

Taking Control of Your Life With Energy Psychology
by Katz Leija MSW

We have all been there...we've read and tried the self-help books. We've been to therapy. We've affirmed, agonized, and dramatized. We've been advised, analyzed, hypnotized, and medicated. Still, with all our new-found insights and tools, we disappoint ourselves by again having another...broken relationship, lost promotion, or low-paying job We try to cope with anxiety attacks, addictions, overweight, stress, pain, headache, congestion, depression, tears, fears, on and on. We tell ourselves, "I can't believe I'm doing this again!" Believe it! It happens to all of us, and will continue until we stop the war between our conscious and subconscious mind. This happens because negative unconscious beliefs do not support, and often sabotage our conscious beliefs and intentions.

I am an experienced clinical therapist who has dealt with the frustrations of helping many battle that war, including myself. Oh, it would get better for a while and then the same "issues" would pop up again looking a little different, but coming from the same old trauma, fear, or insecurity, just to plague us. We would probably continue the same old unconscious patterns imprinted in our brain before the age of six, often before the age of two, reenacting the old coping styles until...what? More therapy? More medication? More tears? Nothing seemed to make a permanent difference in my clients or myself, especially on the hard issues like addictions, Chronic Depression, Fatigue Syndrome, and Post Traumatic Stress Syndrome that has plagued veterans to victims of abuse.

I started looking for an alternative.... a better way to help others and myself. I discovered "Energy Medicine" by Donna Eden, which lead me to "The Promise of Energy Psychology" by David Feinstein, Donna Eden, and Gary Craig. It started out as a personal journey. I added books like, "Your Body is Your Subconscious Mind", by Candace Pert PhD, "The Biology Of Belief" by Bruce Lipton PhD. I had found Energy Psychology! I educated myself and experimented with different modalities that worked for me and began incorporating it with my "talk" therapy. I noticed an immediate difference. People, including myself, really got better quickly and stayed better! I noticed as I started working "with" them, rather than "on" them, helping them to empower themselves, they started taking responsibility for creating their own lives the way they wanted. This "stuff" worked for self-empowerment over anything I had been able to do in my fifteen years of clinical practice!

My first experience with Energy Psychology was attending an Emotional Freedom Technique (EFT) workshop. EFT is a technique created by Gary Craig, as a result of his work in streamlining Roger Callahan's Thought Field Therapy (TFT).

EFT and TFT both involve focusing upon specific concerns, often fears, anxiety, phobias, pain, stress or some other kind of emotional or physical upset - while tapping on different energy meridian points. It is the emotional version of acupuncture without the needles. EFT generally involves physically tapping upon the body in the same sequence of points regardless of the particular concern being worked upon, while TFT differs by tapping upon different sequences or sets of the body's meridian points, depending upon the type of concern being targeted. EFT and TFT could be considered the grandfathers of Energy Psychology. (For more information visit, eft-therapy.com)

On my way home from the workshop I thought, "I not going to teach anyone in my practice to "tap" on themselves! It looks and seems silly, it isn't therapy, and how can I charge clients for something I am not sure even works? However I did have a killer headache and a backache from sitting in a folding chair all day...so I tried it on myself. Amazingly I felt great in about thirty minutes...no backache or headache. I tried EFT to get over my fear of spiders and I mean paralyzing, hysterical fear! I can now pick them up and put them outside.

My client, Sharon, had a paralyzing fear of heights and bridges. She always took the long route to work for fear of a long high overpass that led to downtown. In five minutes by changing her core belief about heights her fear was gone. Sharon called me a few weeks later and told me, "I didn't believe it could be that easy or quick so I didn't test it. Yesterday I was stuck in traffic and couldn't get away from that terrifying overpass. Traffic forced me over the bridge! I started to panic then realized I wasn't really afraid. It had really worked! I still didn't believe it so I turned around and went over it twice more just to be positive. I was late for work but it was worth it. You can't believe the amount of time it saves me to be able to take that overpass!"

I started using the technique to change my food cravings and diet and started losing weight. I lost sixty pounds. My clients couldn't help noticing the weight loss and wanted my "secret." I decided I could introduce this in small amounts to my clients they were asking, and it was obviously working for me. Over time, I became more comfortable sharing something so simple, which was not conventional therapy, because I repeatedly witnessed dramatic improvement in clients and myself. I began to truly believe there is something to this Energy Psychology.

