

The Power Of The Positive

Modern energy work has taught us one thing above all else - that you can't cure misery and trauma with further misery and trauma.

That we need powerful positive healing events to overcome old energy based injuries and reversals.

It has also taught us that much of “bad human behaviour” is simply stress related and that anyone, if they get stressed enough, will start to show all the symptoms of angry, unloving, unsocial behaviour and the higher the stress goes, the more disturbed and disturbing the behaviour becomes.

We have learned that stress is directly linked to low energy states, and the lower the energy states become, the less flow there is through the energy system, the worse the stress, and all the requisite symptoms relating to stress.

This is a big deal.

For example, the entire topic of “self esteem” collapses completely when we realise that we have high self esteem when the energy flow is high; and low self esteem when the energy flow is low.

Improve energy flow enough in a person, and they will say, “I'm fabulous! I love myself! I'm a great human being!”

Depress or disturb the energy flow enough, and the exact same person will say, “I'm a waste of space! I hate myself! I wish I was dead!”

All the goodies from the old school of personal development, such as personal power, attractiveness, intelligence, social intelligence, wisdom, self love, high self esteem, confidence and so forth are all simply indicators that a person is in a good energy state.

They're not a thing in and of themselves at all, and this is why “that confidence problem” could never be solved.

It's like trying to solve the red light flashing on the dashboard as the problem, but it keeps coming back because the problem in fact is that there's not enough petrol in the tank.

What happens when a car runs out of petrol? Or gas, as our overseas friends would call it?

Well, the wheels stop turning. That's the first thing.

Other functions might still be available for a time.

The heating might still work for a bit.

The lights might still work, and the electric windows, giving the illusion that the car is really OK and will start up again soon.

But as the battery runs out, as it must eventually, one after the other of the systems start to fail until the entire car is dead and nothing works any longer.

What has happened is that people in the past have paid too much attention to the failing heating system, to the lights dimming, to the wheels not running, the radio doesn't play any longer and thought that was the problem.

When there is only one problem - namely the car has run out of the fuel of life for cars, petrol.

There is also only one solution. You need to put some petrol back in the tank, and as soon as possible. Wait too long and the battery is dead, then you have to push start the whole thing, and that's a hefty effort.

This is a very mechanical and simplified metaphor but the core points are applicable to the human energy system.

When there is a problem with the energy system, and let's be clear we are only talking of energy system problems, not physical or mental problems, then the only way to make those problems "go away" is to put petrol in the tank.

To put fresh, new energy through the system, so it starts up again, it can start re-charging the emergency batteries, and the functions come back online.

In the past, people have constantly asked, "What's wrong?" followed by, "And what else is wrong?" and then by, "And what else is wrong?" to try and find the reasons for emotional, energetic malfunctions.

This is the pure trauma orientation of old fashioned psychology, where everything was about finding the trauma, fixing the trauma, and then the person can run again.

The fact is that the failing radio in the car that has run out of petrol cannot be fixed - essentially because there's nothing wrong with it in the first place.

If there was enough energy to run it, it would run just fine.

That's like people saying that they don't have any confidence.

The confidence machine exists just fine, and it would work beautifully - if there was some energy moving through it to bring it to life.

The confidence machine, and the love machine, and the power machine, and the reality creating machine, and the intelligence machine - they're all sitting there, waiting for that surge of energy which will bring them to life.

They are not broken, and that's the amazing message of modern energy work.

They cannot be broken, if a round or two of EFT can take a person from "I hate myself" to "I love myself!" and they're beaming, and really feeling it.

Now, in the past we have all thought that you have to fix like with like. So a person has love problems, so we need to take their love circuitry apart, dig around in love trauma, fix all the love trauma, put the love machine back together, and the job is done.

If we follow the car metaphor which says, well all you need is to add some petrol, and ALL the various machines will start up again, we wouldn't need to do that.

All we need is petrol - it's only energy.

We just need to put more energy through the system, and all the various machines start up again, including the love machine.

This is a very interesting thing.

Put A Tiger In The Tank

What I'm saying here is that you don't need to dig around in the problems at all, you can just put some energy into the system and it'll start to work.

