



PALACE OF POSSIBILITIES



Utilizing Emotional Freedom Techniques With The Law Of Attraction

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We live in a Palace of Possibilities. It is an ever expanding structure and is filled with awesome rooms and annexes that are loaded with achievements and joy. These rooms are open to everyone, although most of us only visit a few of them. It's not that we are barred from any of the rooms. No indeed!! They are our birthright. Rather, it's that we choose to dwell only in those rooms within which we are comfortable. Somehow, we don't "belong" in those other, more expansive rooms. They are for others. They are for richer people and more privileged people and people with more talent than us. We stay within the familiar (our comfort zones) and don't venture beyond the walls (limits) of the rooms we have chosen. Why? Because **our cans and can'ts are written on those walls and we obey those dictates as though they were real.** Our incomes reflect those limits. So does our self image. In fact, there is scarcely any part of our makeup that is not affected by what's written on those walls.

The words on our walls are metaphors for our self talk, of course. They represent the attitudes, opinions & beliefs that we have accumulated over the years. Many of them are hand-me-downs from our parents, grandparents, teachers, coaches, religion, peers, books, TV and an endless list of other "authorities" in our lives. Upon inspection (which we will do in this series) many of them are laughable. Nonetheless, they still seem to have a hold on our progress.

We all have different words on our walls. That's why we appear to have different limits. Your limits are different from mine because the "truths" written on your walls are different from the "truths" written on mine. However, they are not really "truths" at all. They are just the guidelines we have adopted for getting through life--AND--many of them are fictions. They are hand-me-down beliefs that were written on our walls by others and we have been dutifully obeying them ever since. This need not be.

This brings me to a foundational concept upon which The Palace of Possibilities is built. It is of critical importance and underlies just about every idea we are going to explore in this series. It should be tattooed on the insides of our eyelids so that we see it every time we blink. Its truth is undeniable, yet it is so subtle that we tend to ignore it. Here it is:

"We constantly consult the writing on our walls."

That writing is our most prominent advisor and we consult it all day long. And why not? It represents every experience we have ever had. It contains all of our "how to's". It contains our "cans & can'ts" as well as our "shoulds & should nots". It contains our "musts & must nots" as well

as our sense of fair play. It contains our version of proper behavior as well as what is right or wrong in this world. It contains our judgments, our successes and our failures. It's all there--everything we hold to be true--written on our walls.

"My consistent thoughts become my reality."

It all boils down to that.

Although we don't often hear it stated this way, the main goal of psychotherapy has always been to have clients change their consistent thoughts so that the quality of their lives (their reality) will shift for the better. The primary goal has been to get clients to think differently about their traumas, fears, guilt, grief, etc. in hopes that they will put these things "in perspective" and go about their lives more positively. Their consistent thoughts, once changed, become their new reality.

I am aware that this is a cognitive sort of approach and, as such, some of it is old (but powerful) stuff. What takes us to new levels here is the combination of these tools with EFT and the energy approaches. The tapping technologies clear away (erase) the heavy emotional stuff far more efficiently than do the cognitive approaches. This relief, together with the creative use of cognitive type tools, allows us to more easily rewrite (replace) the words on our walls. Once we erase the limiting words from our walls, we can replace them with whatever we want.

AFFIRMATIONS

This is Gary speaking: Humor me for a moment while I make a bold statement that is likely to generate resistance. Here it is....

"Affirmations are among the most powerful tools we can use for personal transformation.

They are highly reliable, easy to use and are based on impeccable logic."

Affirmations are usually front and center in the vast array of "you are what you think" books and carry with them some hard to argue with logic. Simply stated, the persistent repetition of an affirmation conditions the mind to see things differently. The affirmation eventually becomes installed as a consistent thought which then shows up in our reality. Our consistent thoughts become our reality.

Many people have tried them but quit because they say, "They don't work!"

This is a critical paragraph. *Affirmations seem to be ineffective only because there is a missing piece to the affirmation process that has gone mostly unrecognized. It has to do with what is actually affirmed. This is often NOT the affirmation that is stated.*

The stated affirmation often has competition within the person's system. That competing affirmation gets tagged on at the tail end of the stated affirmation in a subtle, yet powerful, way and becomes the "true" affirmation.

