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### **Tapping into Love and Power**

Before the breakthroughs of energy psychology techniques, many people found therapy and the requirement to talk about the past too painful and distressing. At a deep level we may decide we cannot control the world of our perpetrators, but we can control our inner holographic world. We may have vowed never to be that vulnerable again. The vows we make as a response to trauma are a particular type of belief and are always an attempt at a solution.

The problem is that this attempt at a solution means giving up our true power, and it seals us into victim thinking. Trauma imprints profoundly in the cells and fields of our bodies, and creates addiction to this kind of reality with its illusions about self, relationships and the nature of love. As a result we carry the belief that, *I am a victim, powerless and helpless.*

The beliefs we create as a response to trauma imprison us in a world created by fear and addictions, co-dependency, dysfunction, disease and other more subtle manifestations like depression, doubt, shyness, and blushing are inevitable consequences. Again, all these symptoms are attempts at a solution to our pain. We think we will be safe if we hide away somehow. And this goes on, until the time comes and we are ready to change our minds, step into our true power and release ourselves. Love waits for us until we are ready.

### **Obstacles to Love and Power - VOWS**

What we are believing about ourselves right now creates the reality we experience. However there is a form of belief that is difficult to identify for yourself that may be creating extremely negative situations from which you find it almost impossible to escape and are well and truly stuck – VOWS.

Vows are really the decisions we make right alongside the beliefs about ourselves that we create in the moment of trauma. And so they have to do with what we do and who we are from that moment on. In a very real sense they are the blueprint for the false identity of the wounded self. We have already mentioned the old dilemma of the talk therapies where clients come with a need to tell their story and yet the vow 'I will never make myself that vulnerable again', or 'I must never speak out' connected to an original trauma may prevent them.

What about vows like 'My mother is not safe... I cannot open myself up to her', what about 'He hurt me.... I will never love again', or 'Its not safe to play... I will protect myself by being serious'. What impact do you suppose vows like these have in our lives?

Vows often emerge when you have already made progress in your work on yourself. This is because they will often conflict with attempts to change at a worldly level. As you change on the inside you may find that some of the things you used to do no longer work for you. You may no longer find it satisfying to spend a lot of your time out drinking, for instance. It may mean that you need to change some external situations, circumstances or relationships that just do not work any more. If so, does the prospect seem terrifying to you? Whenever there are very strong feelings

involved it is a good sign that you are conflicted by internalized vows. You want to move on and yet it seems as if something is stopping you.

Although it may feel really uncomfortable, getting to this point is positive because it means that what was previously an unconscious conflict is becoming conscious. Once something starts to come into your conscious awareness it is presenting itself to you as another possible piece of your healing. This holds true even when the urge or momentum towards change has brought you to such an impasse that it just seems impossible to take action. You feel helpless and hopeless at the prospect of it. Thoughts like these may show up:

**I would rather die than leave my children**  
**My mother/sister/partner will hate me if...**  
**I just can't leave my job**  
**I will never let that happen again**

Vows protect our false identities. Subtly they destroy our spirit and force us to live from victim mode. It may **seem** absolutely true that you cannot change, make a decision, or do whatever it is that is requiring an action to change. Notice where you feel this in your body – perhaps in your throat? Notice any resistance. Tap to reduce the intensity while you are tuning in to the feelings. If you can, put into words the impossible thing:

**I just can't.....**

Then sit quietly with the thought for a moment and ask:

***Is that really true...?***

You may receive your answer immediately, or next week, or next year. The point is to set your intention to reconnect with your Truth and invite Love to help you see this differently. You cannot make any decisions from fear, you will simply create more fear.

### **Working with vows**

It is important to be very gentle with yourself – vows are usually the last things we want to acknowledge and change about ourselves. For now you are sowing the seeds or creating the conditions within which a vow will no longer be necessary to you. When a vow is no longer necessary to you it will simply let go of you. The first step is always to become more aware of the vows you may have made. Try filling in the blanks to the following statements:

*I vowed that I will never...*

*I vowed that I will always...*

*I vowed that nobody will ever...*

And then ask yourself: when did I decide that? The answer may take you to a specific memory which you can work with using the Movie Technique.

### **Reclaiming Love and Power**

The following questions can provide you with 3 keys to happiness. These questions are directed to the true You that remains completely safe, fearless and unconditionally loving, regardless of anything that has ever happened to you

1. Who or what am I still accusing or blaming - what happened to me?
2. How do I respond/feel I when I believe that – what consequences?
3. Who would I be without that thought?

*(Adapted from Healing the Addicted Heart: 5 Stages of Transformation, Copyright Sue Beer 2010)*

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