

Opening
the Cage of Pain



with EFT

Let Your Spirit Fly Free

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Opening the Cage of Pain with EFT:
Let Your Spirit Fly Free

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Chronic pain is a technique of the body-mind-spirit that calls us to emotional freedom.

This information will be for *you*, if you have pain or other chronic conditions, and for *you*, if you are a practitioner who wants insight into how to work with it, or both. This is not a definitive treatment of pain disorders. My intention here is to share the beliefs and emotions that create the structure of chronic pain, emotional and physical, and hold it in place. Once we can grasp the structure, we can use our own intuition and the excellent tool of EFT to re-frame and re-build it.

I will begin with a definition of chronic pain from an “enlightened medical perspective,” from the energy psychology perspective, and from a spiritual perspective, as I understand it.

An Enlightened Medical Perspective on Chronic Pain

Let’s begin with a few words from **Dr. Nancy Selfridge** herself. This is the outline form of her part of the presentation we gave together a few times at the ACEP (Association for Comprehensive Energy Psychology) conference. Here she is talking about fibromyalgia specifically, but most of what she says is true more broadly for chronic pain as well. It will give you an overview.

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I. A Mind-Body Model for Understanding Fibromyalgia

1. Is fibromyalgia all in my head?

- Pain is a complex neuro-physiological process
- We do not completely understand the science of pain
- An intact brain is required for humans to experience suffering with pain
- All humans experience pain – it is adaptive, has “message” and “meaning”

2. How the normal brain experiences pain

- In fibromyalgia the normal process of pain/symptom production is deranged
- Research shows abnormal activity in the brain
- There appears to be an amplification of pain with exposure to painful stimuli
- There are abnormalities in levels of peptides – chemicals that communicate between brain and body
- When an intervention works to reduce fibromyalgia pain, the brain appears to change

3. The role of triggers in fibromyalgia

- Physical, mental, emotional and environmental stressors may initiate the dysregulation
- A single “event” or cumulative stressors may be identified
- This fits the “neuro-plasticity model” for chronic pain production

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II. The role of the sensitive temperament

- The work of Elaine Aron, PhD, and the “highly sensitive person”
- David Kiersey’s “Idealist” temperament, the opposite of the cultural prototype
- Even without triggers, the tension created by being sensitive in a relatively insensitive culture may be sufficient to create dysregulation.
- The sensitive temperament requires periods of no and low stimulation in order to achieve homeostasis (health and balance)

III. Prevailing Myths about Fibromyalgia

- Inflammation
- Unhealed trauma
- Bad biomechanics
- Bad psychology

IV. Treating Fibromyalgia

I. Why so many “western” treatments fail

- Treatment will be unsuccessful if it does not change the brain
- The sensitive temperament needs to be taken into account

2. Why we are using a mind/body/spirit approach

- Other healing traditions support this approach
- Research into some of these interventions demonstrates brain changes

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- There are no side effects
- Approaching the “problem” any other way is not “big enough”

3. How Complementary Medicine interventions work

- With a change in thought patterns (cognition) there is a change in the electrochemical flow of energy in the brain from the limbic system to the neo-cortex
- EFT (and certain other techniques) help to uncouple the electrochemical flow of energy between the limbic system and the hypothalamus

An Energy Psychology Definition of Chronic pain

In Traditional Chinese Medicine, the source of acupuncture, the heart is called the ‘King’ of the organs. The Internal Medicine Classic states: ‘The heart commands all of the organs and viscera, houses the spirit, and controls the emotions.’ In Chinese, the word for ‘heart’ (hsin) is also used to denote ‘mind’. When the heart is strong and steady, it controls the emotions; when it is weak and wavering, the emotions rebel and prey upon the heart-mind, which then loses its command over the body.

What we call chronic pain is an interruption in a particularly sensitive person’s electrical system resulting

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from emotional trauma. Repeated experiences of stress or trauma can cause the energy system to become disrupted and the flow of life force restricted, limiting our access to our capacity to think and act and make choices. If we repress the emotions (sadness, anger, fear) that arise in response to our traumatic experiences, the electrical system disruption will eventually show up as pain and dis-ease in the body. Clearing the disruption can clear the pain and change thought.

A Psycho-Spiritual Definition of Chronic pain

Chronic pain is obstructed spiritual energy reflected as pain in the body. One could call it “a sadness of the heart.” Spirit is the best in us, our portal to all that is good and hopeful. Some of the essential qualities of spirit are love, expansiveness, generosity, creativity, imagination, possibility, openness, growth, flow and purpose. A sensitive person can be extraordinarily in tune with her or his spiritual qualities, but may feel unable to fully express them in what appears to be a harsh, critical, wounding world. As a result of traumas, a sensitive person may develop chronic pain from an emotional response to a limiting belief around which their whole being seems to constrict: “I can’t express what I really feel, I can’t be who I really am, I am not good enough. In order to matter or have significance in the world, in order to have inner peace, and in order to justify taking care of myself, I must remain ill.” In a non-logical, unconscious intuitive way, this is a self-

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protective approach. Changing beliefs and choices can free the spirit and heal the body.

Using EFT for Freedom from Chronic Pain

These are the themes in this book:

- **Introduction** - Clearing and Calming Chronic Pain
- **Mapping the Healing** - Letting a Caged Spirit Fly Free
- **Mending a Broken Heart:** Healing and Re-Empowering a Sensitive Temperament

Even though my heart feels heavy and tight and sad, I honor myself for how hard this has been, I understand, and I even forgive myself. I was doing the best I could. I choose to love and appreciate and honor this powerful, world changing soul quality that I have been so blessed with.

- **Reframing Sensitivity**

Even though I worry that I am too sensitive, I want to deepen and expand my sensitivity in powerful wonderful ways. I choose to accept it as an honor, and learn how to share what I know in ways that are helpful.

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- **Open the Cage of Anger and Pain**

Even though I am sad and mad and hurting all over, I know I deserve better. I don't have to be a volcano to stand up for myself.

- **Open the Cage of Fear**

Even though it doesn't feel safe to be me, I can re-invest my emotional inheritance of negative beliefs and expectations. I am choosing to focus on the essence of me, my strength, my largest vision of myself.

- **Open the Cage of Feeling Invisible**

Even though I had no voice and it wasn't safe or possible to say what I really thought, or speak up for myself, I honor myself for how hard that was, I love and accept myself, and I say YES to me!

- **Open the Cage of Overwhelm**

Even though I get overwhelmed, and I think I have to just soldier on and tough it out, I love and accept who I really am, as someone who likes things quiet and clear. I want to honor my deep inner strength and my goodness.

- **I am Eager to Please**

Even though I look for approval in all the wrong places, and I don't know how to connect with others without drowning and losing myself, I know now I don't have to

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*take care of somebody else to be OK. I honor my deep need for connection and meaningful relationships. I make creating and maintaining a good and satisfying relationship with **myself** my first priority.*

- **Open the Cage of “I’m Never Enough”**

Even though I thought that what I do had to Be Perfect, and I would have killed myself rather than admitting I was “weak,” I honor my appreciation for doing things well, I am learning to open to the strength INSIDE me, and I am learning to trust the process.

- **The Positive Intention of Chronic Pain**

Even though I think if I get better there will be too many expectations of me, and people will have too much access to me, and then I will let people down, and a part of me thought I couldn’t be “good” unless I was suffering, I am choosing to learn a new way of being with my body. I have a mission to bring peace to the world.

I choose the mission of bringing peace into
my own life.