

Asking, Acting and Allowing

by Andy Bryce EFT Master

I am always looking for ways to simplify Spiritual practices and Laws such as the Law of Attraction. There are so many complicated and arcane texts that make it seem difficult or just don't cover all the bases, such as Ernest Holmes brilliant but intense text The Science of Mind, The Course in Miracles and Thomas Troward's Edinburgh Lectures.

Three simple words came to me that really cover the Law of Attraction quite well, they are; Ask, Act and Allow. The following article is my attempt to express this insight and to use EFT to assist in the application of the Law of Attraction in a way that you can use immediately. I have been writing a series of newsletters which deal with the topics that I cover in my workshop "The Art of Receiving" which you can have by writing to me at andy@spiritcoach.ca In this article as in my newsletters I will provide some tapping suggestions to help you create your own more specific set up phrases.

Asking, Acting and Allowing are three magic words. These words are all verbs which means that they involve taking action. There are many different kinds of actions that we can perform; some are physical such as exercise, some are mental which involve looking ahead and imagining a goal or a dream - and then we have the energetic actions which are being open to the receiving or manifesting of the goals and dreams that you created in your mind and took action on in your physical reality.

Whenever we miss out one of these action groups we diminish our results and may even sabotage them entirely. Let me take each one at a time to clarify them and after that I will give some general tapping set up phrases to give you a start on the area or areas that are open to improvement.

First let's begin with "Asking" By Asking I mean having a vision of the future that has meaning and value for you as an individual. It is important to be able to get in touch with that vision emotionally. Some of my clients say they don't know what they want and of course they get whatever comes along, others however do know what they want but feel that it's too much to ask for or for some reason it just doesn't happen.

If you are in one of these categories you can change this by looking at several areas of your life. 1) If you know what you don't want, that could be a clue as to what you do want. 2) If your dream is too big you could look at why you think that is, and 3) If there are any specific events in your life that relate to you not having/not being able to manifest what you want.

NOTE: Andy Bryce is presenting with Steve Wells in: The Art of Receiving – How to Get What You Want and Keep it!! Sydney, Australia - March 14,15,16, 2008 - Check out the webpage at - <http://www.eftdownunder.com/Receiving.html>

Asking

Even though I don't know what I want, I deeply and completely love and accept myself
Reminders;

I don't know

I can't feel it

I never know; I can't see what I want

I'll never know

I never knew
It's hopeless
I'm hopeless

Even though I am afraid that I will have to give up something if I commit to one thing, I deeply and completely love and accept myself

It feels like I'm losing my freedom
I'm afraid to commit
What if I miss out on something?
I know I'll choose the wrong thing
I never get what I want
It isn't safe to say what I want

Even though it feels scary to commit to what I want without a guarantee, I deeply and completely love and accept myself

It hurts to fail
I'm afraid to fail again
I'd rather not try
I want to be sure that this is it
I have to have a guarantee

Even though I have tried many times to succeed and I always fail, I deeply and completely love and accept myself.

Oh no, not again
It hurts to lose
I'd rather not know
I'd rather not see
It feels dangerous
I need to feel safe
I can't go through that pain again

Even though it feels selfish to ask for what I want, I deeply and completely love and accept myself

I am a good person
I am not selfish
I take care of everyone else
It is selfish to ask for what I want

Even though it feels safer to not have it at all than to get it and lose it, I deeply and completely love and accept myself

I don't want that pain again
I tried that and lost it
I loved once and it hurt
I lost the job I loved
I never get what I ask for

The second area is “Acting” on your dreams; people who are new to the “Law of Attraction” tend to assume that once you ask for something and you think about it all the time, you will manifest it. This is an important item to understand. The Universe needs a way to give you what you ask for, and you will achieve much improved results if you choose a vehicle that gives you pleasure and joy when you take action (Less than one percent of the wealthy got that way by winning a lottery). This allows you to enjoy what you are doing as well as supplying the Universe the means to reward you.

One of the most effective actions to take that will move your dream into your reality is to make a plan, (yes I said “plan”) Making a plan helps you focus on baby steps that are achievable rather than getting caught up in overwhelm. If you are in touch with a dream that charges you up and you make a plan that can be followed you have created the vehicle through which the Universe can support you.

Acting

Even though I have no idea what to do, I deeply and completely love and accept myself

I don't know what to do
Where do I start?
I'm feeling panicky
I feel anxious
I'm scared
I need to feel safe before I start

Even though I am not good enough at this I deeply and completely love and accept myself

I'm not good enough to have what I want
Who do I think I am?
What was I thinking?
What if I'm not perfect?
What if I make a mistake?

