

*Caduceus* – summer 2002

## **Energy Psychology: A Powerful New Paradigm for Change**

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Energy psychology presents a revolutionary paradigm shift from conventional models of psychological dysfunction and therapeutic change. It is based on the understanding that every distressing memory, upsetting emotion, or limiting thought is associated with a corresponding disturbance in our subtle energy system – that invisible vibrational matrix which permeates and surrounds us and which we identify as the meridians, chakras, aura and other levels of universal life. Energy psychology techniques facilitate the healthy processing of archaic beliefs, emotions and unconscious patterns which ‘drive’ us, by intervening in the subtle energy system.

Most energy psychology approaches are adjuncts rather than comprehensive schools of psychotherapy, and they are used by professionals already thoroughly trained and experienced in many modalities of counselling, psychotherapy, and healing. Several are also used widely as self-help techniques for personal development work. Although they share important holistic and humanistic principles and goals which are at the core of much current therapeutic practice – and their results are ultimately in the same healthy direction of change and growth – they differ radically from conventional approaches in their apparent action, and in the power, speed and gentleness of their effects.

The pace of conventional therapy and personal development work can sometimes be frustratingly slow for both therapist and client, like a film seen just one frame at a time, with interruptions from daily life events and crises, flashbacks, fantasies, and shifting viewpoints sometimes contributing to and sometimes confusing the process as it unfolds over the weeks and months and, sometimes, years of work. Energy psychology techniques enable the therapeutic process to flow so much more quickly and smoothly that entire scenes, acts, and themes can unfold and be resolved in a single session. Profound insights often follow, and previously distressing and dysfunctional behaviour patterns change naturally in a healthy direction.

### **Transforming anger**

‘Kelly’ experienced this for herself on a practitioner training course during which the participants were practicing, EFT (Emotional Freedom Techniques), using as their issue something that had occurred during their journey.

‘I am *so* angry,’ she began. ‘I just hate being late. I always have.’ Kelly had planned her journey that morning so that she would have ample time to get to the course venue, allowing something like fifty percent extra for mishaps. And the mishaps had indeed occurred, conspiring to make her arrive at the conference centre some forty minutes late. I asked her to rate the intensity of her anger as a number between zero and ten. Kelly promptly named a figure off the top of the scale. I then guided her

through tapping several times on a sequence of her acupuncture points, while she stayed in touch with her anger. After one round of tapping, I asked her to rate her anger again.

She looked rather puzzled, and said, 'Well, oddly, the anger feels different now.'

She paused. 'I don't know where this has come from, but now I'm thinking about how much I've always hated large groups and parties. I'm remembering how my father made me go to a birthday party when I was six years old, just after my mother died. And I really hate my father. I've hated him ever since. It's been so difficult.'

After another round of tapping on the hatred towards her father, Kelly's eyes filled with tears as she connected with both her grief as a six-year-old. 'All I wanted was comfort and closeness' she whispered. After another round of tapping, her face glowed with wonder and warmth as she said, 'My poor dad. He had his own problems at the time. What a pity I've held that against him all these years. We both cut ourselves off from the one person we could have been closest to. Now I want to call him and see what we can do to re-connect.'

And this is exactly what she did after the close of the workshop, and, with shared tears of regret and relief, she and her father found their way back to each other.

### **Far-reaching effects**

Such experiences of moving quickly from an apparently simple problem into a profound connection with deeper experience, and effecting rapid, gentle and healing there are commonplace using energy psychology approaches.

How is it that such an apparently content-free and mechanical process can have such profound and far-reaching effects?

In Traditional Chinese Medicine (TCM), there is a saying, 'Where there is resistance or disruption there is pain. Where there is no resistance or disruption, there is no pain.' In the TCM context, the resistance and disruption are located in the acupuncture meridian system and the pain is generally in the physical body.

Many who have experience in psychotherapy and personal development work have learned that this is also true at the emotional level. Tears of grief flowing freely are surprisingly less painful than those choked back and swallowed down into a lump in the throat and a headache.

