I then instruct the client to read over their choices at home, out loud, twice a day (at a minimum) — when first waking in the morning, and before going to sleep at night. They may carry the cards with them and read aloud the choices when they find themselves with spare moments during the day — such as in the car waiting for a traffic light to change, etc. Many people do this and some have even recorded their choices and listened to them on tape as they drive.

I tell the client not to bother to think about what is on the card between times, rather to just read aloud each choice once and then let it slip out of their mind, to enter their “subconscious” mind, which will do the work FOR them. That is, in fact, exactly what happens.

After that, from time to time during therapy, I will inquire about how a particular choice is progressing (is it manifesting in their life? If so, how?) since I keep a record of their choices in the patient records.

The formulating of the choice (or affirmation) is in itself a part of the therapy, serving to clarify the positive goals of the client. I use choices regularly hand in hand with EFT to achieve profound therapeutic change. In a future posting I’ll talk about why I prefer to use Choices

rather than straight affirmations (in most cases) and how I formulate the wording of them so they will be at their most effective. I'll also tell how I apply Gary's strikingly effective way of using EFT to deal with emotional blocks to the choices or affirmations and thereby greatly increase the effectiveness of the affirmations (see The Palace of Possibilities on Gary's web site). This is the opposite in a sense from using choices to assist EFT. I have found the combination of choices (affirmations) and EFT to be a powerful one that can greatly increase our helping skills. I hope you will enjoy trying it!

### **Choices as affirmations**

I'm continuing here with my discussion of Choices (a type of affirmation used to consolidate gains made in EFT) which I described in a recent post. As a reminder, a way of wording a "Choice" for a person with a fear of public speaking would be, "I choose to feel confident and at ease when speaking before groups". This is different from a traditional form of affirmation addressing the same issue which would be, "I am confident and at ease when speaking before groups." Both are productive ways of using affirmations, but they differ somewhat in their effects, and in my experience are different in terms of their likelihood of being accepted by the average client.

There are of course times when I find traditional affirmations to be more suitable with EFT or with other forms of therapy, I'll speak about this later, but for the most part I use Choices to help carry over the effects of an EFT session into a client's everyday life. I have found this extremely helpful in solidifying changes outside of treatment sessions.

Choices seem to be more acceptable to many people because the conventional affirmation, which asserts that something is "so" in present time (which another part of the same person perceives as NOT being so), tends to invite what Gary has referred to as "tail-enders" (unspoken thoughts and reservations about the affirmation which can rob it of its effectiveness). Of course this isn't the only reason or even

the primary reason that people have tail-enders, but my thinking goes like this -- why invite trouble? If we can make an affirmation more comfortable and inviting by casting it in the form of a Choice - why not do that?

Familiarity and positive associations play a big role here. Choices are not perceived as "far out" because we all make choices every day and "having a choice" in a situation versus "having no choice" is clearly preferable. This is important because when we use EFT we are asking the average person to do a pretty unorthodox thing — tapping on acupoints. And I find it helpful not to stretch their acceptance of new and unusual things too far by following this with the suggestion that they use a traditional affirmation — unless the person is very used to and comfortable with these.

The use of Choices has been a pillar of my practice for years now and has enabled me to help my clients bring about transformations in their lives, not just symptom alleviation. It has helped to make permanent some magnificent insights that have appeared in the course of EFT. I estimate that about 75% of my sessions with clients at the present time end up with us formulating some "Personal Choices" which the client then takes home and uses. This procedure facilitates our therapy work by a multiple I can only guess at.

Another advantage of this approach is that making a Choice puts the person in the "Driver's Seat" in their life. The person making a choice is exercising their will, deciding on and committing to a course of action. I have found that this freely entered into commitment can have a powerful influence on the desired result, often making it more likely to be obtained. It doesn't by-pass the ego of the person in the manner that the traditional affirmation does, but instead it engages the ego (or self) in the process. Since it also accepts the reality of the present state of affairs, this makes for a healthy juxtaposition of present reality and desired outcome — creating a strong pull toward the latter.

One way of using Choices — it's a way that can also be used with traditional affirmations, although I've seldom seen this done — is that

the "tail-enders", which almost always exist as Gary points out in The Palace of Possibilities), can often be handled by the wording of the Choice itself — built into it so to speak.

A client of mine, "Judy" provides an example of this. She wanted to move into a "beautiful, sunny, spacious apartment" but had not been able to get herself to do the things required to bring about such a move. Clearly there were hidden issues blocking her, and as we tapped on "Even though I'm afraid I'll never find that great apartment," her thoughts tuned to her older sister who was resentful about having to live in her own dingy walk-up.

This sister had been jealous of Judy all their lives. Judy had been prettier and more popular from day one, but had always tried to please her sister whom she had looked up to greatly as a child.

As she tapped, Judy realized that her need for her sister's love was an important factor blocking her from going all out to obtain a new apartment, and so we turned to working on this aspect:

"Even though (sister's name) will be jealous of me if I get a great apartment ..."

"Even though she won't love me if I get a great apartment ..."

"Even though she'll be mad at me if I get a great apartment ..." etc.

We continued until Judy's SUDS level (her emotional intensity rating on a 0-10 scale) had come down to zero. She was now able to visualize herself going out and actively seeking the apartment, and finding it.

When we came to the end of this session we formulated a Choice for her to take home and work with. Since the need for a family member's love is likely to have many aspects to it, some of which we had not handled as yet, I wanted to facilitate her dealing with this issue outside of therapy and so suggested that she build into her Choice a phrase that would address the potential tail-end. The wording we settled on for her Choice was:



"I choose to feel loved while living in a beautiful, spacious, sunny apartment."

Notice that I didn't suggest she say "I choose to have my sister love me while ... etc." We can't choose for another person how they should feel or act or be — only for ourselves. So instead I suggested she formulate the Choice so that she would have a subjective feeling of being loved as she lived in that apartment. We can choose to have any feeling that we want.

This simultaneously addressed her wish for a lovely apartment and the tail-ender at the same time. While we had to do some more tapping on other aspects of this issue in the next therapy session, Judy was actively looking for apartments and getting the word out among friends by the time she arrived for her session. Within three weeks she had found a 'beautiful, sunny, spacious apartment' which she moved into confidently.

Of course, people sometimes find a choice such as "feeling loved" very difficult to make. If so, then we can use EFT to deal with that issue. After removing some of the blocks, we can then help them formulate some additional all-encompassing choices such as: "I choose to feel lovable" or "I choose to feel loved" or address deservedness issues through a Choice.

An occasional person may experience the Choice phraseology as setting the goal off in the future and therefore as less compelling than the direct traditional form of affirmation. I have rarely found this to be the case, however. My experience has been that the "subconscious" does not interpret the wording of a Choice in this manner.

I can't count the number of times a Choice made by a client, or one of my friends, or me, has been realized — whether two hours from the moment they conceived of the choice, or three weeks from the date it was first used daily, or a year, or whenever.

Much of what I've been saying about the use of affirmations with EFT applies in most cases to all affirmations, be they couched as Choices or as direct reframes of present reality as in traditional affirmations. I find that the traditional forms of affirmation can be superbly effective in certain therapeutic contexts and the method of choice for them.

For example, when I use Gary's Advanced EFT intuiting technique (where he suggests progressive changes in phrasing to deal with core issues while the client taps the karate chop point) I have found that by using direct statements and affirmations, with no "frills" or anything else to impede the process, I can go right to the heart of the matter and join with the client in a deep and complete sense. It would be inappropriate to water down these powerful statements in any way.

Also, there are some global issues that seem to cry out for a direct statement — they seem to be beyond choice. For example, a client of mine had been struggling with an issue of individuation — she constantly saw herself through her mother's eyes ("What would Mom think about this?"). After she had dealt with some of the issues around her mother in therapy, she made this Choice to help her progress— it followed from an insight that had come to her during tapping:

"The real me is known only to me and God."

It would have been inappropriate to have formulated this as a Choice as in, "I CHOOSE to have the real me known only to me and God." This client's belief system fully supported the affirmation she had made and to artificially introduce an act of choice here could have watered down the impact of the affirmation. In fact, her affirmation turned out to be extremely helpful for this young woman, reminding her repeatedly as she worked with it at home of her existence apart from her mother, in a very positive way.

It is a clinical judgment whether or not to suggest a Choice or a traditional affirmation in a given instance. While I've found that Choices are preferred most of the time, the direct reframe used in a

traditional affirmation, where appropriate, can have a powerful impact often not obtainable by a Choice. I encourage you to try both approaches, and to use affirmations (whichever form) freely and creatively in your work with EFT.

### **Choices in the setup phrase**

Never underestimate the power of the Internet! What I'm going to share with you today is a discovery that came about as a result of my posts concerning the use of "Choices" with EFT. (Choices are affirmations which differ from the traditional ones in that the statement of desired outcome is preceded by the words, "I choose to ..." instead of by a simple declarative phrase such as "I am, I have").