Let me give you an example of this.

So here's our person who is in a low energy state. They say, "Nobody loves me, my mother never loved me, I have no friends, no wife, no girlfriend, there's no love in my life and I deeply and profoundly hate and despise myself."

Based on the old psychology trauma model, we would now go into that and find examples of memories pertaining to this, seeking for mother trauma, followed by general girlfriend trauma, incidences of particular no-love-misery and so forth.

But we could also try the energy model which simply states all of that is only an indication of the underlying problem, low energy flow.

Let's put some energy into this system that is the no-love-man and find out what happens.

And it doesn't have to be love energy - any kind of powerful energy will do.

Let's ask the no-love-man what kind of energy he finds attractive. And for argument's sake, let's say the only thing that gives him pleasure in life is Star Trek.

Let's tap a round of EFT with the set up of Star Trek, or if you will, EmoTrance or flow the Star Trek energy directly.

What happens to our man?

He starts to smile, he comes to life.

We'll do another round, "Even more Star Trek energy!"

Take it to a +10 and what do you have?

You've got petrol in the tank.

Now ask him how he feels about love.

He'll be smiling, happy, completely philosophical about his mother, and most likely express the belief that he'll find love when the time is right, and anyway, the world's a wonderful place and he's in love already with the clouds, the skies, and himself.

Where's the trauma gone?

What has happened to dealing with his mother issues?

Where did the confidence and the sparkle in the man's eyes come from?

Is tapping on Star Trek the secret to a happy life?

And here we have to say, "Look, it's an energy thing. Energy moves not in mysterious ways, just simply in different ways. Energy is the gas in our tank, it's our petrol, our life force."

"Any improvement in the energy flow starts up our systems across the board."

Positive Energy

What we need to understand is that you don't get good or bad energy.

There's only energy.

Like, you don't get good or bad money, there's only money.

In that same sense, positive energy is to have positive energy bank balance - ie you actually have some energy flow.

Negative energy is the absence of energy flow.

And it seems we have an overdraft system, like the batteries in the car, to help us out in short term situations where the engine might have stalled so we can start the car up again and still listened to the traffic forecasts.

But that is for emergencies only, not for long term use; just as an overdraft is for emergencies only. Abuse your overdraft, and the bank will close you down.

Run on reserve batteries for long enough, and that will then have to fail too.

Positive energy is the presence of energy;

Negative energy is the absence of energy.

Negative emotions such as anger, hatred, shame, guilt, jealousy are all manifestations of an absence of love or an absence of energy, rather than having any energetic existence in their own right.

This is very important to understand about modern energy work; there is no such thing as bad energy. What we experience as “bad” or even “evil” is simply an absence of energy, full stop.

I had an interesting personal experience on the topic.

In a moment of high crisis - a state of extremely low energy - my rescue systems went into operation and told me to “find something to love.”

I thought of something that I love - and guess what?

It did the trick.

It took me out of the state I was in and into not just the opposite, but the very inverse of where I was just seconds earlier.

That is the same movement as tapping the set up of “Star Trek” with the man who thought he was unlovable.

Find something you love and direct your attention that way, and a movement comes into being, an energy flow starts up, the petrol is pouring into the tank and all our systems come back online.

Could it be simpler than that?

Can we handle something that simple?

It's an interesting question.

Energists & The Power of the Positive

What does that mean for us, right here, in our various self treatments as we go through life?

Imagine for a moment that you had really understood this idea that positive energy flow, high, powerful, positive energy flow was the one and only solution to all your energy problems.

Imagine you were to apply this, in your own life, on a regular basis.

Let's say you get an email that really upsets you.

But instead of now turning around and looking into all the related previous traumas, childhood traumas, looking for something that's broken so you can fix it, you took a deep breath and thought about something you love.

What do you love?

I love my boys, each one. I love raindrops on the window sparkling in the sunlight after a thunderstorm. I love quiet misty mornings. I love deep sea emerald ocean waves. I love the sky. I love diamonds and crystals, all things that sparkle. I love a good glass of red wine!