GOALS

For an affirmation to be maximally effective, its subject matter must have the kind of "pulling power" that soaks up the psyche and becomes a compelling target at which to aim the affirmation arrow. It must also be a major WANT and not a SHOULD. Here is where people often stub their toes in the affirmations area. They often take on grandiose goals that are actually *shoulds*. *Shoulds* are someone else's goals that seem like our own. Our parents' desire for us to go to college is a *should* unless, of course, we genuinely want it for ourselves. Society's pressure to get married and conform in a variety of ways also represent potential *shoulds*. Whenever we affirm *shoulds*, they will eventually die out for lack of true interest. This is not a failure of the affirmation process. It is a failure of establishing proper goals.

Some people mistakenly aim their affirmations at goals that are way beyond their current beliefs. These are *shoulds* and will, of course, die out. Lofty sounding goals like becoming President of the U.S., ending world hunger or winning the Nobel Prize are worthy pursuits and some people find them to be within their belief systems. If so, go for it. But for others, especially those clients that are in the emotional Dungeon, an appropriate goal might be to feel worthy in a job interview or to confidently walk past alcohol.

Some people have a hard time finding goals. They may have spent so much time in the emotional dungeon that formulating a motivating goal seems fruitless--a silly exercise. Further, they may have writing on their walls that says...

"Ambitious people are pushy and greedy."

"Stay where you belong."

"Why waste your time trying to accomplish the impossible?"

"It isn't spiritual to have a lot of money?"

"You're too stupid to go to college/be a professional/get rich"

"If it was good enough for your father and your grandfather it's good enough for you."

"TAIL ENDERS"

For example, a 200 pound woman who says, "My normal weight is 130 pounds and that's what I weigh" is likely to have one or more "tail enders" show up at the end of her affirmation. They might go like this...

"But if you lose the weight, others will expect you to keep it off."

"But if you lose the weight, you will have to spend a lot of money for new clothes."

"But if you lose the weight, men will hit on you and expect sex."

"But if you lose the weight, you will have to give up your favorite foods."

There is no question that properly installed affirmations work very powerfully. The only trick here is to make sure that the affirmation that you really want is the true affirmation. If you start doing affirmations about something and you lose enthusiasm for it quickly, then you have a clue right there that you are affirming a *should* and not a true want.

This is where EFT comes in. It serves as a highly effective eraser for all the negative emotions & beliefs that serve as competing tail enders. With the skillful use of EFT, each and every block to personal performance can be eliminated, thereby providing a clean wall on which to write our new consistent thoughts. Erase and replace. Erase and replace. Once the competition is gone, the affirmation will have clear sailing.

Up until now EFT has been a stand-alone eraser without any means to install dreams. Affirmations, on the other hand, have been a stand-alone tool for installing dreams but without an eraser for the competing tail enders. Now we can blend both tools together and take ourselves & our clients into the more glorious rooms of the Palace of Possibilities.

We are awakening the winner within that knows our true capabilities.. So far we have developed the "Palace" metaphor and established that we constantly consult the writings on our walls. Those writings form our consistent thoughts which, in turn, become our reality. We then introduced affirmations as a tool for writing different messages on our walls and pointed to EFT as an eraser for the competing beliefs (which often show up as "tail enders" to the affirmation).

Locating them is your next task and this is where the practitioner's skill is paramount. This is what psychotherapists are trained to do and they (you) have developed many techniques in this regard. For our purposes here, I list below some suggested queries for bringing the competing thoughts to the surface. These queries can bring up a whole daisy chain of events, beliefs, attitudes and other tail enders

"If there were an emotional reason for the affirmation not working, what would it be?"

"Finish this sentence. If I reached my goal the consequences would be...."

"Finish this sentence. In order to reach my goal I would have to....."

"Finish this sentence. What I really want is...."

"Finish this sentence. Reaching my goal reminds me of...."

"Say this sentence and tell me how true it feels. I want someone to love me as I am and THEN I will (whatever the goal is)."

Often our motivating goals are hidden behind the writing on our walls that have already convinced us of our cans, can'ts, shoulds, shouldn'ts and all the rest of our "limits." Perhaps we have writing on our walls that says...

"Don't stand out in a crowd. No one likes a showoff."

"Don't rock the boat."

"If you do something for somebody, they'll just expect more."

"Know your place."

"Those who make a lot of money will lose their friends."

"Don't get too excited about anything. It will just lead to disappointment."

