

Emotional Freedom Can Be Yours with Energy Psychology Methods

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While Americans greatly cherish their independence from foreign tyranny on the nation's birthday, few realize how much our nation is imprisoned by real and imagined fears. The manipulation of a people by fear is a well-known tactic of tyrannies and is frequently evidenced in American history even as we proclaim our independences. Think for example of the fears slave owners proclaimed that the nation would go broke if slavery no longer existed. More recently, fears that the nation cannot afford to help its poor or elderly fan the flames of the media and political wrangling while more Americans are actually wealthy than ever before.

Somehow, we must find ways to break out of fear-based thinking and return to the human values that have made this nation great. As always, let's begin at home, within ourselves. With the help of self-care, appropriately based in learning from our own energy systems and inner wisdom, we can address fears directly and move to an enhanced vision of the possible.

- Start by taking stock of your many assets, the riches of family and friends, the creativity of thinking that is your birthright.
- Ask yourself what is holding you back from speaking about your values to people who seem to be emotionally bound to their fears.
- Examine your own fears about being fully yourself or entering into the democratic process of discussing issues and finding solutions to present national issues.
- Treat yourself by gently rubbing the tender place on the upper mid-chest (the neurolymphatic treatment point) and stating a phrase that is relevant to you. Examples: "Even though I fear my opinion will not make a difference...Even though others may not agree with me...Even though some people may reject me if I speak up...Even though I believe I don't have the energy to speak for the poor or elderly..." etc.
- Follow your statement of self-assessment with a life-affirming positive phrase, such as, "I deeply and profoundly

honor and appreciate who I am...I trust my inner knowing... I appreciate my gifts and abilities.” Repeat this pattern of the two phrases together several times, until they capture the essence of your inner knowing and strength.

- Add an action statement such as, “I choose to write a letter to the local news editor...I choose to attend a community meeting...I choose to write my congressional representative...I choose to live in courage, to stand for the ideals of the nation’s founders.”

Living with independence from fear-based thinking can lead us to new solutions. Seeking emotional freedom for yourself is greatly needed as the nation struggles to find new ways of honoring the independence we so value. Democracy is an ongoing process of helping each community, neighborhood, your family and friends to find ways to move forward with courage and hope.

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