

Inner Dialogues with EFT – Maggie Adkins

Have parts of yourself you wish you didn't? Or pains you want to go away? All of us do! Inner Dialogues is an excellent technique to identify and address these parts. The concept is to create a new and better relationship – make friends – with whatever part of you is presenting an issue.

Generally when we have a painful issue, physical or emotional, we tend to isolate the issue and blame it rather than give it our whole hearted nurturing and care – and we certainly don't accept it! Inner Dialogues (our ID) is about releasing the blame and judgment. ID strives to reassure the painful part that it is cared about and listened to, thereby allowing the body's natural healing ability. This acceptance can be very powerful and healing.

Basically, Inner Dialogues is having a 'heartful' conversation with whatever emotional issue or physical part/organ/system presenting the issue that you want to heal.

Whether your issue is:

- general body pain,
- a specific body part/organ/system,
- your internal negative saboteur or
- an inner child that is still stomping its feet

All need a new beginning – a relationship that is nurturing and that allows the body its natural healing process instead of judgment and isolation.

How to Conduct an Inner Dialogue

During your ID you will continually tap the EFT Short cut points (Continual Tapping). Inner Dialogues can lead to deep insights and healings. If a specific trauma or event comes up address it with standard EFT. ([Forgotten the process? Click here](#)) After the specific trauma is released return to the Inner Dialogue. Ask for feedback from whatever part you are working with. Use continual tapping without words, while listening for that still small voice or a feeling within to guide you. Don't try to be too logical here!

Develop the appropriate wording for your dialogue. Remember to keep tapping through out. Introduce yourself and state your intention and admit that what you've been doing is not working, ask for forgiveness and ask for feedback about what that part needs. One sample would be:

“Hello, I am Maggie, and I want to have a healing conversation. I realize I cannot heal fully while isolating or blaming any part of myself. I want to accept and heal all parts that no longer seem to be working well for me in my life. I want to create a new life “together” supporting all parts of you. I realize I have old patterns and I know I can't promise to never go back to any of them but it is my heart's intent to heal everything that stands between me and whatever part I may have that needs healing. I ask for forgiveness for everything I have done, intentionally or unintentionally, that may have caused pain to (name the part). I ask you to share with me what you need.

YOU are the one asking forgiveness because it is you that did not get the message from the part of you. Your forgiving of whatever part you are working with comes later - if still needed. When you ask what the part needs from you now keep tapping until you get some kind of voice or feeling. Be persistent –

gentle and persistent – it may take a while for that part to trust you. Please do NOT be too practical or logical about this!

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Read more about Inner Dialogues on Maggie Adkins web site <http://www.maggiadkins.com.au>

Maggie will also featured on the EFT Masters Showcase DVD of the Month Club:

<http://eft4powerpoint.com/store/>