

Blueprints for Change

ARE YOUR CRAVINGS CONTROLLING YOU? You May Be Energetically Switched!

Have you frequently tried to give up that cigarette, those delicious chocolate bars, the six daily sodas, the nightly raid on the twinkies? We all have cravings from time to time. Some are due to chemical imbalances in the body or nutritional deficiencies but others are related to memories or rewards from the past. Were you given a twinkie every time you fell over and hurt yourself so that now, as an adult, you associate twinkies with comfort? Did you smoke your first cigarette to calm down after having just witnessed a traumatic car accident? Your current belief then is that cigarettes are calming at all times.

Old dysfunctional beliefs may be held at bay during the good times but continued stress and trauma in a person's life can trigger these beliefs and the inappropriate behavior once again kicks in. Take for example, these three different reactions to a scenario in which a husband leaves his overweight housewife for a younger, more attractive woman. One woman becomes angry and hostile, venting her frustration on the whole world, another takes charge of her life, loses weight, changes her clothes and hairstyle and finds an exciting new job while a third gives up, sits in front of the television eating chocolates and puts on more weight.

These vastly diverse reactions have completely different core messages on what relationships are about and how to function in a crisis. The person then plays out her/his life based on core beliefs held deep in the subconscious.

The first expression of an emotion, either positive or negative, is a change in the body's electrical state. There is now a great deal of research that supports the idea that in addition to having a physical body which is fueled by food, humans also run on an intricate energy system which is fueled by electrical impulses circulating through the body. Chinese health practitioners have been using acupuncture points on this energy system for at least 5,000 years. The key to many of the disturbances we experience in our daily lives is held in this system.

Energetic patterns are set up across a lifetime. Many of these are picked up when we are children. During this period, our minds are extremely suggestible and we are hypnotized by everything we see, hear, feel, taste and touch. Our beliefs about the world, marriage, family, work etc, are formed, either in a positive way or negative.

Self-defeating negative thinking results from energetic confusion between what the person says he/she wants and the deep underlying negative beliefs that have been built over a lifetime. In essence, through our "learning" we energetically connect positive goals (feeling relaxed, safe, happy) to negative behavior (smoking, overeating, drinking excessively, etc).

The anxiety that drives an addiction to food or any other substance or behavior can originate anywhere. It may come from abusive childhood experiences, traumatic memories or stress in the family or workplace. To get rid of your stored energy, you must eliminate the anxiety that drives the addictive behavior.

One effective way to eliminate the anxiety is EFT (**Emotional Freedom Technique**), a form of energy psychology that can be used to free you from emotional and physical issues that hold you back. You can learn to use this innovative procedure on yourself to release stress, cravings, eating triggers, self-esteem issues and quickly bring yourself back into emotional balance.

EFT contends that the cause of all negative emotions is a disruption in the body's energy system. With remarkable consistency, EFT relieves symptoms by a tapping routine with the fingertips on specific points on the energy meridians while thinking about or feeling a problem or issue. This then neutralizes disruptions in the body's electrical system.

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Many energetic imbalances may be partially or completely relieved within a short time using this process. Others may require repetition. More complicated issues often have a number of different layers or aspects which will need to be balanced in turn. The idea is simply to persist with EFT until all the relevant aspects have been neutralized and released. You will then find that the craving or addiction may no longer have its hold over you!

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