



Consciously Achieving your Ultimate State

Karen Oliver

Understanding Energy

We are all energetic beings and therefore affected by energy around us. When we are feeling at peace and contented we vibrate on a high frequency and attract and manifest the things we want in life. However, the human condition frequently means we focus on the things we are fearful of and consequently experience more of the adversity we are fearful of.

Life is full of challenges and when we can begin to accept 'what is' we build energetic resilience and are more able to deal positively with adversity. When we begin to regard those adverse situations in a more positive way and learn to embrace them as times of great learning we harness the potential for personal growth.

Our energy is depleted when we live with persistent perceived threat. It is not what happens that matters it is how we react to those situations. By accepting what is and dealing with what happens in the moment we experience more personal power and higher energy. As soon as we label a situation as bad our energy levels are affected. No situation is good or bad until we connect meaning and a story.

For example: A woman loses her job after 20 years of loyal service and decides it is a terrible thing. What will she do how is she going to pay her mortgage and bills? The more she thinks about the situation the more concerns occur and her energy and mood plummet. While stuck in that way of thinking she is unable to see any opportunity.

A month later she has put together a business plan around a passion she has always had of running her own interior design company. The redundancy money she received helped to fund her new venture. Six months later she has her business up and running and is enjoying the freedom she now has and finds the work fulfilling and satisfying. Was the redundancy a good or bad thing?

Motivation and determination can be diminished by low energy. It is a beneficial practice to assess your energy level. So how can we accelerate our energy? Just by becoming consciously aware of the emotions present allows us to gauge how healthy our energy body is. Emotions are not a function of the mind they are a reaction to thoughts and external stimuli and they live in our energy body. The levels of intensity of our energy/emotional reactions vary from a short sensation in our gut or what you might call intuition. The next level is Emotions such as anger, hurt and sadness and the highest level of intensity of emotions can cause physical painful. We have all heard of psychosomatic pain, but often confuse it with having a physical condition. Emotions are powerful! Each level is designed to warn us of what is happening in our energy body. When we do not heed these warnings, we can be in danger of burning out. When we experience high levels of emotional stress it can have an astonishing result affecting our cognitive performance, behaviour, and bodily functions.

It seems too obvious to say we just need to experience more positive input energy, but that is the truth. The more we are influenced by positive vibrant energy the higher our energy level climbs. Perhaps you can now see more clearly why the way of the world as we now it in the 21st century with its constant demands does not support our optimum energy levels and is attributed to the huge increase in mental health issues.

It is important to note the aim is not just to be free of emotional anguish, as that would bring us to a place of numbness. This may bring brief relief from the pain, but numbness is not a pleasant space to inhabit. As human beings we need to translate the world and transform our energy through our emotions. Feeling nothing is not living. A place of no motivation or interest in the external world. Often if this is the highest level attained slipping back to old habits and into painful minus level energy is more likely.

Energy Gauge

Imagine you have an energy gauge much like a fuel gauge on your car. The warning light comes on when you have a reserve of energy. It alerts you before you get to zero that you are running dangerously low on energy. Zero is not even a place you want to reach, and it should not be a point you wait to get to before refueling. Cars won't even function on a negative scale. Think of zero as empty and below that as unhealthy and to be avoided, a place that cannot sustain life. If full is your optimum energy level and a point of euphoria, it would be best to retain and maintain at least a third of a tank and above. At this level your fuel pump won't pick up all the detrimental muck at the bottom of the tank. The higher you can maintain your energy level the more productive, fuel efficient and healthy the mechanics of your energy body and physical

body will remain. The more awareness and interventions you make to increase your energy the more it becomes habitual and rewarding.

It is time for us to take more responsibility for our energy levels and our consequent overall health and well-being. This is not a point to take blame and place judgements on ourselves for our present health, but to take back our power. Doctors may be trained in medicine, but we know our energy levels and can gauge our energy levels. We should not wait for trauma and symptoms to do something about our health. Doctors deal with symptoms once we are in negative energy. They are not able and not in a position to help improve your energy levels until you have crashed and burned. Prevention is better than cure. Take your power today and become aware of your own unique energy levels.

Focusing Energy

We focus our energy every day, but most of the time very unconsciously. Gaining awareness of how this happens give us more choice about how we direct our energy.

Consciously practising focusing your energy on what you want consistently gives you a greater level of power over your emotional state and your responses. The following exercise demonstrates how energy can easily be directed:

Exercise

Put your index finger up in front of you and place all of our attention on that finger. Imagine how the skin feels, become aware of the bones and tissue in your finger and the blood running through your finger. Continue to put all of your attention on that finger. Become aware of the energy running through it.