EFT is great and really works for a lot of things, but I was struggling with some issues, as were some of my clients, it was just not quite enough, it didn't take care of everything, or we got "stuck" at a certain point and couldn't seem to completely eradicate the problem. I began to expand and learn various other techniques in order to have a variety of tools to help my clients. I believe everyone is different and the more tools I have the better I am able to help clients reach their full potential.

PSYCH-K™ is a modality that quickly, and effectively uses your conscious knowledge, wisdom, beliefs and intentions and installs them in your subconscious mind. This is the brain's "hard drive." Bruce Lipton PhD, who wrote, "The Biology Of Belief," says about PSYCH-K™, "Unconscious beliefs, often imprinted before the age of reason, can limit your potential. By rewriting those beliefs, aligning the Superconscious, Conscious, and Subconscious minds, you unleash our full potential and open a whole new range of possibility." It is like we were living life without color, then suddenly, you have a PSYCH-K™ session and transform every part of your being. It is suddenly possible to find more joy, harmony, peace and contentment.

I began to study PSYCH-K™, attended a basic and advanced workshop, and began incorporating this modality with clients and in my own personal healing. I realized when used in tandem with EFT they become synergistic and the potential is limitless! (For more information visit the website, PSYCH-K.com)

For years, I had been consciously making the right decisions to eat that healthy food, read that book, come up with those affirmations, go to that seminar, ask for that raise, and sought out the good advice of professionals, friends, and loved ones. I consciously gathered and stacked all of my wisdom, knowledge and beliefs next to my subconscious computer. Unwittingly I was creating a war between the conscious and subconscious parts of my mind, I was sabotaging myself and the changes I wanted to initiate. Until I found a way to change or "reprogram" the subconscious with a new belief I would be forever stuck repeating the old habits. Beliefs imbedded in the subconscious can be secret saboteurs, the voice that has us still repeating the same old mistakes. We promised ourselves we would "handle" that better, or do "that different" the next time. Why can't we make it stick?

Jody had been my client for over two years. She is a twenty-year-old survivor of childhood sexual abuse. Jody is old enough to cognitively understand she didn't ask for the abuse. She was a child she had no power to stop it. She has been told over and over, by all her support systems, that it wasn't her fault, She is a good person, and she survived as best she knew how. No matter how much we analyzed, agonized, or advised, Jody still suffered from negative core beliefs, low self-esteem, and trust issues.

Most traditional therapies, work on a subtle level by speaking to the conscious mind and inviting shifts in thinking on that level. PSYCH-K™ addresses all of the brain, including the 95% of the mind that operates at the subconscious level by reprogramming the brain with new core beliefs to replace the old. EFT works by "tapping" a sequence of meridian points on the body and like acupuncture, realigns the energy of your body and mind. I discovered when I combined techniques healing accelerated in leaps and bounds. Jody, in nine sessions, using both EFT and PSYCH-K™ changed her subconscious core beliefs. She was a new person. Her trust issues disappeared, her self-esteem improved, she had changed her negative core beliefs into positive ones that let her move forward with her life in confidence.

As for myself instead of the sixty pounds I had lost and seemed forever "stuck on," I combined the two modalities and have lost a total of 125 pounds! That is a whole person! I was also able to get to my core belief of what was causing my asthma and allergies and I am now symptom free and, more importantly, medication free! I have come to believe every symptom, fear, and disease is a message to return to the balance that is natural to our lives. Nature seeks harmony and balance.

One of my fears, as a clinical therapist, was would I be able to support myself when my clients are “done” in six to twelve sessions? Traditional therapy usually takes a long time to see improvement, years in fact. That's where Energy Psychology is different. It is a light, a torch on the path, and a method of reading or redirecting the subconscious mind and accomplishing our innermost desires and banishing our old fears that kept us stuck. I found as I started helping people realize their full potential their friends and loved ones noticed the dramatic change. The calls started coming in and they all say the same thing, “ I don’t know what you did for her, but I want some of that!” Once you have made an ally of your subconscious mind, and it's in alignment with your conscious decisions, it can function as the amazing administrator it was designed to be. Energy Psychology is about self-empowerment and self-healing, I am blessed to facilitate that process with others. Life really can be simpler, easier, and happier!

Katz Delauney-Leija attended Eastern Washington University where she earned a Masters Degree in Social Work in 1993. She now lives and works in Charlotte North Carolina. It is from there that she helps others create the life they truly desire for themselves. (For more information visit Katz’s website, phoenixrising-llc.com)