Several subscribers to this List wrote to thank me for suggesting that they introduce Choices into the EFT Set-Up phrase. The universe works in strange ways — actually I had not suggested that particular use, but here were people applying it with intriguing results. Also, Christine Sutherland (Director of the Meridian Therapies List), who had not thought that I suggested it but had thought it a natural thing to try, wrote me about several successes she has had using Choices in this way. Clearly this new use for Choices was "out there in the air" for people to pick up on.

This "serendipitous" happening struck me as possibly an important lead in disguise, so I set out to investigate the use of Choices in the set-up phrase by trying this out on myself first, something I regularly do when exploring a new possibility. I was immediately impressed by its effects on me and, when I used it with my clients, I obtained similar positive results. Accordingly, I have combined the new "Choice Set-Up" with my Alternate Phrase technique, refined this approach, and mapped out guidelines for its use. I think it may be of use to us all.

In the "Choice Set-Up," you replace the self-acceptance affirmation used at the end of the EFT set-up phrase by a Choice addressing the problem at hand. The reminder phrase that follows can take several forms. Which one is selected in a particular instance is determined by

the judgment of the therapist and the preferences of the client. The reminder phrase can be:

(1) Just the negative portion of the set-up phrase (the “even though” part, without the “even though”). I find this to be the best approach when a person is so overwhelmed by a negative emotion that they simply cannot contemplate anything positive at that point.

(2) Both the negative portion AND the positive portion of the set-up phrase, used within alternate rounds of the treatment. In this method the negative portion of the set-up phrase is used throughout the first round, and the positive portion (the Choice) is used throughout the second round.

The two rounds are in a sense coupled and constitute a single “treatment” sequence. If more work needs to be done, then the alternating rounds (a negative round followed by a positive round) is repeated as many times as necessary. This sequencing links up a negative cognition with a positive one, something I will talk about in a minute.

(3) Just the positive portion of the set-up phrase (that is, the Choice itself). I find this to be particularly useful when the person has already cleared out enough of their negative feelings so that they can now contemplate the positive in full force. I often use it to wind up the tapping series.

Will the Choice Set-Up ever replace the valuable self-acceptance phrase which has been the mainstay of our EFT practice? Actually I do not think we need to or should choose between the two. Both approaches seem to be useful in their own right, and each can be the preferred method under certain circumstances. In a later post, I will discuss when I am finding one or the other to be more useful for a particular purpose.

To give you an idea of how the Choice Set-Up works out in practice, here is how one of my clients, “Brian”, used it recently. Brian was driving to an interview which was very important to him when he

found himself caught in a traffic jam and realized that he was now going to be late for this appointment. Being an experienced EFTer, he decided to do some tapping on himself. Ordinarily he would have used the standard EFT Set-Up phrase, which might have gone,

“Even though I feel furious and anxious about the delay, I deeply and completely accept myself.”

As we all know, this might well have reduced his distress. However, he decided to try the Choice Set-Up he learned from me earlier in the week, and tells me that its effect on him seems to have been even more positive than when he used the standard set-up phrase in the past.

In the Choice Set-Up, the person is to come up with a Choice which is the direct opposite of their unwanted state, in a sense an antidote to it. So Brian picked, “Even though I feel furious and anxious, I choose to have this unexpected delay work to my advantage.”

Of course he could just as easily have said, “I choose to be calm and confident when I walk in for the interview” or made some other Choice which could have counteracted the problem he was experiencing. The only rule he had to follow was that it would have had to be a targeted statement aimed at the specific challenge he was facing, rather than a general self-acceptance statement.

He used as his reminder phrase, “I feel furious and anxious about the delay,” which was the negative portion of his set-up phrase. After tapping on this for several rounds, his SUDS level (rating of distress on a 0-10 point scale) was now almost down to a zero (the familiar EFT success story) and he felt relaxed and philosophical about his problem.

However, the full effectiveness of this approach was yet to be seen. After a few more minutes of waiting, the police loudspeakers announced that all traffic was being re-routed through another town. Because this rather long detour meant adding 20 to 30 minutes to his

trip, Brian was jolted out of his relaxed state. In his words his stomach “tightened as though in a vise”.

What happened next is what is of special interest here. Immediately following this initial negative reaction, Brian seemed to hear the faint and muffled words in his mind, “I choose to have this unexpected delay work to my advantage.” This optimistic thought seemed to pull him out of the negative state and he found himself thinking instead about how he could tell his interviewers on the cell phone about this delay in such a way that he would come across as wonderfully cool under trying circumstances, something that could only serve him well in the eventual interview.

As he drove on, he used the time to plan out how he would condense his presentation when he did arrive so that the interviewers would be impressed with his on-the-spot resourcefulness. Actually, he was so pleased with the way he was able to map this out that he entered the interview with a confidence that apparently did impress them, for he was approved for the transfer to another division of his company (which was the reason he had sought this interview).

This positive shift in attitude after using the Choice Set-Up seems to be typical of many people. Although I or others may not recall the actual words of our Choices when confronted by a later challenge as Brian did, we often find ourselves experiencing our chosen positive state when our original negative state (the “negative cognition”) is set-off again by some new challenge.

But WHY should this happen? What mechanism could be at work here? This is an important question. My hunch is that the Choice Set-Up establishes a strong “link” (in psychological terms a “conditioned response”) between the person’s negative cognition (the “Even though....” phrase) and his or her positive cognition (the “I choose....” phrase).

This link, I think, is created at a very deep level because of the highly suggestible state brought about by the tapping. EFT provides a superb

condition for creating positive cognitions and deepening insights, as witness the effectiveness of Gary's Advanced EFT Techniques where the client is open to deeper and deeper insights and self-confrontations as the tapping proceeds.

Once a link is formed between a person's negative cognition and their positive Choice, the negative cognition now becomes a trigger that automatically evokes the positive Choice each time it is activated. For those familiar with Neurolinguistic Programming (NLP), the negative cognition has now become an "anchor" for that person's positive Choice, automatically calling it forth. If we think about it, what could possibly be better?

Such a process would have important implications for our lives because in most problematic situations, a negative reaction (thoughts of doom, of being trapped, of one's stomach ache, etc.) tend to occur not just once, but repeatedly. In the case of an adverse physical condition, for example, thoughts about it can occur hundreds of times in a single day as the annoying condition (such as a running nose or sore throat) intrudes itself repeatedly on our consciousness.

Each time it does, the positive Choice in our set-up and reminder phrases will be triggered in our minds. Do you know what repetition does to ensure that something "takes" in our psyches? Everything! It is an invaluable aid to change.

I find that a switch from a negative to a positive attitude tends to occur when using a Choice Set-Up (that is more specific to the problem at hand) than when we use the standard self-acceptance phrase — except, as I said, under those circumstances which seem to respond more readily to the self-acceptance phrase (as promised I will address these in a future post).

I now find myself using the Choice Set-Up in EFT rather than the standard self-acceptance phrase about 90-95% of the time with myself, and about 80% of the time with my clients, probably because my extensive experience with Choices allows me to handle them more

easily than others may at first. In a future post I will talk about the rules that govern effective Choice making, but since many of these are similar to the guidelines which govern effective affirmation-creating in general, you may want to review Gary's excellent discussion of these in The Palace of Possibilities.

I will not be able to include in my postings here all the new information I am receiving about the Choice Set-Up, but will bring as much of it as I can to you here. To help this process along, I plan to present more detailed information on this and other innovations in EFT in a monthly newsletter (see below). As I see it, EFT belongs to all of us and "growing it up" is our joint venture. There is much we need to learn, and that is the fun and the fascination.

### **Choices and weight loss**

I am becoming increasingly impressed with the potential of EFT to foster goal-directed inner growth AS WELL AS (note emphasis here!) its undeniably wonderful ability to alleviate distress. For this reason I have been looking for ways to use positive "Choices" in EFT to formulate more specific and purposeful goals for people using it. I find that healing is promoted if we have fulfillment, joy and a sense of meaning, and Choices can be used effectively to foster these attitudes.

Along these lines I'd like to share with you some recent observations I have made about the Choice process as it has been working for my client "Joan", whose story illustrates both the stress-reduction AND the personal fulfillment potentials of EFT.

Joan has been in therapy for over a year. She originally consulted me for a weight problem coupled with a pervasive low-grade depression. Until recently, however, she has made only modest progress in her therapy despite the fact that we have used EFT extensively. We addressed some deeply troubling issues such as (1) her deep shame and hatred of her body and (2) various aspects of her father's verbal abuse of her as a child (for example, when he would refer to her, while driving, as "*that fat pig in the back seat*" in front of other children and



her family). While there had been some useful clearing of the emotional pain around that and other incidents, the fact was that Joan was not getting significantly better.

