

Getting yourself out of the way (GYOOTW)

Handout for a presentation at the [Gathering](#) in Ilkley on 30th January 2010

What does GYOOTW mean and why would I bother with it?

- It means that you are sufficiently present with your client that your own thoughts, emotions, feelings and behaviour do not get in the way of your client's self-healing.
- Being present (or mindful) means paying attention on purpose and without judgement or agenda to what is happening right now. It means peacefully watching, listening and feeling with all your senses, neither agreeing nor disagreeing but being exquisitely alert and tuned in to whatever your client may be consciously or unconsciously communicating to you. When you are tuned in, you sense feelings and emotions inside you which alert you to what your client may be feeling, either consciously or unconsciously. This process is beautifully described by Carol Look in Teleseminar # 9, downloadable from [Patricia Carrington's website](#).
- Being present allows your intuition to flow, which in turn allows your client to experience you as a catalyst for self-healing. When you are fully present, the words that you use and the energy that flows through you seem to have arrived unbidden, as if from some remote source (indeed, some would say that they flow directly from Source Energy, from God). This makes GYOOTW the most important success factor in tapping therapy (see Ann Adams' and Helen Walker's excellent articles in the new book [EFT & Beyond](#) for more discussion on this).
- By contrast, when your own stuff is in the way (for example if you feel anxious when a session is not going as you would like or you feel upset (triggered) by something your client says or does) it stifles your intuition and thus potentially limits the efficacy of your tapping interventions. The tapping may still help of course, but it is much less likely to be transformational for your client.
- Remember though that aiming to get yourself out of the way is a bit like heading towards the horizon; nobody ever quite gets there, not even the very best practitioners. But by being on the journey, by adopting a lifetime practice, we gradually become better and better at it (and better at noticing when we are not!) and thereby more and more effective as facilitators of self-healing.

So how can I get myself out of the way?

- First begin a lifetime practice of dealing with your own stuff:
 - a. Practise becoming more and more aware of your own limiting beliefs, thresholds of tolerance (triggers), habits, attitudes, prejudices, addictions, coping strategies and ways of being, using a practice such as meditation or the processes listed by Eckhart Tolle in his superb book: ['A New Earth'](#).
 - b. Practise being the witness of your own experience in daily life and practise accepting whatever comes up, no matter what, tapping on any urge to judge.
 - c. As you witness your own experience without judgement, anything that does not serve you will tend to fall away all by itself by [The Principle of Conscious Change](#). You

cannot make yourself get out of the way. It comes by itself by grace as you awaken to the present moment.

- d. In parallel, work to release any negative energy and trauma using tapping, both working on specific events (using some form of the [Personal Peace Procedure](#), for example Judy Byrne's 'Inner Peace – an Inside Job: A guide to being your own therapist' beautifully described in [EFT & Beyond](#)) and using daily tapping to release negative emotions as they arise.
- Notice when your stuff is getting in the way in a session; let your emotions be your guide. In particular, notice if you find yourself becoming attached to any particular outcome or any urge to control the session. If necessary refocus on holding the intention for your client to heal while remaining alert and present, allowing guidance to arise moment by moment.
 - Practise trusting and respecting your client's ability to self-heal; reinforce with daily tapping.
 - Practise trusting your own ability as a practitioner; reinforce with daily tapping.
 - Practise inhibiting the urge to make assumptions about your client; reinforce with daily tapping.
 - Practise inhibiting the urge to take things personally in daily life. As don Miguel Ruiz elegantly explains in his book '[The Four Agreements](#)', it is never about you. Reinforce with daily tapping
 - Practise being congruent and true to yourself. Reinforce with daily tapping, perhaps following the excellent suggestions presented by Ann Ross in '[EFT & Beyond](#)'.
 - Practise creating a powerful vision of how you would like your life to be and in parallel practise letting go of the need for things to turn out a certain way. Reinforce this practice with daily tapping and with a daily gratitude list.
 - Practise flexibility in preference to rigidity in all aspects of your life and notice how much more peaceful it feels just using flexible language (e.g. 'I enjoy it when my clients get what they want' vs 'This session must be successful or I will feel a failure'). Reinforce with daily tapping.
 - Develop proficiency in sophisticated forms of tapping such as Matrix Reimprinting, Deep State Re-patterning, Imagineering and working surrogately with a Magic Buttons Bear, all of which move the locus of attention away from you and the client, allowing you both to get yourselves out of the way and thereby allow healing to flow. All these techniques and many more are described in some detail by their originators in '[EFT & Beyond](#)'.

John Bullough
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