There are connections as well as parallels between the dynamics of the subtle energy system and psychological processes. Bob Flaws, the prolific western writer on Traditional Chinese Medicine says that our emotions are our subjective experience of the flow of *Qi* in our bodies. If this is true, and these systems are indeed interactive, then it holds out the hope that balancing the flow of *Qi* may also affect our emotions.

### **Thought Field Therapy**

One Westerner in pursuit of that hope is California psychologist Dr Roger Callahan. In the early 1970's, Dr Callahan began to integrate the knowledge and skills of clinical psychology, Traditional Chinese Medicine, Applied and Behavioural Kinesiology, and the theoretical work of quantum physicist David Bohm and biologist Rupert Sheldrake to develop, Thought Field Therapy. Callahan discovered that the simple act of stimulating a number of acupuncture points while connecting with the

unhelpful emotion, thought, impulse or memory can initiate a cascade of healthy neurological, chemical, emotional, cognitive, and physical affects.

One of Callahan's most important contributions to this field has been the concept of psychological reversal, the energetic cause behind much of what has conventionally been seen as therapeutic resistance or self-sabotage. Callahan discovered that these apparently willful negative behaviours are often caused by reversals in the flow of energy through the meridians. He devised simple treatments, including tapping on the 'karate chop' side of the hand, to correct these reversals, thus allowing many clients to free themselves from the doomed struggle between their willpower and the power of reversed energy.



### **Intention**

The theory supporting energy psychology is constantly evolving at the leading edge of new science and subtle energies research. One framework for understanding the power of these techniques is offered by Stanford professor Dr William Tiller, following 30 years of practical research into subtle energies. Tiller posits in his book, *Science and Human Transformation*, that the subtle energy system operates on the special sort of physics which governs homeopathy. This implies that the more subtle the level of intervention, the more potent its results may be. Tiller also characterizes subtle energies as having essential properties of intentionality and coherence.

The issue of intention stimulates great debate in this field. Many therapists have discovered that after working with these approaches for some time, it becomes as effective to direct focused intention to the meridian points or chakras as to stimulate them directly. And focusing our intention on the issue which needs to be brought into balance is the defining difference between energy psychology and many other energy healing methods. Experienced mental health practitioners frequently express confusion, saying that their intention to help their clients to heal was just as strong and clear before introducing these methods into their practice. How, then, do these techniques make that intention so much more rapidly and powerfully effective?

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subtle energies enhances the  
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Tiller suggests that certain practices are capable of increasing the coherence of our energy system, reducing the level of destructive interference. It is destructive interference that, for example, causes light from a normal light bulb to spread widely in all directions and fade rapidly over distance. These practices bring our energies into phase, like the light waves of a laser, exponentially increasing both their power and focus. Because our physical and energy bodies are constantly being renewed and the pattern they take is determined by the intention-field we hold, the daily practice of

working intentionally with subtle energies gradually and cumulatively aligns more and more of us with our intentions, increasing the coherence and congruence of our system at all levels, enhancing the effectiveness of all we do. This clarity of intention and congruence is often seen among experienced meditators, healers and martial artists, as well as among some professionals in the creative arts and others who also pursue a daily discipline of focused attention to their inner process and connection with the Source of healing and inspiration.

### **Capacity for greater complexity**

According to Dr Richard Gerber in *Vibrational Medicine*, the Tiller-Einstein model (it was Einstein who coined the term 'subtle energy') indicates that subtle energies are negatively entropic in nature. This means that, in common with all living biological systems, they develop in the direction of increasing order and complexity, and with increasing ability to dissipate entropy, or disorder. So, working with subtle energies also helps us to develop increasingly complex internal structures to order and store these flows of subtle energy and to allow those energies and forces which are disordered to flow through and out of our system, like the by-products of digestion. At a practical level, this ever-increasing capacity for energy fluxes means that we can handle more and more of what life offers us, increasing our range of experience.

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To try an abbreviated version of one of these approaches for yourself right now, follow the process described in the box. You will balance the flow of energy through a number of your body's main meridians by touching the points or tapping on them gently. It helps to say out loud what life issue or feeling you wish to release as you go through the sequence. The process is deceptively simple, and yet, you will be able to appreciate for yourself how profound its affects are. And you can use this technique at any time, for emotional crisis management, releasing blocks, and opening yourself to embracing a greater range of experiencing.