This troubled me, and finally I reluctantly suggested that she might need to see a physician for some form of anti-depressant medication to assist her therapy along. This was because her depression was the kind that so often accompanies overweight problems (whereby food is used as a means of self-medication, helping her to avoid depression). Joan refused my suggestion to seek medication, however, stating that she wanted to handle it on her own.

Joan is a tall, heavy-boned young woman with a pretty face half hidden by cascades of almost jet black wavy hair. She is intelligent and perceptive but there is a sadness about her, and her speech is often interrupted by sighs. She has had a lifelong struggle with overweight and has worked with one support group and diet system after another in an effort to cope with it.

Although she is not grossly obese, she is distinctly too heavy for her own health and her potential attractiveness is obscured by the overweight.

Little by little Joan and I have made inroads in her sense of failure and self-belittlement — tap, tap, tap — but often treating her has seemed as though we were managing to lift up her spirits by the end of one session, only to have her return for her next appointment with sadness and hopelessness in her eyes again. It felt as though we were trying to lift a heavy bag of sand while one side of it kept sagging back down again.

Recently, however, this discouraging situation has dramatically shifted and Joan is now making major gains in her therapy. This came about after two new ingredients were introduced into our work together. I began to use Carol Look's Weight Loss Program with Joan and I combined this approach with the use of strategic Choices in EFT

designed to counteract each of the core problems that Carol identifies in her program.

This has enabled Joan to uncover a number of core issues that she had not identified before. At each session, we go through Carol's list of possible EFT phrases one by one (a few at each session), with Joan identifying those that seem to hit the spot, as well as those that appear irrelevant to her and don't "ring a bell". When we uncover a compelling issue we address it by making a custom-designed (that is, just for Joan) Choice which can counteract it.

It often takes some time for Joan and myself working together to formulate just the right positive Choice for each issue, but we have found that the time we spend honing in on the most appropriate Choices is well spent. When we hit on the phrase that is the exact opposite of the negative ( "even though ..." ) statement, it can be startlingly effective

Formulating the Choice that fits the bill takes some work on our parts because Joan, like most of us, does not always find it easy to think up a Choice about a new way of being that will represent true healing of her problem rather than be a superficial "band aid" kind of change.

Most people have a very limited idea of what is possible for them and what is most desirable in the long run. Here is where another person's viewpoint, such as that of a therapist, can be extremely valuable.

Following this procedure we have hit on what Joan has referred to as "real eye-openers", possibilities for new ways of being that she has not thought about before but which have turned out to be deeply healing for her. I will give some examples of this process later. But first let me share with you the protocol which I am using for the EFT Choice technique. I call it the "Choice Trio". It is turning out to be the most effective way of using the Choice method that I have yet worked with.

Here is how it goes:

First take the initial SUDS rating (a measure of distress on a 0 to 10 point scale) then proceed with the following steps:

- 1) Identify the negative cognition (attitude) the person wants to be rid of (the same procedure as in standard EFT).
- 2) Next, formulate a Choice which is the exact opposite of this negative cognition For example: *“I choose to feel wonderfully at ease when speaking in front of groups.”* would be an appropriate Choice if the negative cognition were *“Even though I’m afraid of public speaking”*., etc.
- 3) Now combine the negative cognition with the positive Choice (which is the desired outcome) to form the set-up phrase. For example,. *“Even though I’m afraid of public speaking, I choose to feel wonderfully at ease when speaking in front of groups”*.
- 4) Use the standard EFT protocol of rubbing the sore spot (or tapping the Karate chop spot) three times while repeating the set-up phrase.

Follow this by the “Choice Trio” as follows:

- 5) Do ONE round of EFT using the negative cognition ONLY as the reminder phrase. For example, *“I’m afraid of public speaking”* repeated at each acupoint in the standard EFT protocol.
- 6) Follow this immediately (without checking SUDS or doing another set-up) by ONE round using the Choice statement ONLY as the reminder phrase. For example, *“I choose to feel wonderfully at ease when speaking in front of groups.”*, repeated at each acupoint in the standard EFT sequence.
- 7) Follow this immediately (without checking Suds or doing another set-up) by ONE round using the Alternate Phrase Technique. This works as follows: At the first acupoint (Inner Eyebrow) use the

negative cognition as the reminder phrase, at the next (Outer Eye) acupoint use the positive Choice as the reminder phrase, at the next (Under Eye) acupoint again use the negative cognition as the reminder phrase etc. Continue until you end at the karate chop point which allows the person to end the sequence with a positive Choice, an important factor as I will explain later.

If you end the sequence at the under arm spot, the person ends up making a negative statement, an undesirable condition— however if the EFT shortcut sequence is used just add another point at the end. For example, the person can jump from underarm spot to karate chop spot, in order for the sequence to end up with a positive Choice.

8) Retake the SUDS rating and if more work is needed, repeat the Trio (points 5, 6 and 7 above) as many times as necessary. In effect, the Trio serves as an extended “round”.

This constitutes the Choice Trio. It can of course be varied according to the needs of the person. For example, if they are still too upset to contemplate using a positive Choice statement as a reminder phrase, then step 1 of the Trio (just using the negative cognition) should be repeated for several consecutive rounds until some of the charge has been taken off of it and the person is ready to proceed to the next step

I find many advantages to using the Choice Set-Up in this manner. For one thing, the initial negative round (or rounds) serve to remove the negative charge from the problem as in standard EFT, and I find that this negative charge must be removed first before any positive installation can be fully effective.

The complete round which uses only the positive Choice, (when the person is ready for it, that is) can have a profoundly stabilizing effect very early in the treatment, often serving to de-traumatize the person almost instantly concerning the problem at hand. In my observation, it serves a “rescue” function just as the Tearless Trauma Technique does because by using it the person does not have to drown in the emotional

pain of the event. This fact is deeply appreciated and can make cooperation with the treatment much easier.

I find it is most important to begin with the negative reminder phrase first — whether this occurs through the whole round of the negative Choice (Step 1 of the Trio) followed by a whole round of the Choice (Step 2 of the Trio), or if we alternate negative and positive cognitions (Step 3 of the Trio).

The reason order is so important here is that one of the most essential aspects of the Choice method is to have negative cognitions (thoughts/attitudes) followed by awareness of their positive desired outcomes. This results in direct LINKING of the negative with the positive — what NLP used to call “chaining”.

This is a simple and powerful device. Using it, a negative thought can become an “anchor” (NLP term for a “trigger”) for a positive thought, so that in the future every time this person thinks of this negative possibility, the positive thought is likely to pop into their mind right afterwards.

An example of this is the case of a colleague of mine who recently contracted a bad cold two days before she was to leave for Mexico on a very important trip. She had been tapping for the cold to no avail, but when on my suggestion she formulated the set-up phrase, *“Even though I have this terrible cold, I choose to be comfortable and healthy on my flight to Mexico.”* (and followed this by the appropriate reminder phrases and the Trio) she felt better, and by the next day had no cold symptoms AND she had a “comfortable and healthy” trip to Mexico.

What is particularly interesting though is that for the first day after the EFT treatment, whenever she found herself blowing her nose and thinking “I have this terrible cold!” thoughts of a comfortable and healthy trip to Mexico seemed to jump into her mind. This suggests that the negative cognition had begun to trigger a positive one. I believe this may be the main reason why the Choice Set-up, or any

variation of it such as discussed by Mair Llewellyn-Edwards in a recent post, works so well.

How we used the Choice Trio to handle Joan's problem of depression and overweight I will discuss in my next post.

### Choices and weight loss followup

In this post I'm continuing my report on "Joan", my client who has struggled with an underlying depression, sense of hopelessness and overweight for many years.

As Joan was giving her reactions to the set-up phrases suggested in Carol Look's program, the first one that struck her as possibly applying to her situation was *"Even though I feel hurt about being abandoned ..."* She explained that although she didn't exactly feel "abandoned", having been an "army brat" as a child had made her constantly lose contact with friends important to her.

Her family had moved from one army post to another during her childhood and sometimes she had had to attend two different schools, each far distant from each other, within one year. Any friends she made had been fleeting, expendable and impermanent.

