



Phoenix EFT

92 Castle Lane, Olton, Solihull, West Midlands. B92 8DF
Phone: 0121 246 9448
eMail: training@phoenixeft.co.uk
Web: www.phoenixeft.co.uk

The Emotional Scale and EFT Practice

Christine Sutton and Philip Davis
AAMET Registered Level 3 Practitioners and Trainers in EFT

What are Emotions?

- **We are energetic beings** –all part of the Universal energy field.
- **We experience many different emotional states** forming a hierarchy from feeling “very bad” to feeling “very good”. Most people can identify and recognise as separate from each other.
- **There has to be a reason why** we can do this –emotions must serve a purpose in our lives.
- **Energy flow follows thought patterns** –as our thoughts shift so does the state of our energy field and our level of vibration.
- **We register these shifts as Emotions.**
- **E-motion: Energy in Motion** – we are meant to experience emotions, take notice of their guidance and then let them go, not hold them forever within our energy field.
- **Emotions are indicators of our current state of wellbeing, our current level of vibration, our current alignment with the universal energy flow. They tell us how we really are at a deep energetic level.**

Emotions and the Law of Attraction:

- **Any word or thought carries the true vibration of its meaning.** If we say or think the words which represent an emotional state we plug right into everything we have ever known or experienced about that state –the thought or word causes the vibrational shift even if we are not currently under threat in any way.
- **The vibrational shift (registered as an emotional change) affects our Point of Attraction** –we attract the events and people which resonate with and reinforce our current emotional and vibrational state (Law of Attraction)
- **Our consistent thoughts do become our realities!**
e.g. If you constantly perceive, think or say that the world is a terrible place you receive events and people which reinforce that belief. If you constantly perceive, think or say that the world is wonderful you receive events and people which reinforce that belief.
- **How do you choose to see your world?. Be careful what you wish for!
Choose your thoughts, words and activities wisely because you will get what you are asking for. It is the law!**

Energy, Emotions and Physical Symptoms:

- **Energetic/vibrational shifts also affect the physical body.** If you do not pay attention to the guidance from the emotional levels your problem will just manifest down to the denser, physical level until you do pay attention. Physical symptoms reinforce the guidance from the emotional level of being -Pay attention or Suffer the consequences!
- **The form and function of the physical body is an expression of the energy flow within. The energy flow is an expression of our thought patterns.**

Emotions, Guidance and Healing:

- **The essence of all healing is change** –If nothing changes, then nothing changes. Change something, anything to help yourself to feel better –to move upwards on the Emotional Scale.
- **Our issues and problems hold us anchored in the lower levels of the Emotional scale** ... until we **choose** to begin releasing them. It is always a choice!
- **Even the smallest change in your thought or behaviour patterns can help** you to shift upwards on the emotional scale –you begin to flow with the universal energy instead of resisting the flow. You resist the flow....until you stop!
- **Our Emotional Guidance encourages us to shift ever upwards towards a higher vibrational state –to the Place of Personal Peace, and then beyond to the ecstatic state where we are truly in-spired (In-spirit). This is our natural state of being.**
- EFT can help us to release all of our anchors and any reasons that we may have for keeping them.

Philip's Talk.

What does EFT do?

What is the therapists aim?

Sometimes Clients still feel bad. A different bad.

The Emotional Scale helps in a number of ways.

- Therapists aim.
- Testing tool
- Shows small shifts
- Client can see improvement
- Therapist can see where we are
- Dissociates client from the problem.
- Use as intro to LOA

How do we use it?

- Introduce the scale to the client
- Get the set point – where do you spend most of your time?
- Where are you right now?

- What keeps you in that zone?
- --- work on issues with EFT as usual.
- NOW where are you?
- At end of session, what is the new point?
- Give copy to client.

Next session.

- Ups and downs – Snakes & Ladders.
- Overall progress is upwards.
- Stepwise release seems necessary.

Possible Problems with the emotional scale.

- Some clients cant identify with it.
- Anger is not nice.
- Cannot be used to identify specific emotions.
- Some people don't like the colours.

Sum up:

- Uses for the Emotional Scale.
- How its used in practice.
- Take it, experiment with it, change it, use it however suits you.

References:

The Emotional Scale in EFT Practice
www.emofree.com/Articles2/emotional-scale-sutton.htm

Ask and It is Given: The Teachings of Abraham. Esther and Jerry Hicks. Hay House
Life is a Gift. Gill Edwards. Piatkus Books Ltd.
The Hidden Messages in Water. Masaru Emoto. Beyond Words Publishing

The Emotional Scale

	EMOTIONAL STATE	
↑ V I B R A T I O N A R Y L E V E L ↓	Joy, Knowledge, Empowerment, Freedom, Love, Appreciation, Passion	R E S I S T A N C E T O F L O W O F W E L L B E I N G ↓
	Enthusiasm Eagerness Happiness Positive Expectation Belief	
	Optimism Hopefulness Contentment	
	Boredom Pessimism Frustration Irritation Impatience	
	Disappointment Doubt Worry Blame Sadness Discouragement	
	Anger Revenge Hatred Rage	
	Jealousy Insecurity Guilt Unworthiness	
	Fear Grief Depression Despair Powerlessness	