

Smartphone Analogy

What do Consolidation and Reconsolidation look like?

When we use traditional EFT, we harness the brain's natural process of consolidation and reconsolidation. But what does that look like?

Think about life with a smartphone for a moment. It looks a lot like that.

What do you do when you go to a new place or want to remember a special event?

For most of us, we take photos or videos with a smartphone. Then, we delete the pictures we dislike, edit the pictures or videos we do like, and share that experience with loved ones and friends.

Every photo, video, snapshot, meme, quote in your photos aligns with what you're about (or not), your perspective.

Like what gets captured with your smartphone, a memory is a representation of past occurrences that can be watched like a movie or looked at like a picture. Maybe you hear a voice, dialogue or music. Additionally, memories can also have smell and taste, and trigger sensations in the body.

Think about your first home... The nicest gesture you received from another, or that you did for someone else. Notice that what you notice changes based on the call to attention and your shifting focus.

A memory is much like a place we visit. In those places we can remember how we felt just by focusing on a specific time or place.

Memories are beliefs that affirm those ideas about ourselves and what we knew to be true of ourselves and the world around us.

But what if what you believe about yourself feels bad, mismatched from what you want, or you have a long history of LACK that feels impossible to overcome?

Then it is because we strayed off course, and must course correct.

In order to understand how we veer off course, we must understand **flooding**.