We all have burning embers within us that can be fanned into flames. The trick is, how do you find them? One way is to do EFT on issues like, "Even though I seem stuck where I am.....," "Even though I have these blocks to a true mission....," etc. Daily repetitions of these and similar EFT rounds should crank up the "mission mill." No telling what you might find.

Another way to generate the true juice within is to seriously ask yourself some goal seeking questions. Here are some examples to dwell upon.

"What dreams did you have as a child that you have given up on?"

"Whom do you wish you could be like?"

"What would you like to do that you haven't been able to do yet?"

"What would you do/attempt/be if your success were guaranteed?"

"What would you do if money were not an issue?"

"If you knew you only had one year to live what would you do?"

"What would you do if you weren't afraid?"

"What would you do if you knew no one would judge you?"

DREAMS TAKE US IN DIRECTIONS

The purposeful use of daydreaming is one of the most powerful devices we have for moving freely through the Palace of Possibilities. When combined with affirmations, goals and EFT, daydreams become a magnet which draws us ever forward into the excitement of our tomorrows. Please note the ideas that...

1. The brain does not distinguish between what is real and what is vividly imagined. This allows us to condition our minds with the purposeful use of daydreaming. We can actually create experiences (as though they were real) that were not there before.
2. Dreams do not necessarily come true but they DO take us in directions.

Guidelines for constructing affirmations

It is time to establish some guidelines for constructing affirmations. My guidelines are quite simple. They are:

1. *You must affirm a WANT and not a SHOULD.*
2. *You must affirm your wants and not your "don't wants."*
3. *You must believe your goal to be realistically possible.*
4. *Your goal must be a "stretch." It must be big enough to be exciting.*
5. *The affirmations must be stated in the first person, present tense.*
6. *Augment them with daydreams. Present tense daydreams can be THE most powerful tool for establishing new consistent thoughts.*
7. *Adjust them from time to time to eliminate boredom. Aim them at different aspects of your goal.*
8. *Do not affirm the actions of other people. Use, "I attract others because I am a warm, loving person," not "John loves me."*
9. *Keep them private if announcing them to others invites criticisms and judgement.*

Remember *these things work for your wants, not your shoulds*. And the way to find if you are affirming a should is to notice whether or not you keep doing your affirmations, whether or not the goal really excites you, whether or not it juices you. So, first of all it needs to be a want.

OUR ANTENNA

The Antenna is my metaphorical name for the part of our brains called the Reticular Formation. It is a marble sized piece of "grey matter" that is responsible for filtering the massive amount of sensory input that we receive every second of our existence. It has a way of bringing to our awareness only that part which we deem important. It is a gift that we usually take for granted. Fortunately, the appropriate use of affirmations, goals and daydreaming serves to orient our Antenna so that we begin to "tune in" to new aspects of our newly forming reality.

The Antenna is REALLY important as a "Palace" tool because it finds for us the way to accomplish our new goal. This is critically important for those who won't pursue a goal unless they have first figured out "how" to do it. This is doing it backwards because creating the reality through affirmations & daydreaming automatically invokes the Antenna which, in turn, finds the "how" for you. The way I put it is, "The way to do whatever you want to do already exists. You just need to tune into it." This is a fascinating ability all of us have.

So if you use these tools to create a new body or a new weight, you automatically generate a new level of importance for these achievements. You literally give your antenna instructions to be on the lookout for things that will help. That's why, when you read a magazine, you are more likely to notice articles on

health or weight. An article that might ordinarily go right by you will now stick out at you? Your antenna creates an ultra awareness regarding your new goal. Your thoughts about it will begin to shift and, in the process, things you see and hear will shift accordingly. That's the real beauty of your antenna. These things happen subtly and that's why being an observer is so important. Your antenna will cause you to generate awarenesses of things you had never seen before. Things that were right in front of you that you never noticed.

THE EFT PALACE OF POSSIBILITIES PROTOCOL

1. **Identify a goal**, a want, not a should, that is achievable within your belief system.
2. **Develop an affirmation aimed at mentally conditioning a "new you."** It must be stated in the first person, present tense.
3. Whenever it "isn't working," **look for competing tail enders.**
 - a. "If there were an emotional reason for the affirmation not working, what would it be?"
 - b. "Finish this sentence. If I reached my goal the consequences, the "down side" would be...."
 - c. "Finish this sentence. In order to reach my goal I would have to....."
 - d. "Finish this sentence. What I really want is...."
 - e. "Finish this sentence. Reaching my goal reminds me of...."
 - f. "Say this sentence and see how true it feels. I want someone to love me as I am and THEN I will (whatever the goal is)."
4. **Divide the competing tail enders into their aspects (if any) and bring them to zero (erase them) with EFT.**
5. Resume the affirmation and repeat steps 2 and 3 where necessary.
6. Utilize **conscious day dreaming**

EXAMPLE OF THE EFT PALACE OF POSSIBILITIES PROTOCOL

1. Identify a goal, a want, not a should, that is achievable within your belief system.

I want to heal my chronic fatigue.