You may experience a tingling feeling or a warmth. By directing your focus the energy has been directed to your finger. In the same way we can channel our energy on what we desire rather than our underlying fears.

It is not to say we should not pay our fear any attention or that we should resist it and ironically the more we try and avoid and resist fear the bigger it becomes. By doing this we are giving all of our attention to the fear. It is more beneficial to acknowledge and accept fear and allow it to leave. When we notice it is there, but do not judge or react to it we are able to refocus on what we want to do and in this way it will pass.

Finding a Safe Place

When we experience outside challenges a great resource is to develop your own safe place. A safe place is an internal bodily feeling that uses all of our senses and can be created, accessed and controlled by the individual at any time.

External situations and people are not within our control, but we have the power to choose our own state. To gain the most from any situation our state is crucial. By practising our own safe space our ability to get the best from situations increases.

Safe Place Exercise

Cross your arms with your hands resting just above the elbow of the opposite arm. Begin to slowly alternate tapping on each arm.

Find a comfortable place to sit with your back straight and your feet firmly on the floor. Take three deep breaths and notice as you begin to feel the sensation of each breath in your body. Notice any sensations in your body. Begin to take yourself to your safe place. Your safe place is unique to you it can be anywhere you want. You can include objects, pets and people. Adjust your safe place to reflect the safest possible state you could have right now. Be aware of how you know it is safe. What do you feel in your body as you are feeling so safe and protected. Take further deep breaths and become aware of just how relaxed and safe you feel right now. Imagine you are receiving unconditional love in whatever way seems appropriate right now, it could be a hug or being told you are loved. It could be a smile or a gesture. Just allow that unconditional love to be received in your safe place.

Once you have this safe space it serves as a base to build your performance resources. If it helps to have a keyword for your safe place set it now.

'The positive thinker sees the invisible, feels the intangible, and achieves the impossible!'
Winston Churchill

Visualisation/Sensing

Visualisation is hugely helpful as a tool for defining what we want in our future. If you cannot see or sense the outcome you are focused on it is far less likely to become your reality.

However, all you need is a little possibility to gain movement forwards. Can you see or sense a glimpse or snippet of how you would like to play and perform?

See the scene as if you are there right now, see it through your own eyes, hear it through your own ears and fully feel the emotions of that moment. Run that short glimpse of your performance exactly how you would like it to be, fully immersed in the moment and the powerful emotions that fill that scene.

Make that image bright, fill it with vivid colour and light, hear the sweet notes and any other sounds clearly, be aware of any tastes or smells. Become more aware of how you are feeling in your body as you run this snippet. Run this image several times and each time add anything that will make it more empowering. You can add a symbol, a pet, a person, a sound, in actual fact anything you can imagine that would bring positive energy to your image. Create the best possible performance image you can create and run it as many times as you like. Be fully present in your body as you run it and aware of the sensations in your body.

The Best State for The Now

When we live in the past or the future we give away our power to really live and enjoy and situation. Both positions not only retract our ability to use our personal power but reduce our capacity to proactively make good decisions and take action in the now. When we are not occupying the present moment, we are not anchored or connected and are adrift like a leaf in a breeze, helplessly drifting and reacting to each situation without experiencing any sense of control. It is not the situations that occur that result in this disempowering state, but the stories and meanings we attach to the events and thoughts based on our past experience. We then project these fictional stories of what could happen into the future and jeopardise our chance of generating positive results. This anticipation of future issues causes anxiety. To be able to remain in the present requires us to find some form of grounding. When we ground our energy, it allows us to not only be physically present, but also emotionally and mentally present. In our busy lives it is very easy to get ahead of ourselves and allow our energy to be diluted or get bogged down in past events that persistently fill our minds. But there is nothing we can do from either of these view points and furthermore it is impossible to relax and enjoy anything unless we are completely present. The only place that has any power for transformation is now. Therefore, regularly ensuring you are grounded is essential. Many of us spend so much time in our heads and give little thought for our feelings and bodily sensations unless we experience distressing symptoms or pain. There has been so much emphasis in modern times on academic ability that many of us have lost touch with how we feel in our

bodies and have allowed a disconnect. To be grounded requires a complete sense of connection with our bodies.