### **Varied approaches**

For many conventionally trained health professionals, these approaches have proved to be the bridge to a deeper, more holistic, multi-dimensional understanding of life and human nature. Medical doctors, nurses, psychiatrists, psychologists, psychotherapists, and counsellors, many of whom would once have thought the entire concept of subtle energies was entirely too unscientific to bear consideration, have experienced the indisputable, practical results of energy psychology techniques for themselves and their clients, and are now applying their rigorous scientific skills and professional experience to developing empirical research and increasingly effective applications of these approaches to heal human suffering.

Dr Roger Callahan's original development of Thought Field Therapy has blossomed into a rich variety of approaches now included under the umbrella term of energy psychology. Some of these, like Gary Craig's Emotional Freedom Techniques (EFT) are directly derived from Callahan's work. Others, like TAT (Tapas Acupressure Technique), and Seemorg Matrix Work have independent origins. Each make a special contribution to the field, and each is highly effective with a full range of

psychological work, from fears and stress to trauma and abuse, from shame and anger to addictive cravings, from depression and pain management and even some physical ailments, to performance enhancement.

### **Allergy Antidotes for energy toxins**

Naturopath Sandi Radomski has translated the work of the Nambudripad Allergy Elimination Technique into the field of energy psychology to correct the effects of energy toxins and substance sensitivities, which so often have neurological and emotional effects. Following the World Trade Center disaster last September, when much of the East Coast of the USA was affected by airborne debris and much of the country was in shock and depression, Sandi and her colleagues discovered (using muscle-testing borrowed from Applied Kinesiology) that many clients were showing a surprisingly weak response to carbon, oxygen, hydrogen, and nitrogen, the basic elements of life, as well as to the mercury, hydrocarbons, and other fumes and particles released into the atmosphere from the smoldering ruins. Sandi created vials containing the energetic signatures of these substances and distributed them widely. Clearing these sensitivities with her innovative techniques, including spraying the auricular acupuncture points with the light of a laser, resulted in instantaneous lifting of 'brain fog,' malaise and depression for many who were suffering from those after-effects of the terrorist attacks.

### **Seemorg Matrix Work**

Asha Nahoma Clinton, a specialist in trauma and abuse developed Seemorg Matrix Work. It combines energy psychology, psychodynamic psychotherapy, psychoneuroimmunology, and transpersonal psychotherapy to treat psychological disorders, physical diseases, and spiritual impasses. Starting from the understanding that all upsetting events are types of trauma, Seemorg Matrix Work involves anchoring one hand on a selected chakra, and holding the other hand over the remaining chakras, one at a time, until they all test clear on the comprehensive protocols developed to treat particular issues. Then, using prescribed meditations and by actively reawakening positive beliefs and qualities, it turns the client toward a life focused not on suffering, but on growth and joy.

One client described his experience of working with Seemorg Matrix Work in this way, 'I had worked with a number of therapists for more than a decade to rid myself of narcissistic behaviors that had plagued me all my life. While my ability to understand and analyse my behavior grew much deeper and subtler, I was still incapable of rooting it out or controlling it. When I completed the first stages of working through the Emotion and Core Belief Protocols, I felt as though a transparent wall around me – one I hardly knew existed – had suddenly vanished. I could sense the individual presence of others with a clarity and intensity I had only rarely experienced before. This new sense has stayed with me for more than a year, and has changed completely the way I relate to others.'

### **Tapas Acupressure Technique**

Another method is Tapas Acupressure Technique (TAT), a process-oriented approach developed by acupuncturist Tapas Fleming from her work with Traditional Chinese Medicine and rooted in Taoist and Buddhist principles. Holding the hands steadily on acupuncture points and vision centres at the front and back of the head, while allowing the attention to first 'be with', the problem, then with its opposite, then its

origins and several other aspects, TAT creates space for whatever arises during the treatment steps in a respectful and attentive way, drawing it all into the process of healing. Tapas says, 'Every time we say 'No' to reality, we put ourselves into the position of separation. As we move through the TAT steps towards acceptance and healing, we are drawn back into the whole.' As I watched one client recently work through a life-long issue with TAT, I saw tears of joy pouring down her cheeks, and her face transformed from pinched tension to glowing with inner light. In an awed voice, she described her experience as 'like breaking through clouds, into the sunlight.'

