

PART 1

Using a 'Butterfly Net' to Uncover Core Issues

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You need quick timing and a butterfly net to catch butterflies. Butterflies do have this habit of alighting and then flitting off quickly. So it is with our thoughts. I think of these flitting thoughts as butterflies. Some little memory or insight pops up right in the middle of the tapping process. I try to capture these newly surfacing thoughts or feelings, as soon as it appears. My most useful tools for catching fleeting memories or insights are my psychological butterfly net (a type of nonjudgmental observation) and a notepad.

Recently I set myself a ten week plan to resolve a physical limitation in my own life. During my ten week plan, I have been regularly wielding my psychological butterfly net on myself as I work, and I have collected a number of issues that need further attention. I usually begin my session with recalling a specific troublesome issue. I sit quietly. As I call the issue to mind, I observe what is happening in my body, without judgement. Just notice how my thoughts come and go, and how my breathing changes. Sometimes I begin with a meditation process. I tap the eight points from top of head to under arm, and notice the thoughts, ideas, memories that come up, as well as changes in breathing, skin temperature, and sites of body tension. When I ask myself "What does this remind me of?" the question may elicit an even deeper significant incident from the past.

You too can be an observer of yourself. If, while tapping, unexpected memories, thoughts or feelings come up, notice them without any judgement. They are gifts from your unconscious mind. I have no doubt you will find, as I did, that if you wait until the end of your session to record this mind-body information, you may discover that some of these new insights and surfacing core issues are difficult or impossible to recall. Such is the power of unconscious process. We suppressed them in the beginning because they were too painful or difficult to accept. But we are grown up now and can look at past painful experiences in a new way. So catch them and note them down as soon as they surface; just enough detail to remind you when you are ready for another round.

When new ideas or memories pop up while we are tapping, they have more than one purpose. They may be an unconscious effort to protect us from the distress of addressing old painful experiences, but they also offer us the opportunity to go deeper into ourselves and resolve something. The butterfly net approach makes it much easier to keep focussed on the current issues, as well as to catch and record emerging unresolved experiences to address later. If you are working with an EFT practitioner, s/he may help you to keep track of the emerging issues, hence keeping notes may not be so important. However, if you are working on your own, short notes will take the pressure off trying to remember everything. You can keep tapping for the current issue, knowing that you will return to those vitally important, emerging core issues when you are ready.

When you use the butterfly net principle, you will have a store house of *tappable issues* ready and waiting for your next tapping session. And tapping into these core beliefs that have been held deep in our unconscious will open you to freedom in mind, body and spirit.

So keep your own psychological butterfly net at the ready, as well. You may find yourself unexpectedly tapping into your core life issues more effectively than ever before.