Food, however, had always been there for her — a constant, predictable and dependable thing. The statement that Joan came up with for the negative portion of her set-up phrase was:

*"Even though I don't want to let go of my only dependable friend, food ..."*

We then searched for a positive Choice to counteract her feeling of loss of a friend if she didn't have the food she wanted. This took some work because Joan could not at first think of any phrase without the word "not" in it, and a negative Choice is not a good one. My first suggestion for a Choice for her didn't land — it just didn't feel right to

Joan — but then she came up with the following Choice which felt very meaningful to her. It was:

*“I choose to have serenity and peace within myself, no matter what.”*

She used this statement in what I call the “Choice Trio”. As outlined in the previous article, this consists of the Choice Set-Up followed by three consecutive rounds of EFT conducted in the following way:

1. Choice Set-Up (including the negative statement, “even though”, and the positive statement (Choice) — all in one sentence.
2. One complete round of EFT using the negative statement ONLY as a reminder phrase. In this round Joan repeated “I don’t want to let go of my only dependable friend, food ...” while tapping at each acupoint.
3. One round using the positive statement (the Choice) ONLY as the reminder phrase, in this round Joan repeated “I choose to have serenity and peace no matter what” while tapping at each acupoint.
4. One final round using the negative statement on the first acupoint, the positive one on the next acupoint, the negative on the following acupoint etc., and alternating in this fashion for the entire round.

This strategy had an immediate positive impact on Joan who spontaneously commented, *“That was very calming to me. Thinking of the lack of dependability of people in my life, it felt so good to have that choice.”*

Then, as happens when things start flowing in a session, she brought up another topic.

She had not been able to stick to a “Shake” diet called Metafast which she had been using successfully for over a year. It substitutes shakes for much of her food, and this had seemed to be effective and healthy

for her, and much easier for her to follow than a regular diet. But now something seemed missing without the more fattening food.

To work on this issue she chose as her negative statement: *“Even though I haven’t been able to stick to Metafast”*.

The next task was to come up with a positive Choice. What could directly contradict, and potentially solve this problem for her?

After careful thought, she formulated a simple, almost obvious type of Choice, *“I choose to stick with Metafast and feel comforted.”* It’s not too often that one has to resort to such a direct opposite statement for the Choice, but when it’s appropriate it can be extremely effective, even when first saying it may sound absurd to the person. But remember that the EFT default self-acceptance statement, *“I deeply and profoundly accept myself”*, can also sound absurd to some people at first, but as it is repeated it can come to have deep meaning.

Joan decided on the set-up phrase, *“Even though I haven’t been able to stick with Metafast, I choose to stick with Metafast and feel comforted.”* To measure where she stood with it, I suggested that she use a Truth rating instead of the SUDS Distress rating, also on a 10 point scale with the highest score perceived as absolutely True and the lowest (zero) as absolutely False (this procedure is derived from a somewhat similar one used in EMDR with a 7 point scale).

When asked how true the positive statement (her Choice) seemed to her, Joan had only a “1” before she started tapping because it barely seemed possible to her that she could stick with the Metafast. After doing the trio, however, her confidence in the truth of that statement had risen to an 8, and she looked brighter and there was more color in her face.

She still had some concern about the fact that she had recently been “slipping” with her diet, so we addressed this directly in the next trio. Her next set-up phrase was: *“Even though I’ve been slipping with the Metafast, I choose to stick with the Metafast and feel comforted”*. One



more round of the trio and the positive statement was now completely believable to her — a 10 on the “truth” scale — and our session ended.

However, we were by no means finished with our exploration of the core issues that underlay her compulsive overeating. Although Joan returned for her next session with her spirits unusually high and was very encouraged about the progress she was making and above all about an inner feeling of optimism and well being she is now experiencing, she located another issue involving her weight problem.

*“If I didn’t have my weight to obsess about I’d feel bored. I’m afraid of that.”* she said.

We needed a Choice which could counteract boredom and together we came up with one which seemed right to her — it was, *“I Choose to find it (the lack of her usual comfort from food) an exciting opportunity to try new things”*, and so she used the following set-up phrase — *“Even though I would be bored if I didn’t have food to obsess about, I choose to find it an exciting opportunity to try new things.”*

Initially this positive statement was very low on the scale of believability for her, only a 2 or 3 rating for its “truth”, but after doing the trio, it felt so true to her that its truth score had risen to an 8 or 9.

*“It felt so good to put those two things together, the boredom and the excitement.”* She said. *“I got good energy from doing that. I got a feeling like ‘What could I do instead that would be exciting? I think I actually might think of some exciting things!’”*

But right after saying this she was stopped again with the thought — *“But not eating all the time would leave a gap in my life! I think I’m afraid of that gap!”* This is what we so often see with a core issue, it may seem gone at first but it really isn’t yet because we’ve dealt with only one aspect of it. A lifelong issue tends to have many, many aspects.

We turned now to her fear of what she referred to as “the gap” that could occur in her life if she stopped over-eating. The sentence which she decided on was:

*“Even though I’m afraid of the gap that might occur if I stop all that eating, I choose to have a sense of wonder and joy about life.”* She even smiled as she said this.

After tapping on it until those good feelings seemed “real” to her, she tried another related phrase to address some uncertainty that still lingered about thinking of things to fill the gap.

Her next phrase was:

*“Even though I’m uncertain about what to do about filling that gap, I choose to have a sense of wonder and joy about life.”*, and so on — tap, tap, tap.

Finally Joan heaved a sigh of relief. She was now down to a 2 on the SUDS (10 point distress level), whereas she had started with a SUDS of 9 when she had thought about the gap.

As usual, I handed Joan her Choice Set-Up statements written out on 3” x 5” cards to take home and read aloud to herself twice a day, morning and night, a method I find very effective in reinforcing the impact of EFT, and she left encouraged.

Since then Joan and I have been systematically working our way through the Weight Loss Program and she has been tapping on new and liberating Choices in her sessions. She now finds herself more diligent about her diet, less fanatic and considerably less self-punishing, and she no longer finds she needs Metafast, a more moderate approach seems to be working better for her. Her weight loss support group finds her new attitude extremely positive and so do I.

But what I find even more important than her improved dieting is the fact that Joan now comes into her therapy sessions with a smile on her

face. She is positive and hopeful about her life, not just about the weight loss. This indicates to me that we are making headway where it really counts. Joan's self image is changing with the EFT, and her sense of being worthwhile and able to help herself out of the emotional morass she had been in has been greatly increased. While she is not one of those clients who tend to use EFT on their own — some do this readily and productively and others do not — she is nevertheless able to use it superbly in her sessions, and it is exciting to watch what she is doing with it. I have an extremely good feeling about the eventual outcome of her treatment.

### **Alternate Phrase Technique**

EFT often clears up an issue during a single therapy session so that, by the end of that session, it is a non-issue and the therapy moves swiftly forward. This can happen even when a client is in ongoing psychotherapy — ONE aspect will have been dealt with fully. It is wonderful when this happens.

Often, however, multiple deep-seated issues will need to be addressed repeatedly during a course of therapy, and sessions which use EFT productively can end on a somewhat difficult "to be continued" note. A lot may have cleared in that session and some aspects of a major problem handled, yet the client is left with mixed feelings.

He/she can be uncertain and sometimes even in an emotionally unstable state. What to do? At the end of this kind of session, an obvious move is to establish a positive viewpoint before the close so that the person can reach a positive frame of mind between sessions.

Theoretically, EFT should be able to "install" this kind of positive affirmation or point of view. But in actual practice I've found that direct positive installation through EFT is usually not effective at this point. The reason for this goes back to Gary's concept of "tail enders" which was so eloquently expressed in his "Palace of Possibilities". Tail-enders, for those of you who haven't read about them, are those subliminal, automatic and often unrecognized inner reservations which

often accompany an affirmation -- the "yes but ..." in the back of the person's mind which can block the effectiveness of the affirmation.

A positive installation is in essence an affirmation and if the person has an inner conflict – if they are not 100% congruent (in accord) with the positive statement - then it simply doesn't take. Even if they go through the motions of dutifully tapping on the positive statement, in the back of their minds there is still a "yes, but ..." negating it.

How can we get around this problem when doing EFT? One way is to tap on the "tail ender" itself (the negative cognition) as Gary suggests, and this can be wonderfully effective with affirmations. I consider this one of the most useful observations about affirmations I have ever encountered.

But here I was searching for another way to deal with inner conflicts which might arise during the EFT process, and an idea came to me while reading Silvia Hartmann's book "Adventures in EFT" (a goldmine of creative ideas about using EFT). I got the notion that if there is a conflict operating in the person, then the most authentic and useful thing for them to do might be to tap on BOTH SIDES of the conflict when using EFT.

A good way to do this, I thought, might be to alternate reminder phrases within the same EFT sequence. The person could tap on one acupoint while repeating a negative reminder phrase (such as "I'm afraid to talk in front of audiences") and then tap on the NEXT acupoint in the sequence while repeating a positive and subjectively convincing reminder phrase (such as "I talked up in a group the other day and they really liked what I said") – and then the person would go back and forth using negative and positive reminder phrases on alternate acupoints as they progressed through the EFT sequence.

I decided to try this first on myself, something I do regularly with everything I might want to use with others. As I did so I immediately felt I was onto something. I felt a sense of being "understood" (by whom or what I didn't know – probably it was by my own self!), and

of being clear and honest with myself. I experienced relief at acknowledging BOTH sides of the conflict – looking at it all, so to speak.