I love lots and lots of things, as everyone does - but in the endless, endless quest for trauma and finding out what's wrong and taking things apart, the things we love, that which gives us energy, puts petrol into our metaphorical tanks, those things get forgotten because they are IN THE OPPOSITE DIRECTION TO WHERE THE TRAUMA LURKS.

You can spend a lifetime crawling through trauma country on your hands and knees with a miner's lamp strapped to your forehead.

Or you can stop, turn around, and ask yourself what you love.

This second choice is energizing, it's what puts the petrol of life into our tanks, fills our batteries, makes our energy system work - and brings the personal development goodies as a bye the bye.

So think of something you love.

Focus on that, really think about it, really allow the energy of that to come to you, to start running though you, allow it to make you happy, as it were.

It doesn't matter what it is - dolphins, space ships, your son or daughter, your cat, the Arabian nights, a song you love, it could be anything at all, and there's so much of it to choose from ONCE YOU START THINKING IN THAT DIRECTION.

I had a client not long ago, a young man who had been through hell, terrible experiences. He told me some of it and said to me, "This can never be made right, can it."

I had a look at his timeline and agreed. "No, of course not."

He said, "What am I to do?" and what just came to mind was to say to him, "Have fun. Enjoy life. Find pleasure in as many things as possible. Seek pleasure."

He laughed at that and wondered if it could be that easy.

Why shouldn't it be?

If you are thirsty, you need to drink. Delving into the reasons as to why you're in the middle of a desert without a bottle of mineral water will get you nowhere. Heading towards that oasis over there will and jumping into the water there will.

I had him think of something he loved; we took it all the way to a +10 and he was joyful, so happy, smiling, hugging me. He took a few dance steps around the room with his hands in the air and said, "I can't believe it, I'm glad to be alive."

Is he "cured" from all the trauma and misery and pain and suffering that came before?

Can we ever cure somebody of their life?!

But if he can be happy, and it is as easy as thinking of something you love and using that to energize yourself, how isn't that the perfect way for him to lead a happier life, long term?

If he now knows what to do when he starts thinking weird thoughts and realises that this is an indication his energy is running low, rather than going into the "I'm broken, I'm insane, I should kill myself" spiral, and takes action to think of something he loves, and then feels fine again, isn't that something which over time and cumulatively lead to a totally different set of experiences for this person?

When he lies on his death bed and thinks about his life, and it started out shit but then it got better, and that's measured by how much joy, how many wonderful experiences you have in a year, in a month, in a week, in a day, isn't that sort of ... cool?

And could it not be the case that regular applications of joy will in the end correct whatever trauma damage was done, simply as a bye the bye?

It is my assertion, my theory if you will, that by consciously evoking the power of the positive, by consciously connecting with that which you love, you get better results, short term and long term, than to chase trauma.

Antidotes

What do we do with a person who has been traumatized and now can't get onto an airplane any longer?

We could ask that person what kind of energy would get him on that plane. That would be one way of doing it.

But if you take it that one step further and ask the person what they love most in all the world, and use that to energize them, to put fuel in the tank, they get to a +10 and THEN we ask him about the airplane, what do you think would happen?

And what do you think would happen when he stands at the airport and finds himself getting wobbly, and he has quick tap on whatever it was that he loves the most?

It's a completely different way to approach the whole "trauma" thing, it's a radically different way to treat an energy system collapse, such as getting scared at the sight of an airplane.

Working with the energy system is an extraordinary thing, and we still have so much to learn.

What I would like you to do, dear colleagues, is to take that idea, that you can strengthen the energy system the most by connecting with things a person loves.

That an energy system, thus strengthened, will be STRONG - and show all the signs of a strong, functioning energy system, which are the personal development goals of confidence, intelligence, personal power, emotional intelligence, and being able to love.

I'd like you to go out and test this assertion for yourself, in your own life, and with your clients, too.

If I am right about this, and of course, I do believe I am, we can put an end to the concept of irretrievably damaged people and have a brand new methodology that is not only shockingly simple, but also powerfully effective to give people that which they seek - good experiences, and a way to "improve themselves" that starts with love, grows with love, and ends with love.

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