Even though there are people already doing this I deeply and completely love and accept myself

I'm too late
I missed the boat
There aren't enough clients
I have to be better than them
There's no chance of success
Who am I kidding?

Even though I am too old to start something new I deeply and completely love and accept myself

I'm too old
I don't have what it takes
I hate having to start over
I have to start at the bottom, again
No one will come to me

Even though I don't know where to start, I deeply and completely love and accept myself

What do I do?
Where do I go?
How do I start?
I have to do this alone
I have to do it all
It's too much for me

Even though I have to be perfect to succeed or even start, I deeply and completely love and accept myself

I need another degree
I need to be certified
What if I screw up?
I hate failing
I have to do it right first time every time
If I can't be perfect, I'm not doing it

The third component of the creative trilogy is "Allowing" and this is just as important as the other two parts of the equation. Many people get in their own way of letting in the results that they desire. One method that I run into quite often is control, or managing the results.

There are two jobs here, and if you mix them up you will limit your results. Your job as the individual expression of the Universal Being is to be your unique self and to create a vision that represents you. The job of the "Universal Being" is to deliver that vision into your experience. You will limit the results by trying to control where your dream is coming from rather than creating your unique vision, making a plan and sticking to it

The Universal Mind can see infinite possibilities, while we as an individual expression of that Mind have a much smaller perspective. This is like the difference between the viewpoint of an ant under a stone and a person standing beside the stone, only much greater in scope. So when you have the Dream or Vision that gets you up in the morning and a Plan that will move you in the direction of that Vision it is essential to surrender the where and the how to something bigger than you.

Another way to deflect the results of your efforts is self-sabotage, which can occur in any of these areas. You can create a dream that you think you "should" want, or a dream that will impress some one else, or perhaps a "safe" dream. You can refuse to take the steps or actions that are necessary to move yourself in the direction of your dreams and you can also refuse to accept the benefits of your vision and your actions.

There are many teachers, speakers and authors out there telling you to "change your thinking" and change your life. They just don't have EFT to give you the boost you need to actually make the changes. This is why (if you were wondering) we focus on the negative issues when we do the tapping.

EFT allows you to reduce the intensity of the negative emotion on an issue so that you can release the past and then place all your attention on the positive desire in the present. It is very difficult to drag the baggage of the past into the future without having it affect the future you are creating. In fact Daniel Gilbert says in his book "Stumbling on Happiness" that we cannot imagine a future that feels different than we feel when we are imagining it.

If you would like to read more on using EFT to create your future, Gary Craig recently posted an article I wrote on “Creating a Positive Future with EFT” in his newsletter the “Heartbeat of EFT” and it is archived on his website. <http://www.emofree.com/Articles2/future-events-andy.htm>

Allowing

Even though I don't know how this is going to look I deeply and completely love and accept myself

Where will they come from?
How will this work?
How will the money come in?
What will happen if I let go?
I need a guarantee

Even though I don't trust Life to support me, I deeply and completely love and accept myself

Just look at the poverty everywhere
People are suffering every day
That could be me
There is lack and suffering
It's selfish to be successful
How can I possibly have what I want?
I am too good to be wealthy

Even though I can't let go of the outcome and focus on the task at hand, I deeply and completely love and accept myself

I have to be in control
I need to see the facts
I don't trust anyone
I don't trust myself
I don't trust the Universe

Even though I feel selfish accepting all that I have asked for, I deeply and completely love and accept myself.

It's just too much
I feel selfish for even asking
Good people make sacrifices
It's better to give than receive
I will be richer than my parents
I will be corrupted by my success

Even though everyone told me to get a degree and a safe job and now I am really out there and I am terrified, I deeply and completely love and accept myself

This is too scary
I'll be seen

This is too risky
I'm off the beaten track
I'm all alone

Even though I am afraid to be seen as powerful and dominating and I hold myself back, I deeply and completely love and accept myself

I want them to be safe
I might hurt someone
I am too powerful to let it all out
They might not like me
I might become a bad person

Even though I need to be in control to feel safe, I deeply and completely love and accept myself

I am afraid to be open
I don't know what being open feels like
I need to know what is happening to feel safe
What do you mean money is just energy?
I need to feel safe
It feels scary to let go of control
Where will my good come from?
It's all up to me

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