What happened was that after several rounds of this approach an inner balance began to shift and the positive statement (it was on every other tap point) began to be real for me for the first time. It was convincing where before it had been just words that I said to myself. The shift within me became stronger and stronger as I continued. What had been initially rejected by me as "Well that's a healthy point of view but it doesn't feel real" became "Hey! That's RIGHT! That's a real possibility. Why don't I choose to go that route?"

Things seemed to come together and I breathed a sigh of relief. Now I was able to go forward and adopt the positive position with my eyes open, rather than feeling I was kidding myself.

This incident happened about six months ago, and I've been using what I call the Alternate Phrase technique with my clients ever since with remarkable success. There are some other good uses for this method besides this one and I will write about these at another time, but let me tell you now how I recently used this approach in a session with a client.

"Peggy"'s experience is of interest both as an example of using this method to resolve a conflict and also because it illustrates another point -- how success is not always experienced as totally positive by the person – even when it is an outstanding success and PART of that person is overjoyed by it.

Peggy has been coming for therapy for more than a year on as regular a basis as her intensely demanding career allowed. She is an anchor woman at a large metropolitan TV network and spends much of her time on high intensity assignments.

She had made impressive progress over the course of a year and EFT has been an essential part of that therapy. She has used it strategically

in virtually every session and has now come to a point where she can gently but firmly assert herself instead of seemingly apologizing for being alive, a former troublesome pattern. Her relationships have greatly improved and her direction in life clarified. Peggy has grown up over the course of the therapy.

A few months ago the network assigned her to cover in depth a major disaster in her state and to produce a series of feature news broadcasts on it which turned out to be so compelling that the series is now expected to win a national prize for media journalism.

The network took her off all other work to cover this tragic event, and throughout the often grueling assignment, Peggy used EFT to cope with many conflicts that arose around dealing with the horror of the events themselves and with personal ramifications of the assignment. She eventually came to a place where she could stand by her own convictions about her work with remarkable strength and felt like a different person because of it.

Peggy came to see me the day after her TV series had won a national prize. The series was being rerun on the air and the station was receiving thousands of phone calls. When she entered my office, although she looked somewhat happy, she also looked a bit bewildered. I noticed that she was not really smiling with ease, or even smiling very much. She had a distinctly reserved demeanor, a slightly set jaw, and her eyes were wide and serious. After we had shared the details of her triumph ( I was quite excited by all this for her) I asked her how she was feeling "inside", now that she had received this recognition.

She said, "Even though things are going better than I ever thought they could, I somehow have a sort of uncomfortable feeling inside." She tapped on the "uncomfortable feeling", it was a 6 on a ten point scale. The rating remained exactly the same after the tapping and I realized that something was going on here that was other than superficial, some conflict around her triumph. When we talked about this she suddenly said, "Oh, I wanted to ask you about this! I've had a feeling like –

when is the PROBLEM going to turn up? This whole thing is sort of too good. It's kind of scary."

We were now on track and I asked her to tap on: "Even though I'm waiting for the Bad Thing to happen ...". She did this, but her intensity level was still a 6. She told me that while she was tapping she had been thinking about driving home after the session and wondering whether she would be safe on the road.

So we tapped on that, and the intensity remained a 6. We were clearly getting nowhere tapping on the negative, the maneuver which is usually so effective in EFT, and while we could have laboriously tried all kinds of other strategies at this point to deal with this and some of them might have eventually worked, I decided to use the Alternate Phrase method instead.

I knew that the positive part of this situation was compelling for her, it was a genuine triumph which on one level she was thrilled about. But we were also encountering a negative side to this – the When Will the Other Shoe Fall complex. Because this was obviously a deep seated problem which did not make any "sense" in present day terms, I asked her to go to the past for an answer.

"Do you remember a time in your life when something really NICE happened and something happened to spoil it?"

She was quiet for a moment then something came to her mind. No matter what nice thing had happened to her throughout her childhood, there was always the disrupted home, her alcoholic mother, the endless parental fights and the sense of not being like other kids because of her dysfunctional home life.

She tapped again. "No matter how happy I was, my mother still got drunk." and after one round looked at me in surprise. "That brought it way, way down" she said. I didn't ask her exactly what her intensity level was. I could see from her face, however, that there was great

relief and I didn't want to interrupt the flow because memories were flooding now.

"Christmas was always the happiest time" she said "But something always happened to spoil it."

She tapped on: "Christmases were always happy -- and always spoiled." "It's getting lower." she reported " It seemed like a life and death situation at home all the time. I was terrified my mother would die from drinking. There was never one single carefree day. And the same thing with my first husband who drank too."

I mentioned the Sword of Damocles always about to fall, and she nodded in recognition. She tapped on: "I feel the sword of Damocles is always there."

More came up for her after that round, the insights which can be produced so quickly and profoundly with EFT. "Every time I have a big perfect day I worry about whether my niece and nephew will get home safely! It's the SAME stuff!" she said.

She was now responding fully and I felt it was time to introduce at least one positive element into the reminder phrase. I suggested: "Things are going so well -- I'm afraid something is going to go wrong." At the end of this round she was down to a 2.

But there was still something there. It was clear from a slight puzzled look on her face as well as the rating. The issue was deep-seated. I suggested she tap on: "I think things can't go this well without a crisis happening."

After this round she volunteered the information that while she was tapping she had been thinking about her friend "Jeanne" who has gone through life "without a crisis at all, except a very few normal ones". This is the point at which I decided Peggy was ready to learn a new, positive way of looking at life. I suggested she use the Alternate Phrase technique now in the following manner:



At acupoint #1: "Things can't go this well without a crisis happening"

At acupoint #2: "My friend Jeanne has gone through life without a crisis and so have others"

At acupoint #3: "Things can't go this well without a crisis happening"

At acupoint #4: "My friend Jeanne has gone through life without a crisis and so have others"

... and so on for the entire EFT sequence.

At the end of this round she cried : "It's true! They HAVE gone through life that way!" (she was experiencing the same effect of the positive becoming much more real that I had experienced when I first tried this method). "It's way down now, maybe a 1" she said.

I judged that it was more likely a zero. Color had come back into her face, a sparkle into her eyes, and her chin was now raised. She was ready to talk about her recent triumph with a sense of pride and an ability to consider her own best interests with respect to the furthering of her career. She had been afraid to address this before. She said that this was an entirely new way of looking at things for her and I had a feeling that an important shift had taken place.

In her next appointment with me Peggy was ready to tackle something which she had long avoided and commented that somehow the issue of fear about her triumph seemed to have almost entirely faded. The change was holding. It was real.

I think it important that the positive statement Peggy made was entirely convincing to her. It had emanated from her own comments and was not an artificial "pie in the sky" affirmation that someone else had handed to her. In my experience, using the client's own words and observations from which to formulate the positive statement makes this method work much more effectively. To this end I will often ask questions designed to elicit the opposite of the negative cognition in terms of actual experiences in that person's life. I'm looking for a

positive resource that is embedded in their memory and which is then brought to life by using the Alternate Phrase technique.

In a later post I will share with you some more of my experiences with this useful method –how it can be used to mitigate painful memories and abreactions. But now I simply encourage you to try it for yourself and discover if and when you may want to use it.

## How to use this shortcut

The last few articles about Choices should give you a good idea on how to use EFT to lose weight. It's a simple process, the main thing that changes when you work on different issues is the wording. i.e. the setup and the reminder phrases. By using your own thoughts or words about whatever is troubling you, these can easily be created.

Some examples might be:

"even though I really want that piece of chocolate ..."

"even though I'm still overweight ..."

"even though I'll never lose weight ..."

Whatever is troubling you, EFT can provide fast, simple relief, leaving you feeling better.

## Where to find out more

Gary Craig's [web site](#) is the best place to start, as he created EFT. His main focus is sharing rather than making lots of money, which means that his teaching materials are affordable, and often free. For instance, by visiting his site you can download a basic EFT manual for free.

He also offers excellent training on video CDROM, which can be viewed on most types of computer. There is a simple 3 CDROM set which is available by donation, or there are more advanced video training materials available containing dozens of CDROMs. These take you from complete beginner to very advanced practitioner, assuming you practice what you learn!

Another excellent resource is [Energy EFT: Energize Your Life](#), a very detailed book written by British EFT trainer Silvia Hartmann. Although it isn't free to download, it is well worth reading. Silvia is an

experienced EFT trainer and innovator, and Gary Craig has endorsed her book by writing the forward to it. Highly recommended.

Another innovator worth studying was Pat Carrington, who wrote the articles about EFT and Choices in this book. She wrote an excellent book which expands upon this material, as well as some good introductory videos. Visit her [web site](#) to find out more.