Grounding exercises

Breathing Exercise

1. Just begin to notice your breath as if you were an observer, not trying to change it, just becoming aware of it like waves upon a shore. Become aware how each one is different and place all of your attention on your breath.
2. Become aware of where in your body your breath reaches and imagine it expanding further and further into every part. Each breath filling your chest, your stomach, your abdomen, your limbs and right the way to the end of your toes and finger tips.
3. Notice your energy becomes noticeably more powerful as your breath fills your body and repeat out loud – expand. With each in breath become aware of how much more vibrant your energy is and how it reaches every part of you even out into your aura.

Bilateral tapping

Sit upright in a chair with your feet firmly on the ground and your hands resting on your thighs. Gently lift one hand and tap it back onto your thigh and then lift the other hand and tap it onto your thigh. Alternate your hands for at least a minute.

Deep Breath Grounding - Donna Eden & David Feinstein Energy Medicine

Take a deep breath

Take a deep breath and say soften belly and put your hands on your stomach

Take a deep breath and say open heart and put your hands on your heart

Repeat three times

Emotional Freedom Technique

Emotional Freedom Technique (EFT) was created by Gary Craig in the 1990s and adapted from Roger Callahan's Thought Field Therapy (TFT).

EFT is evolving fast within the field of Energy Psychology which is not only used by practitioners but has also been adopted as a self-help technique.

EFT has been referred to as "Psychological acupuncture". This modality releases blockages in the energy body which cause emotional pain and distress. When we experience blockages in our energy body, it can cause the creation of limiting beliefs and unhelpful behaviours which affect our ability to find contentment and peace of mind. The symptoms that can occur either emotionally or physically can culminate in low self-esteem, lack of confidence, stress/anxiety, depression and compulsive and addictive patterns. It has now finally been recognised in the west that emotional distress can cause physical disease and EFT is now used on symptoms of disease with frequently outstanding results. This has brought about more and more universal acceptance within the medical and psychiatric world and become a valuable tool in psychotherapies and healing disciplines.

An EFT treatment involves tapping with the fingertips on the end points of energy meridians on specific points that relate to parts of the body where energy has stagnated. The process is non-invasive and holistic and works easily and effectively to release uncomfortable emotions.

EFT is a practical technique that originates in eastern discoveries that have been practiced for over 5,000 years. The western world has only recently adopted these ancient concepts regarding our energy bodies and how our energy affects our overall health. These ideas are now being developed and utilised with more frequency and the backing of scientific research. Albert Einstein stated that everything in the universe is composed of energy, including us! We are now revisiting these forgotten truths and exploring and utilizing the benefits energy techniques have to offer us.

EFT provides us with the ability to bring relief from a wide range of problems and conditions, frequently in a short period of time and for issues that have been prevalent for a long time. The breadth of EFT's uses can range from releasing stress and anxiety, phobias, self-defeating patterns, trauma to deep-rooted emotional states of depression, addictions and physical symptoms and conditions and the list goes on.

Gary Craig always states apply EFT to everything!

Please download the EFT tapping points chart on my website to assist with making EFT a great tool in your life:

<https://irp-cdn.multiscreensite.com/f72715d7/files/uploaded/EFT%20Diagram%20July%202018.pdf>

When using EFT for self-help I would recommend working on moderate issues that have an intensity rating up to 6 out of 10.

If you have areas with high intensity 7 – 10 I would advise to consult a professional EFT practitioner.

To start using EFT first write down your moderate issue that you would like to gain relief from and create a set up – in EFT a setup is a verbal statement of the issue as illustrated in the following text.

Set up

‘Even though I feel anxious when I think about playing the piano in front of an audience and it feels tight in my stomach I completely and deeply accept love and forgive myself’

If you just state you have anxiety in the setup it would be too vague and would not associate with the specific issue in your body and the energy associated with the specific situation you want to clear.

The wording of the setup is designed to bring the issue into your conscious mind by saying it out loud. The reason for saying – I accept love and forgive myself is to eliminate the usual judgement and criticism that is frequently held about an issue. By stating acceptance love and forgiveness it confirms the release of any negative story that has been attached to this issue and promotes acceptance of the issue and yourself, love for yourself regardless of the issue and forgiveness for any part you may think you play in this issue. It is far easier to release stuck energy when you express this way of thinking, feeling and being about the issue. The set up signifies you are no longer in turmoil for experiencing this issue, just accepting allows more freedom without fighting and resisting just accepting.

You will notice the setup also focuses on where and how the emotion is present in the body. This helps to target where the stuck energy lies and the contributing symptoms.

