

Artfully Vague!

In EFT we talk a lot about needing to be very **specific** about what we're working on. And yet, **Borrowing Benefits** works too. In BB we are specific about the events and emotions of the client we're working with and the people in the audience are as specific as they can be about what they'd like to work on and then we leave the **subconscious** to spot the **parallels between the events** and **make changes** for us.

The key to using artfully vague language with EFT is to use what we know is likely to have been present in a trauma, and in effect, **say to the subconscious I want you to clear 'this' - or anything like it. The statement needs to be vague enough for the subconscious to be able to interpret it in whatever is relevant for you.**

This allows you to work on issues that you know must be present, even if they happened before you have language to describe them, or any memory of them. It allows you to clear them, **EVEN IF YOU NEVER KNOW WHAT THEY WERE!**

As an Ericksonian hypnotherapist originally, I'm used to working with "**artfully vague**" language and I'm now using it with EFT to great effect. If the subconscious can see links between differing events it can also use our instructions to go and make changes and it will do that willingly.

An example of this is when I was working with a client on an issue we were pretty sure happened when they were 18 months old. Although we didn't know all the things that happened, we knew that the mum went into hospital for several weeks and that the client's father had to look after them and run a farm.

We created statements such as,

*Even though my mum was in hospital and **I didn't know what had happened to her**, I deeply and completely accept myself and her.*

Even though my dad had to look after me on his own and run the farm, I deeply and completely accept myself and him.

*Even though **it's likely** that he left me on my own and I **may have thought** I'd been abandoned, all the things that happened at that time, **happened and they're over and I've survived** and it's ok for me to clear all the trauma from that time. That was then and this is now and **it's ok for me to clear it.***

Statements like these **acknowledge** what we know is **the truth**, then add what we think **may have happened**, include all the things around that time, (the subconscious knows what they are, we don't need to know,) **give the subconscious** what, for it, is **new information**, it's happened and it's over and I've survived and then **give it permission to clear everything** from that time.

The subconscious is very willing to do anything that you want, it just needs to know what that is and using artfully vague language allows it to trawl through its information and find whatever fits the instruction. This 'whatever' will always include things that we don't know about on a conscious level.

I do a lot of work with clients about their **time in the womb** and the things that they pick up from their parents at that time, although we have no way of knowing specifically what that might be.

A typical statement might be,

Even though I picked up a lot from my parents when I was in the womb, I deeply and completely love and accept myself and them.

Even though I didn't realise it was their stuff, we're all OK.

Even though I might have thought it was mine, I choose to release anything from that time, that's not mine and I deeply and completely accept us all.

In this way we're working on what **we know**: that we picked up parents stuff in the womb. We add what **we can assume**, that as a baby we couldn't tell what was theirs and what was ours, we **accept all of the people** that are involved, because we were all doing our best, even when it wasn't very good and then we **give the subconscious the instruction to clear** anything from that time. We don't need to know what that is, the subconscious already knows and given that instruction, it will obey it.

This is a great way to clear really early "stuff" that we have no means of knowing about and it can make a great deal of difference to the client and to your work with them.

You might like to play with it and see how it works for you.

If you'd like to learn more about this and lots of other ways of **clearing old, deep, past stuff**, including **Ancestral and Family patterns, Past Life issues** and how to **give yourself the Birth that you wanted and the Welcome into the world that you deserve**, I am running "Transforming your Past" in **Leicester, UK on 12/13th September 2009** and in **Rhode Island US, on 26/27th September 2009**
<http://www.beacontraining.co.uk/transformingyourpast.php> This course is open to anyone including non EFTer', as the work done will be personal and as a group and with Artfully Vague language, you don't even have to disclose what you're working on! Come and join us and learn and have fun while you're **Transforming your Past**.