2. Develop an affirmation aimed at mentally conditioning a "new you." It must be stated in the first person, present tense.

I now have abundant energy.

3. Whenever it "isn't working," look for competing tail enders.

"If there were an emotional reason for the affirmation not working or for my not getting what I want, what would it be?"

I am overwhelmed and hate my job.

*My mother always took care of me and now she is dying.
There is no one to take care of me, and I might even have to
take care of her.*

Life is too hard.

My family asks too much of me.

- a. "Finish this sentence. If I reached my goal the negative consequences would be...."

*I would have to give up my disability status and go back to
work.*

I would have to visit my sick mother every day.

*I would have to do all the housework that I used to do and that
my family is doing for me now.*

- b. "Finish this sentence. In order to reach my goal I would have to....."

*I would have to be willing to go back to work , and probably
have to find a new job.*

I would have to learn to set and hold boundaries.

I would have to take time for self care.

Exercise every day.

Eat a more nutritious diet.

- c. "Finish this sentence. What I really want is...."

to be able to say, "NO!"

*for my Mom to get well and take care of me like she used to
to not have to work at all.*

- d. "Finish this sentence. Reaching my goal reminds me of...."

*The time when I was 8 years old and developed a stomach
ache and I got to stay home and didn't have to take the
spelling test*

*The time when I was 12 and I worked all day in the heat of
summer in my grandfather's garden, and he didn't even pay
me.*

*The time in high school when I got mono and all my friends
came over and I felt special.*

- e. Say this sentence and tell me how true it feels. "I want someone to love me as I am and THEN I will (whatever the goal is)."
4. Divide the competing "tail enders" into their aspects (if any) and erase them EFT..
 5. Resume the affirmation and repeat steps 2 and 3 where necessary.
 6. Utilize conscious day dreaming

THE EFT PALACE OF POSSIBILITIES WORKSHEET

Identify the writing on your walls.

My consistent thoughts become my reality.

1. Decide on a goal, something you really *want*, not something you feel you *should want*. This goal should be something that is achievable within your belief system. Be as detailed as possible with your description of your goal.

2. In a couple of words state the goal and write it on a tiny piece of paper. Roll the paper around the end of a pencil and put it in the treasure box on your Palace Pendant. Wear it often to remind you of your goal. Intend for it to act as a magnet for attracting what you want.

3. Develop an affirmation aimed at mentally conditioning a "new you." It must be stated in the first person, present tense.

Remember, Gary Craig says that Affirmations are among the most powerful tools we can use for personal transformation. They are highly reliable, easy to use and are based on impeccable logic.

- "Finish this sentence. What I really want is...."

- "Finish this sentence. Reaching my goal reminds me of...."

4. Divide the competing tail enders into their aspects (if any) and erase them EFT.

~ *Even though.....I deeply and completely love and accept myself*

5. Resume the affirmation and repeat steps 2 and 3 where necessary.

6. Utilize conscious day dreaming. Remember that what we focus on we get more of. Wear your Palace Pendant often.

EMOTIONAL FREEDOM TECHNIQUES™

Flow Chart



THE SET UP

Rub the sore spots on either side of the chest and say
3 times:

“I deeply and completely accept myself even though I
have this problem.”

THE SEQUENCE

Tap continuously while repeating the reminder
statement. (this problem)”

Eyebrow
Side of Eye
Under Eye
Under nose
Under lip
Collarbone
Under arm

THE 9 GAMUT BRAIN INTEGRATION

Tap the Gamut spot on the back of the hand and:

Close eyes
Open eyes - keep head still
Look down to one side
Look down to the other side
Roll eyes around in a circle
Roll eyes in a circle the opposite direction
Hum a tune
Count to 5
Hum a tune
Take a deep breath

REPEAT THE SEQUENCE

