

Notes from Open Space Topic Convenors

What was your topic or question?

EMOTIONAL FREEDOM TECHNIQUE **EFT**

What were major discussion points?

- EMDR
- Thought field therapy
- Emotional Freedom, Gary Craig—retired engineer (emotfree.com)

What did you learn?

- Forehead tap
- Butterfly hug
- Resistance –go to the collarbone
- Kinesiology technique---unconscious answers---connect with intuition.
- Measuring techniques 0-10, how big? Can I have an image on my screen of my mind
YES NO
- Affirmation: Even though...(negative attribute or situation)...I love myself, I wholly and completely accept myself, and I know that God/Buddha/Compassionate One wholly and completely loves and accepts me unconditionally.
- Sedona technique: # how it bothers you? Could you let go of the bad feeling? Would you let go? When?
- Questions: Is it for the highest good to be asking this question now? Could there be some reason to hold on to it (feeling/pain)? Does this reason for holding on to it relate to CATS [Control? Acceptance? Trust? Safety?]? Having acknowledged that, do you feel you can let go of some of this? Would you let go of some of this? When?
- PAIN---What do you think the body is saying?
- The MIND is incredibly literal.

Whom should we contact for more information?

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