## **Summary**

EFT is a very powerful tool to heal emotional hurt, both current issues and those from the past. By gradually working on whatever comes up around the issue of being overweight, you can easily let go of baggage from the past which keeps you trapped. This will naturally result in you being happier and more loving, as well as losing weight without effort.

## Releasing aka Letting Go

This shortcut is extremely simple, and is something we've all done at one time or another. However, we usually don't do it consciously, which means that we don't often remember to do it when we're in the heat of a challenging situation. By learning more about releasing and practicing it, we'll be more able to release on things when they happen.



This process was first shared with the general public by a man called Lester Levenson, who later formalized it into the Sedona Method. There are other groups who offer the same work, as well as books available from the usual sources. Still, the following articles give you the basics which are enough to get you started.

### The First Steps of Letting Go, By Hale Dwoskin

Feelings are just feelings; they are not you and they are not facts. However, we live life as though the opposite is true. It is even in our language. When we feel fear we do not usually say "I feel afraid." We usually say "I am afraid." We are affirming to ourselves and to others that we are the fear -- and we live as though that's true. But this could not be further from the truth.

Allow yourself to experiment with the following simple questions. If you are open to the questions, you'll find that your fear, anxiety, and stress melt away.

The next time you feel anxious simply follow these simple steps:

- **Step 1:** Focus on the fear or anxiety you're feeling in this moment. Just welcome the feeling and allow it to be, as fully or as best you can.

Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can do anything about the way we feel is NOW. The more you work with this process the easier it will be for you to identify what you are feeling. Simply do the best you can.

- **Step 2:** Ask yourself following question: Could I let this feeling go?

This question is merely asking you if it is possible to take this action. “Yes” or “no” are both acceptable answers. In fact, you’ll often let go even if you say “no.” As best you can, answer this question with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences. Go on to Step 3 no matter how you answered the first question.

- **Step 3:** Ask yourself this simple question: Would I? In other words: Am I willing to let go?

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn’t matter whether the feeling is justified, longstanding, or right.

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling or would I rather be happy and secure?” Even if the answer is still “no,” go on to Step 4.

- **Step 4:** Ask yourself this simpler question: When?

This is an invitation to just let it go now. You may find yourself easily letting go. Remember that letting go is a decision that you can make any time you choose. If you want to hold the feeling for the rest of your life, that is OK. But, simply recognize that it's your choice how long you want to hold on to the feeling.

- **Step 5:** Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

## **The Basics of Holistic Releasing, By Hale Dwoskin**

Holistic Releasing is based on the premise that everything we experience in life, whether real or imagined, arises in pairs or polarities or duality. Because of life's underlying unity, if we have "in," we also have "out." If we have "right," we also have "wrong." If we have "good," we also have "bad." If we have "pain," we also have "pleasure".

This is quite obvious. However when we live life as though we can hold onto the good and get rid of the bad, we miss the inner truth. When we try to hold onto something good, it always slips away. Whenever we try to clutch onto what we judge as good or preferable, it tends to move through our awareness.

Then think about the converse. What happens when we resist or try to hold away what we don't like? That's right. It persists or gets even bigger. So, in effect, what we're doing is pulling what we don't like towards us and pushing away what we do like.

We also spend a lot of time and energy magnifying the polarity by trying to keep what we like as far away as possible from what we don't like. All of this creates the exact opposite effect of what we want. It magnifies or even creates what we call problems.

At Sedona Training Associates, we've discovered that when you bring the two sides of a polarity together, it's like bringing matter and antimatter, or positive and negative energy, together. The opposites neutralize each other and you're left with much greater freedom, presence, and understanding. You see solutions, not problems. You feel more open, alive, and at peace.

As you work with this material, you'll discover that this effect magnifies over time. You'll start to discover more possibilities and see things more clearly. Every time you work with any of these suggestions, you'll get more out of them—more inner understanding.

Now, the way we do this is very simple. We simply focus on both sides of the polarity by going back and forth repeatedly between both sides. For instance, a very simple polarity has to do with happiness. Most of us are either feeling relatively happy or unhappy from moment to moment, and we see only one side of the polarity, not the other.

### **Here is how it works:**

Silently ask yourself the following two questions alternating between the two sides of the polarity at a pace that is comfortable for you. Allow yourself to feel each side as best you can. Also, do your best to lead with your heart as opposed to your mind.

- Could you allow yourself to feel as unhappy as you do in this moment?
- And then, could you allow yourself to feel as happy as you do in this moment?
- And as unhappy as you do in this moment?
- And as happy as you do in this moment?

Do this a few more times and then notice how you feel inside.



**Here are a few other polarities that you can use to conquer your fear, anxiety and stress right now.**

- Could you allow yourself to feel as anxious as you do?
- Could you allow yourself to feel as relaxed and secure as you do?
- Could you allow yourself feel as insecure about public speaking as you do?
- Could you allow yourself to feel as secure about public speaking as you do?
- Could you allow yourself to feel as out of control as you do?
- Could you allow yourself to feel as in control as you do?
- Could you allow yourself to feel as insecure with your job or career as you do?
- Could you allow yourself to feel as secure with your job and career as you do?

Experiment with this on your own and you will find that you will easily begin the process of letting go of fear, anxiety and stress.

## **Frequently Asked Questions, By Hale Dwoskin**

### **Who should learn the Sedona Method?**

Anyone who has a sincere desire to grow and change their life for the better, or is ready to be free of all inner limitation, should learn how to release.

### **What will I learn?**

You will learn that you are a lot more than you ever imagined.

### **What do I need to begin?**

Just yourself and an open mind. For the home study version you will also need an audio tape cassette player.

### **Why haven't I heard of The Sedona Method?**

Until recently the only way to find out about us was to be on one of the direct mail lists we use or to know someone who's taken one of our seminars or bought a home study course. Now, we are reaching more and more people via the Internet and a national publicity campaign. There is a wise saying: "When the student is ready, the teacher appears." So, perhaps the reason you are just now finding out about it is that you are now ready for it.

### **How long have people practiced The Sedona Method?**

The first class was held in 1974 in Sedona, Arizona. And since then, over 30,000 people worldwide have experienced its benefits.

### **How quickly will I see results?**

From the very first day you put the Method into practice, you will start to see benefits, and the results increase dramatically over time. You will continue to see results as long as you use it, because, at a certain point, releasing becomes second nature. You can receive benefits from the Method throughout your entire life!

### **How long will it take?**

You can receive benefits from the method throughout your entire life, starting now. Many people start getting results in a matter of minutes. And you will continue to see results as long as you use it. There is no "state" that you have to strive for. It keeps working for you as long as you use it.

### **What can I expect to happen?**

You can expect to feel much better, start making better decisions, be more in control of your life, have better relationships and, in general, have your life improve significantly. The specifics for each individual vary widely because each of us has our own unique experiences, goals and life circumstances. Once you discover how to release, your inner self begins to blossom in many exciting ways.

### **What real and immediate benefits can I expect?**

Everything reported in our web site is possible for you. The Method is a tool, and the more you use it, the more you will get out of it. Results vary depending on how much you put into it and how long-standing your issues are. Most graduates report feeling immediately calmer, happier and more alive, finding themselves much more effective in life.

### **Does it hurt?**

Only when you laugh...no, seriously, releasing is a very uplifting experience that relieves you from the paths that would lead to pain, if not released. The effect of The Sedona Method is that you feel good, confident and at peace.

### **You've heard the expression "No pain, no gain." How is it possible to truly release without dredging up and re-experiencing the pain from the past?**

There is a place within each of us that is more "core" than just an array of memories making up our past—a calm place from which we can witness the events of our lives without being affected by them. When you learn to access this place, your past issues dissolve more easily as you bring them to awareness.

The Method will not only lead you toward being able to access this "place," it will also clarify for you the basic underlying motivations that result in all the pain, suffering and discomfort you need to release in the first place. And it will, of course, provide you with the means of letting go of all that you discover as a result of your new understanding.

### **Will I get emotionally spent?**

Some people have emotional releases but never to the point of being spent. That's because releasing is restorative rather than exhaustive. As you release, events which may have caused you emotional pain in the past and are continuing to cause you pain in the present are let go of. What remains is a peaceful feeling. It's really a very calming experience.

**If this is so simple, why isn't everyone doing it?**

Actually, everyone does. Releasing is a perfectly natural experience, which everyone has benefited from at one time or another. The Sedona Method shows you how to put that experience under your own control so you can let go consistently, whenever you choose, rather than have it happen only by accident.

**Can I become dependent on The Sedona Method?**

Not at all. The Sedona Method frees you from your dependencies. That's what releasing is all about: Freedom.

**Is this a religion, belief system, spiritual practice or brainwashing technique?**

No. The Sedona Method is simply a technique to let go of unwanted feelings, emotions and everything else that is holding you back. It does not require any special beliefs or ideologies and is in harmony with all religions, belief systems and spiritual practices. The Sedona Method is actually the opposite of brainwashing.

