

Clearing Intense Emotions

A Journey with Intense Emotions by Michelle A. Hardwick (pictured right)



I began using and learning EFT on myself in the late 90's following Gary Craig's videos & audio tapes, tapping & borrowing benefits from the incredible teachings shared. I was so surprised at how quick and fast emotion (I was not even aware of within me) surfaced in response to whatever issue I was tapping along with.

The feelings came up so unexpectedly and sometimes so intensely, I was like a deer caught in headlights, paralysed as to what to do to help myself. I was not expecting the intensity of these emotions. I thought I was pretty together (!) and therefore was stunned at what came up. Often times I would just sit and sob because I was so overwhelmed.

The more I integrated EFT within myself and my work (I had already trained as a Hypnotherapist and NLP Practitioner), the more I saw this overwhelm or 'high jacking' take place. I observed deeply repressed emotions surface again and again for myself and my clients. These feelings had been buried for a long time and deeply.

I began to realize that here was an opportunity to profoundly heal a part of the past and overtime as it continued to occur, I became more at peace with an 'emotional high jacking' or flooding within myself and others.

I looked to integrate different strategies for myself to find better ways of dealing with these intense emotions, whenever they arose. Sometimes I went through a big struggle or conflict as I released. A part of me, my soul or my unconscious mind was ready to release the emotion and my ego was not. My ego would fight to stop the release from taking place and try and pull me into the role of victim rather than allowing me to become empowered with the release of the out-dated emotions.

At the start of a new consultation with a client, I created pre-frames for a 'high jacking' or flooding to better prepare them (and their ego). So when/if the emotion did surface; the pre-frame gave the reassurance that this was an acceptable/usual occurrence. I was mindful not to create fear within a client nor suggest that this would happen.

The more flooding I experienced as I went through Gary Craig's personal peace procedure, the more I understood that this release or emotional 'high jacking' was a natural progression for me and a necessary step in my healing/evolutionary journey.

I continued on my self-discovery path with Spiritual Training in New Zealand. Then I began combining these methods. They seemed to have a positive and beneficial effect for myself and clients and the release process became smoother and I started to develop a number of metaphors to explain what was occurring.

Often when the emotion had been released, clients said that they, (like me) were surprised at what had surfaced. Many expressed years of fear about reliving those suppressed/trapped emotions. They had been previously unwilling or scared to deal with the past pain in the fear of losing face, or the fear of judgment about them and "that situation". So often the client believed that because the situation had been painful at the time, it would be even more painful letting it go. Now they understood that this was not the case with EFT. Some went on to express regret at not having released the emotion sooner. Cont'd....

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The clearing of these intense emotions was such a humbling experience. Many clients shared details that they had not spoken about with another person - sometimes for over 60 years or more. After the release and clearing most clients said they felt relief, lighter, or that a burden had been lifted from their shoulders/chest. I expressed my gratitude for their sharing and let each client know how much courage it takes to release their repressed emotions.

The idea for my presentation came after meeting a number of EFT “newbie’s” at a previous EFT Gathering. I realised fear was a common factor. Many were concerned about tapping into and releasing pain, deep grief or sadness with a client. It seemed the biggest fear was “making the situation/ client worse”. I hit upon the idea of sharing the combination of methods/tools I have collected thus far and to present them. I am still refining, learning and evolving with each client.

If there is anyone who has something that they would like to release and know that there could be a potential “flood”, I would be grateful if you could contact me in confidence. I would welcome an opportunity to facilitate a release as well as demonstrate these tools.

Thank you.

I look forward to hearing from you!

Kind regards

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Presentation Key Points

Pre-frames for Intense Emotions:

- “Freedom” from emotion(s)
- Indicate emotions that may surface or spike
- E-motions on the way UP/OUT
- Metaphor - Weeding &/Pressure cooker
- Confidentiality & non-judgement



Strategies to deal with Intense Emotions:

- Rapport, seating, eye contact
- Tap & release your fear/guilt
- Reframe the ‘flooding’/ ‘emotional highjack’ within yourself
- Metaphor - The painful “splinter” Cont’d.....

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- Stay calm, know this is a necessity & perfect timing, open your heart, let go of judgments & stay compassionate
- Metaphor - Pit of Despair
- Eyes & Deep Breathing
- Continual Tapping and/or Collarbone point
- Choice to release
- Reassurance
- Take action, be assertive esp. with their ego
- Language patterns – ‘That was a long time ago’ ‘It’s in the past now’ ‘You’re not that little girl/boy anymore’ etc.
- To touch or not to touch?
- Open mouth/jaw, tongue – move the stomach meridian; nausea
- Release trauma and shock present and past
- Stay with the client where they are i.e. pace them, continue to reassure & communicate
- Use humour
- Very intense emotions - Hit the jackpot/root cause
- Drink water
- Thick, absorbent high quality tissues [subconscious message]