Many people find their lives blighted by traumatic memories, from emotional and physical abuse within the family or school, accidents and attacks, or events on the global stage of terrorism and war. Dick Morrill was an Air America pilot in Vietnam, and his experience of speaks eloquently of TAT's gentle power to heal trauma.

'During a TAT seminar, I closed my eyes and was back in Vietnam in the back seat of a helicopter on a training flight. Several B-52's had dropped hundreds of 500 pound bombs in the distance. I took a deep breath as I remembered the helicopter slowly tilting back as it began to skid into a simulated emergency landing with an engine failure, but this time we were VERY tilted. In one moment my knees were above my head, and the next the tail rotor blades plowed into the ground. When the helicopter finally skidded to a stop, it was upside down. The frame of my seat was pressing on the back of my helmet, forcing my face into the dirt and solidly pinning both my arms and my face into the ground. I was trapped! Everyone else was dead or unconscious. With the engines still running we were sure to burn or explode. I was going to die. Eventually, another helicopter that had seen the crash came to the rescue.

'Whenever I remembered this, my chest would get tight, my arms would feel tingly and heavy, my palms would sweat, and, if I was telling the story, my voice would change as my throat tightened with terror. But as I held the TAT pose and stayed with the steps of the process, all of a sudden I was aware that I had survived that crash! And I was suddenly aware of something else: there was NO HELICOPTER on top of me. Even as I had the thought, it seemed silly. Of course there wasn't a helicopter on top of me, but I sat there amazed by my new awareness of that reality.

'For a brief moment, I saw the crash scene from above. Although it was just a flash, I noticed that it looked different. It looked lighter. I closed my eyes. It WAS lighter. It had always been kind of dark in my memory, as if there were a giant shaded plexiglass dome covering the site.

I then became aware that as I was thinking about the crash, my chest, arms, throat and hands were relaxed. All I was having was a memory of an event that had taken place more than twenty-eight years ago. Nothing more. The next thought I had was that I wanted the tension back. I had lived with it for so long that it had seemed a part of me. I closed my eyes again, but it wasn't there, and I couldn't get it to come back, no matter how hard I focused on the memory.'

To see such rapid and deep transformation in someone's face and posture as the burden of a past trauma or current fear is resolved, to hear their voice become

steadier, firmer, more confident as they let go of the past and connect with what now becomes possible for them - this is what moves many skeptics from incredulity to amazement as they learn how energy psychology enables this to happen again and again.

In the hands of professionally-trained therapists, energy psychology approaches provide a quantum leap in psychological healing. As self-help techniques, they are always at our fingertips for emotional first aid even in our darkest hours at 4 am, when no therapist, friend or priest is available, and whenever we are ready and willing to work on our own healing and growth.

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*An outstanding opportunity for both professionals and personal development enthusiasts to learn from the leading innovators and become part of this rapidly-developing field is offered at the **European Energy Therapies Conference**, which will be held at Oxford University, 2-4 August 2002. For more information see [www.TheAMT.com/oxford2002](http://www.TheAMT.com/oxford2002).*

To experience the transformative power of energy psychology for yourself, become aware of any sense of tension you may feel as you think about a problem area in your life or an area you want to expand into in greater depth.



Touch the beginning of the eyebrow and take a slow, deep breath in and out.

Touch the outside corner of your eye and take a slow, deep breath in and out.

Touch under your eye and take a slow, deep breath in and out.

Touch under your nose and take a slow, deep breath in and out.

Touch under your mouth and take a slow, deep breath in and out.

Touch the third eye point and take a slow, deep breath in and out.

Take a moment to reflect on how much calmer you feel and how much more open you are to whatever it was you might have feared.

The **Release Technique** was designed by [Silvia Hartmann](#). It is an abbreviated form of Touch & Breathe (TAB) by John Diepold, which is based on [Gary Craig](#)'s EFT - Emotional Freedom Techniques, which is derived from Roger Callahan's Thought Field Therapy (TFT)