**How is this different than therapy, meditation or motivational tapes?**

Although the goal of therapy is letting go of unwanted feelings and emotions, The Sedona Method gets you there without being dependent on going to a therapist week after week for months or years at a time. You don't need to talk to anyone to get results from The Sedona Method.

You meditate with your eyes closed -- you have to withdraw from the world to get results. And it often takes weeks, months, and even years to experience profound results. The Sedona Method achieves the same results and more in less time with an "eyes open" technique.

Rather than withdrawing from the world you become more "involved" in the world. And because you can do it with your eyes open, you can release in the middle of any life circumstance, while it is happening, and before it has a chance to adversely affect you. Plus, you don't have to adhere to rules from any group or guru.

Motivational tapes are great when you are listening to them. But the effect doesn't last. You are depending on an external source for your motivation. The Sedona Method teaches you how to create/activate your own motivation and then tap into it whenever you feel the need. You don't need to follow anyone's orders but your own. In fact, you become your own best coach/teacher.

**What other system is The Sedona Method like that I'd be familiar with?**

The Sedona Method is like no other system that you'd be familiar with. However, the feeling of release is something that you are definitely familiar with, even if you haven't experienced it in a long time.

**What if I have already done or am involved in therapy or other personal growth work? Can this still help me?**

People who have done a fair amount of personal growth work typically report that their insights and understanding of childhood wounding have only brought them so far. They report that the Method actually clarifies for them what they have been seeking all along: a calm, authentic sense of themselves, and a way to maintain this awareness easily. They feel like they have found the missing piece to the puzzle.

It is equally true that Sedona graduates who have never done a day of therapy experience a profound transformation in the way they live their lives.

**How do I know it will work for me?**

How do you know it won't, unless you give it a try? It has worked for many others just like you. There is every reason to believe it will work for you. Of course, it is you who must listen to the tapes or come to our seminar. It works for everyone who has a sincere desire to change or improve their life. And if you are one of the very few who doesn't seem to click with this method, you are still at no risk because of our guarantees.

**Will this help me recover from a life threatening disease?**

The Sedona Method is not intended to treat, diagnose or cure any illness. If you need medical attention please consult with your medical practitioner. I think most practitioners will agree that being in tip-top emotional condition can only support whatever medical treatment you need and may mean the difference between success and failure.

**What if I'm having trouble getting the results you promise?**

If you need help, we have trained facilitators available to answer your questions and support you through your process.

**Is the course available on CD?**

Currently the course is only available on audio cassette. We do not have immediate plans to offer the course on CD. This is an excellent course and it will be well worth it to you to borrow or purchase an inexpensive player.

**What if all your problems are just memories?** By Hale Dwoskin

One of the most powerful perspectives that we have been exploring in our courses is that there are no problems in this present moment. I know that may be hard to accept, but what if all the supposed problems you have right now are just memories?

I challenge you to explore this question for yourself and at least entertain the possibility that problems are just memories. I promise that if you even just accept this partially and work with it as best you can the way it is outlined in this article, your life will radically transform for the better.

The reason that problems appear to persist through time is that whenever they are not here in this moment we look for them. We actually seek our problems. We filter our experience based on the belief that we have a particular problem and unconsciously censor out

anything in our experience that does not support that belief, including the fact that it is not here now.

Think of a problem that you used to believe you had. I purposely phrased this question in the past tense. If you are having a hard time accepting it as from the past, allow yourself to include the last moment as part of the past. Most of us think of the past as at least yesterday, last year or years ago. For the sake of understanding what I am suggesting, please allow yourself to view the past as anything that is not happening at this moment.

Now, allow yourself to ask this question: "Could I allow myself to remember how I used to believe I had this problem?" This shift in consciousness may make you laugh, it may make you tingle inside, or it may simply open the possibility in your awareness that yes, even this is just a memory.

Next ask yourself: "Would I like to change that from the past?" If the answer is "yes," ask yourself: "Could I let go of wanting to change that from the past?" And let go as best you can. If the answer is "no," just go on to the next step.

The completion question in this series is to ask yourself: "Could I let go of wanting to believe I have that problem again?" And then do your best to let it go.

If there is still some clinging to the memory of the problem in this moment, then repeat the steps from the beginning until you can fully let go. As you work with this perspective more and more, you will find it easier and easier to let go of even what you used to believe were long-standing problems.

If you use this simple direct application of the Method, I promise you the results will surprise and delight you.

There are several hooks in most of us that may prevent us from being

able to use this or any other helpful releasing perspective. Let's explore some of these hooks so that we can be free of them.

"I suffer, therefore I am."

Strange as it may seem, this quote reflects the way most of us live our lives. We identify with our problems and the self-created suffering that we experience in relationship to believing we are the one with these problems. If you reflect on "your" problems you will discover that you have grown so attached to these patterns of thought and behavior that you will probably find it hard to imagine yourself without them. We cling to the artificial sense of security that comes from knowing what to expect, even if that expectation is not beneficial, rather than being open to the uncertainty that comes from letting go.

It does not have to be that way.

Think of a problem that you used to believe belonged to you, and ask yourself: "Would I rather have the false sense of security that comes from knowing all about this problem or would I rather be free?" If you would rather be free, you will find yourself spontaneously starting to let go of your attachment to having this problem and you will find yourself discovering natural solutions as opposed to justifying your having or being stuck with this problem.

But what will I talk about?

Most of us base a significant amount of our personal communications around seeking sympathy for our problems or commiserating with others about theirs. It is not that sharing your problems is detrimental. In fact, the freedom to share with others what is bothering you is often the first step in letting go and moving on. Also, being able to be there for our friends and partners when they are in emotional need is a sign of being a good friend.

Where we get stuck is when we continually share the same problem over and over again and there seems to be no relief. If you find



yourself telling the same story more than once, check to see if you are seeking agreement or approval for the problem. If you are, ask yourself: "Could I let go of wanting others to agree with me about my having this problem?" or "Could I let go of wanting approval for this problem?"

It's mine, that's why.

Pride is a shifty emotion. We don't just feel proud of our accomplishments. One of the places that we can get really hooked into the memories that we used to believe were our problems is being subtly proud of having them. We subtly feel so special for having them. It may take the form of feeling proud of having prevailed even with the problem, having borne it for so long or having a problem that is unique to just you.

On the October retreat there was a participant that had actually been at Ground Zero on September 11 and had been in a state of high anxiety despite all their releasing ever since that experience. We did some work together on the fear and there was some relief. But it was not until this person was able to recognize how they were subtly proud of having been in such a unique situation and having developed such a great story around it that they were able to completely let go. Once they did see the pride and let it go, the anxiety that they had been experiencing almost continuously for over a month vanished and did not reoccur.

Look at the problems that you used to believe you had and check to see if you feel that they make you special - look for any pride. If there is any pride and you can honestly admit that to yourself and let it go, you will find that it will free you to just let go of the problem.

It's not wise to ask why.

Wanting to understand or figure out why or from where are problems arise can also be a major obstacle to letting them go. "Would you rather understand your problems or just be free of them?" If you would

rather be free of them, I would highly recommend that you let go of wanting to figure them out. In order to figure out a problem we must leave the present moment - the only place we can truly solve anything. Plus, we only need to understand a problem if we are planning to have it again or maintain it.

Look for the Freedom that is here and now.

No matter where your consciousness has gotten hooked in the past, in addition to releasing on it directly, develop the habit of looking for its opposite. Most of us have gotten very good at finding problems or finding limitation. We have gotten so good at this quest for limitation because of our habit of looking for our problems when they are not here.

The freedom that we are is always closer than our next thought. The reason we miss our inherent freedom is that we jump from thought to thought, from familiar perception to familiar perception, missing the freedom that is here and now.

Even when you are working on a particular problem, allow yourself to look for where the problem isn't. Look for how even your worst problem is not always with you now. If you start becoming aware of your basic nature of unbound freedom, you will find that this awareness will put all of your supposed problems into perspective and allow you to live this freedom now.

## **How to use this shortcut**

The best way to use releasing is when you find yourself wanting to go to the fridge for emotional reasons. In other words, when some kind of emotional reaction is tempting you to dull it with food. Take a moment to identify the uncomfortable thought and/or feeling that you're having, and release on it.

It might take a bit of practice to master this process, but it's very powerful. Don't let the simplicity fool you. We all release occasionally in our lives, but the benefit of working on this process is that it will become something you can call upon whenever you need to, rather than being an accidental thing that happens every so often.

## **Where to find out more**

As you can probably guess by now, the best place to learn more about releasing is at the web site for the [Sedona Method](#). They offer a free introductory cassette, as well as several comprehensive tape sets which cover releasing in great detail. There is also an excellent book called 'the Power of Letting Go' by Patricia Carrington, available at Amazon and elsewhere.