Traditionally the setup is repeated three times while either rubbing the sore spot or tapping the two karate chop points together. When you repeat the set up it is important to allow yourself to focus on the feelings, therefore, if you are expressing anger say the set up with anger. Notice that you have allowed yourself to key into that stuck emotion and just be with it while you run the EFT protocol.

Tapping Points and Reminder Phrases

Once you have completed the set up move onto the tapping points on the chart with reminder phrases. As an example, if you were dealing with anxiety around playing the piano in front of an audience you might say and tap:

I can feel the anxiety when I think about an audience

It feels like my stomach is churning
It is not safe to play the piano in front of an audience
There is too much pressure to be perfect
People might judge me
This anxiety living in my stomach
I am not good enough to play in front of an audience
This anxiety when I see an audience
This anxiety when an audience expects me to play perfectly
This anxiety about getting it right
This focus on me makes me feel anxious
What if I make a mistake
This anxiety I learnt from previous times in front of an audience
I would be embarrassed if I get it wrong
I am so anxious about being humiliated as it has happened before
Part of me wants to avoid an audience
I am not comfortable with being judged or tested
I can't stay calm when I am being watched by others
It is not safe to be in the lime light
There are so many people who play better than me
Who do I think I am playing in front of an audience
Why would they want to listen to me playing the piano?
I am anxious about what they think of me
I am anxious because there is so much pressure
It is not possible to be happy when playing in front of an audience
It is not possible to be relaxed when playing in front of an audience
I haven't been able to feel relaxed so far in front of an audience
What if it were possible to feel a bit more comfortable even when there is an audience

Keep tapping until you notice a calmer feeling within you. Once you are experiencing more peace start to introduce more positive reminder phrases:

It isn't easy to stop an old habit of self-judgement
What if I could feel safer anyway
What if it is possible to feel calmer even when I am being watched
What if the audience are supportive of me and want me to do well
Maybe I could key into my own inner power
I would like to believe I am more capable than I ever realized
I would like to notice my progress

What if I don't have to be perfect
I am stronger than I realise
I have more resources than I thought
I would like to learn to trust in myself
I allow my sense of faith in me to grow
It could be possible the audience enjoy my playing
What if I could focus on the joy of playing even when in front of an audience
Maybe I am now ready to invest in my own self power
How I respond to any situation is my choice
I invest in my power to choose
And I choose peace
I choose love
I choose joy
Today I choose how I react
I accept and acknowledge my emotions
I trust they will pass
I am ready to invite in new ways of thinking
I am ready to accept and let go

Reassess your intensity after tapping from 0 – 10 aiming to bring it right down to 0. If you have any remaining uncomfortable feelings create a new set up and repeat three times while rubbing your sore spot or tapping your two karate chop points together:

Even though I have this remaining anxiety as I think of playing in front of an audience and I don't find it easy to believe they will enjoy my performance I still completely and deeply accept love and forgive myself.

For the reminder phrases focus on the thoughts and emotions that remain and voice them externally while tapping on all the points. Keep going until you sense a shift in energy and feel more relaxed.

You may find you reach 0 intensity on anxiety and another emotion is present. This sometimes happens when one aspect of an issue is cleared. Note down what this new emotion is connected to and repeat the whole EFT protocol on the new aspect.

It is important to explore EFT by making it a daily habit. When you wake up do a couple of rounds of EFT and before you go to sleep carry out a further couple of rounds. If you notice you

are feeling uncomfortable during the day or are challenged by a specific situation remember to tap.

By practising daily, you will become fluent with the tapping points and verbalising your issues. Tapping daily has many benefits as it releases the unhelpful ways you are storing issues every day, therefore gently emotionally liberating, maintaining and improving your energy levels and revitalising your energy body.

As human beings we naturally vibrate at a high level when we are calm and at peace. EFT works to promote this high vibration and helps to resume a sense of inner peace. EFT also strengthens your resilience. When you experience challenges, it becomes easier to process let them go and come back to a calm emotional state.

Now go back to your locked container. Unlock it and have a look inside. If your issues are still there, take one out you would like to work on. **Let's use EFT!**

Motivation

Motivation is not something that can be forced. It is present when we have passion and excitement about what we want to achieve. Worry and stress is capable of squashing our dreams as it disables our creativity and ability to experience joy. When we are hijacked by our fear we also lose a sense of personal power. Using EFT, energy exercises and NLP will help you gain control back over your thinking and ability to choose the best course of action. Sometimes it will be to learn not to react to certain stimuli and other times to question your current method of reacting and choose a more supportive alternative. Once you have harnessed your resources you can work on finding what motivates you. Take time to focus on the things that get you out of bed in the morning. Those things that no one needs to ask you to do, you do them with joy and excitement. Make space to do more of these things, they are what you are here to do and when given focus and expression will bring you even more joy and success.