## **Summary**

Releasing is something we've all done in the past, but usually without conscious awareness. By learning to simply let go of uncomfortable thoughts and/or feelings, we can reconnect with the peace of mind and contentment which is always available beneath the surface. As we do so, we will not need to eat as much, so easy and effortless weight loss will be the result..

## Why use different Shortcuts?

If these shortcuts are so powerful, why do we need several? Why not just use one? Why bother with the rest? Good questions!

Here are a few answers for you:

1. These shortcuts operate at different levels. Some are for issues you know about already, others work best with issues you're not yet aware of.
2. Different tools appeal to different people. My favorite might not be your favorite. Offering a wide range means that you have a good selection from which to choose.
3. Some tools work quickly, others may take more time. Again, the more tools you have available, the more successful you will be.
4. These tools all complement each other. i.e. some excel in one area, while others excel in a different area. This is explained more below.
5. Knowing several tools often allows you to combine them into something new and more powerful. Experiment with them, play with them, see how they work together.
6. Some tools are free, some are relatively cheap, others cost more. Having many different tools means that a lack of money won't be a problem.

Here is my own list of how these tools address different areas:

**The Work of Byron Katie:** helps you let go of thoughts and beliefs you're attached to. The less you're caught up in stressful thoughts, the happier and more loving your life will be.

**Emotional Freedom Techniques:** bypasses the mind to heal issues via the body. By healing old hurts, you'll become more present to the love and contentment available here and now.

**Releasing or Letting Go:** simple, fast, and probably already familiar to you. Letting go is an easy shortcut that you can use anytime to let go of stress and tension.

Of course, you might view these differently, in which case use your model! Don't put mine above yours if you can find a better way. I'll use them my way, you can use them your way.

## Top Ten Benefits To Focusing On Love

Let's return to that memory of loving which felt so good. What other feelings come up for you? How about joy? Do you feel joyful now? Delight? Peace of mind? Maybe all these feelings are connected? Maybe they are all shortcuts to each other? Play with loving, and see what comes up for you. Practice makes perfect! Here are some more side effects of love:

**1 - you will feel great:** the best reason to love is to feel good! For most, there's nothing that can match the feeling of loving, and it's free, available whenever you choose to love.

**2 - you will lose weight:** by loving yourself and others more often and more consistently, you don't need food to mask your discomforts, so excess weight easily and naturally falls away. No depriving yourself, no internal battles of will, no struggle.

**3 - you don't need anybody else or anything else to love:** you don't need anything external to yourself. You don't need a special permit, nor can anybody stop you. True independence.

**4 - your health will improve:** science has repeatedly proven that feeling love literally fills your body with many healing chemicals which improve your health and longevity.

**5 - your existing relationships will improve:** More love can only improve relationships. People usually respond to like with like, so your outgoing love will help them love you more.

**6 - you will attract other loving people:** again, like attracts like, so you will attract more loving people into your life. Unloving people will either become more loving, or drift away.

**7 - you will have an easier life:** you will be less upset if things go wrong and you will attract less difficult people into your life. Trouble will go elsewhere, and things will flow smoothly.

**8 - you will be do better in business:** happier workers means less stress, less staff turnover, increased productivity, better customer service, all leading directly to more profits. Besides, people prefer to do business with happy loving people.

**9 - you will become wealthier:** money worries are really you focusing on not having enough money. This attracts poverty. By loving and trusting, you will begin to attract abundance.

**10 - you will help others:** even though loving might seem selfish, it also helps those around you. So is it selfish or selfless? Maybe with love, it's both? Sharing love is a true win win situation, as everybody benefits. Not a bad side effect.

Obviously, much more that can be written about these things. If you want to know more, contact me at [ed65love@gmail.com](mailto:ed65love@gmail.com) or look out for other books and articles.

Best of all: **you will attract good things into your life:** when we are relaxed and loving and at peace, good things seem to happen to us. Whenever we are unhappy or resistant, we seem to encounter more trouble. Maybe we get what we expect to get? Hmmm ...

## **Please Tell Others About This Book**

If you've found something useful in this book, please tell anybody you think might be interested. There are many people who would like to find a way to permanently lose weight, and most people would also be interested in finding out how to create more love in their life. By mentioning this book to your friends and/or family, you're helping to paying it forward.

If they want to find out more about this book, you can send them to this link:

<https://www.edlovecoaching.com/love-diet/>

## **This Is All A Waste Of Time Unless ...**

... you actually use what you've learnt here. Sometimes it's easy to get sidetracked in life, when the demands of work and family ask for our attention. Studies show that most people who buy books never read them, most of those that start reading them never finish them, and that most of those who finish them never apply the ideas. Don't let this happen to you!

The best way you can make sure that you benefit from what you've learnt here is to get regular support. There are many ways of doing this. Firstly, you can give this book to your friends and/or family, so that you are all familiar with these ideas. This allows you to support each other daily or weekly to make sure that you've continuing to apply these ideas.

Each step to love includes a simple exercise to help you master that step. While you might not be able to find the time to do all the exercises daily, you can usually find time to do one. Choose a different step each day and do the exercise, either alone or with others. Then



choose a different step the next day, and cycle through them repeatedly until you master them.

Another way you can make regular progress is by creating a simple support group in your community. Offer a regular gathering where people can come along and support each other in making these ideas work in their lives. You can run them at home or another venue, charge or keep them free, even make them into pot luck gatherings. There are many possibilities.

If you'd like some one on one help, you might benefit from life coaching. I can help you apply these ideas, so that you are more successful at creating more love and less weight in your life. After all, knowing something intellectually isn't any good unless you're able to use and apply what you know. Please don't put this book aside without practicing these ideas.

Regular coaching (phone or email) allows you to get ongoing support and encouragement in your journey. It's like having a gentle, supporting friend who regularly checks in with you to see how you're doing. I only have space for a few new clients at the moment, so don't delay if you would like to work with me. For more information, email me at [ed65love@gmail.com](mailto:ed65love@gmail.com).

## The Beginning

Thanks for taking this journey with me. I hope you've found some useful ideas to create more love in your life. Please let me know of your successes along the way. You might just have an idea which I can use, and then pass onto others. Sharing ideas that work is one of life's joys, sometimes much of the satisfaction we can get from a new idea is to pass it onto others.

Remember that even though this book is coming to a close, your journey has not. As Winston Churchill once said:

This isn't the end.  
It's not even the beginning of the end.  
It is, perhaps, the end of the beginning.

Don't let these ideas fall by the wayside: take them and apply them to your life. Then teach others, and soon others in your life will be happier and more loving.

Everybody wins. This will of course make your life happier in return. I sincerely hope that you are able to create more love in your life. I'll leave you with my favorite quote from the song *Nature Boy*, which was sung twice in the wonderful film *Moulin Rouge*:

The greatest thing you'll ever learn  
Is just to love and be loved in return

Good luck, and may your life be filled with more love and less excess weight,

Ed Love, Australia

p.s. PTO:

Please email me at [ed65love@gmail.com](mailto:ed65love@gmail.com) if you have any suggestions to improve this book. I'd love to hear about your successes with these ideas, as well as suggestions for improvement, or about any topics you'd like to read about in the future. Thanks!

p.p.s. please check out the various resources listed in the appendices. These are all things which I use, and are some of the best of what I've found on the Internet in 20 years exploring. Some may appeal to you and some may not, but please at least take a look.

p.p.p.s. if you haven't figured out the title yet, here's the answer. By bringing more love into your life, you'll naturally want to eat less food. So you can still eat as much as you want, you just won't want to eat as much! On the other hand, feel free to eat all the love you can 😊

## Appendix: Where To Find Out More

For easy reference, here once more is a summary of where you can find out more about the various shortcuts in this book. If you're happy with what you've learned here, that's great. No need to go further. On the other hand, if you are curious to learn more about any of these shortcuts, the links below will give you many options of varying price and detail.

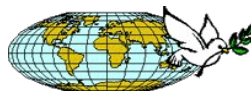
### The Work of Byron Katie

The Work is presented in great detail for free at their [web site](#). There are many articles to read as well as free worksheets you can download to do the work yourself. Byron Katie has also written an excellent book on the topic called 'Loving What Is'. It's available at the web site, as well as Amazon and many other booksellers.



### Emotional Freedom Techniques

Gary Craig's [web site](#) is the best place to start, as he created EFT. His main focus is sharing it rather than making as much money as he can, so his teaching materials are affordable, and often free. For instance, by visiting his site you can download a basic EFT manual for free.



## Releasing or Letting Go

The [Sedona Method](#) web site has a great free introductory audio, as well as several CD sets which cover releasing in great detail. They also sell a very good book of the same title.