Judgement, Criticism and Internal Dialogue

We are not always aware of the judgement we hold and criticism we express. I would like you to imagine I came here today dishevelled and unorganised.

What would you be thinking? What conclusions would you come to?

We tend to make instant judgements of people and situations.

Become aware now if judgement and criticism comes easily it is even easier and much more likely we are even harsher with our judgement and criticism of ourselves. When we find ourselves noticing the things that in our opinion aren't right we are far more likely to be problem facing and looking for fault.

When we don't do something perfectly to what degree do we berate ourselves? How do we label ourselves?

This form of self-punishment and brain washing often continues to run without question. No amount of self-inflicted chastisement will ever nurture your best A game. When you are punishing yourself for making a mistake and not being good enough the focus is on the mistake and not on feeling good enough. Being fearful of making a mistake can become a habitual away from pattern. Becoming so scared of making a mistake and consequently avoiding opportunities that just might have brought great rewards.

Think for a moment how kind you would be if a friend came to you and expressed how annoyed she was with herself for not having performed perfectly and hitting a couple of off notes. She continued to say that she was never going to be a good player as she just wasn't good enough.

What would you say?

I would guess, as you care about this friend, you might tell her that no one would have noticed and it is ok to make mistakes, that she was a good player and with continued practise could be even better.

Then why so hard on ourselves?

Begin to imagine you are your own best friend. After all who is responsible for looking after you? What would your friends say to you in that situation?

Think of a situation where you have made a mistake or not achieved something to the standard you would have liked. Imagine you are consoling a friend and repeat words of compassion and kindness.

Imagine receiving these kind words by placing your hands on your heart and really feeling the kindness and love. Notice how differently you feel about yourself as you absorb this kindness and love. Is it possible now to forgive yourself for making a mistake? What if making a mistake is a chance to learn and progress even further!

'I have not failed. I've just found 10,000 ways that won't work!' – Thomas A Edison

Quietening the Guard

When the internal dialogue is constant and feels stressful it is your guard on overdrive!

If you can imagine you are the captain of a ship and you have a guard who is looking out at all times. Be aware the guard is only looking for problems, not looking for opportunities. The guard has one important job keeping you safe and if the guard was absent you could end up in danger. However, when the guard is not kept in check by the captain he can have too much power over you. The guard's job is to report to the captain any perceived danger. The captain's job is to take on board the information, take time to reflect and decide if there is any action to be taken. Unfortunately, when you don't take on the captain role you live in stress and anxiety. It is crucial the guard is listened to and acknowledged and that the captain takes the responsibility of what happens next. The guard's alarm can be unjustified, and the captain can then choose not to take action. The captain may decide the situation is an opportunity rather than a crisis. The most important learning is that we are not the guard, we are the captain and some of the thoughts generated by the guard do not require our action at all.

'I am an old man and have known many troubles, but most of them never happened'

– Mark Twain

Exercise

Recall the last time your guard became over active and you perhaps did not feel in control of your thoughts.

Imagine now being able to listen to the thoughts and take time to step back as if you were external to those thoughts. As if they were generated by someone else. As you step back and hear and view them from afar how differently do you feel?

What else could these thoughts mean?

Do they require your attention?

What would happen if you let them pass?

Take time now to breathe deeply and become aware of being connected to your body with each breath. Be more aware of your feet on the floor and any sensations in your body. Notice how much more present you feel in the moment.

What would be a helpful and soothing message to hear?

Perhaps, I am safe in this moment

Or Everything will be ok

Or It is still possible for me to feel safe now

Being able to self soothe is an important part of gaining control over your thoughts and emotions. Regardless of the situation, being able to step back and think clearly is always an advantage. If action is required it is easier to do so with a level of calm. All of the tools shared in this workshop are designed to bring methods of calming your mind and bringing peace to your physical and energy body.

Take the resources you have learnt and practise putting them into your daily life. The more you use them the more effective they become. They will become a habit and aid you in every challenge you encounter!

'There is only one corner of the universe you can be certain of improving, and that's your own self!' – Aldous Huxley