

When an Old Pattern Comes Back

Hi. Have you ever had an old patterned response show up and thought, seriously, this is still here? I had that experience again recently while I was preparing for an interview with Gene Montrostelli for his upcoming Integrated Tapping Summit. So Gene had sent me 15 questions across three different topics and I would have only about three minutes to answer each one.

He explained that he was using a different approach for this summit. It wasn't really going to be an interview or a conversation. It was more of a talking head approach.

He would ask a question and then I would speak for three minutes. Now talking head lecturing is not my preferred way of teaching. I'm much more relationally based, more interactive, more call and response.

If you know anything about human design, I test as a manifesting generator. Someone who responds to the context and to what other people are offering. So there I was preparing to answer 15 questions in three minute segments without the relational interaction that usually supports me in bringing my ideas to life.

Now that's all important context for what happened next. And this is also quite a vulnerable disclosure, so please hold me in your hearts as I share this. It's also important to say that I know this material.

I have been thinking and talking about the ideas within Gene's questions for years. Conscious EFT has emerged from more than 40 years of learning, working with clients, teaching and mentoring practitioners and especially living my own life. I know this material and yet as I began preparing my answers, the whole thing became very, very difficult.

I lost the passion. I lost the excitement. It all became a burden.

It's like every question felt like it was carrying so much weight. So I wasn't, you know, simply answering spontaneously and from my heart. Somehow I had made each three minute answer responsible for clearly demonstrating what was distinctive about conscious EFT.

Now that makes total sense too for me because I have not followed the pack in terms of traditional EFT. Conscious EFT has evolved in some very different directions. And of course, I want people to understand what is distinctive and valuable about it.

But this was more than that. Right? And as I turned toward myself with curiosity and care, I began to recognize that I was feeling responsible for making sure people understood that conscious EFT wasn't simply traditional EFT with different language. It was as though every answer had to communicate the depth, the originality, the value of the work.

Oh my goodness, like no wonder it felt so difficult. Like no wonder I just wanted to close the computer and go get cappuccino at Tim Hortons and sit by the lake for a while. I had given every single answer the responsibility for proving the legitimacy of my work.

And let's go further. I'd given conscious EFT responsibility for proving my own worth and value. Now this is a very very old survival instruction for me.

You know, dear Nancy, be exceptional. Dear Nancy, demonstrate your value. Dear Nancy, make sure everybody in the room understands that you deserve your place in that room.

That's my historical blueprint voice. I know this pattern. I understand where it comes from.

I've tapped on it. I've talked about it. I've written about it.

I have met it many many times with curiosity, understanding, compassion, and even appreciation. And there it was again. Now this is the moment when healing itself becomes another standard against which we judge ourselves unless we can stay conscious of that possibility.

I could so easily have gone down that familiar shame-based path. After all the work I've done, why is this still here? I should be beyond this now. Perhaps I haven't healed as much as I thought I had.

Right? Have you ever had that experience? You find yourself responding in that familiar way. Maybe you've become anxious. Maybe you're feeling burdened.

Maybe you've shut down. Maybe you're over-functioning. Maybe you're trying to please everyone, become perfectionistic or feel that you have to prove yourself in some other way.

And then you're not only experiencing that original historical survival pattern, now you've added disappointment, judgment, shame, because it's returned. And then the relationship you're having with yourself is characterized by contempt and dismissal. This again? I thought I dealt with you.

You shouldn't be here anymore. So the part of you that originally developed to protect your safety and belonging is now being treated as evidence that there's something wrong with you. But what if the return of that response doesn't mean that your healing has failed? What if it means that you are a human being whose biology is always always responding intelligently to the conditions in front of you? Our living systems carry historical learning about what has previously been required to stay safe, significant, connected, and included.

And that learning does not simply disappear because we understand it. And meaningful healing work does not guarantee that it will never express again. Even the most advanced strategies available today, including approaches that work somatically with the body, do not guarantee that a historical safety pattern will never reappear when the conditions in the present moment support its expression.

But that does not mean that healing changes nothing. As we repeatedly turn toward that historical signal with kindness, gentleness, with curiosity, it can become more malleable and less dominant in today's moment. We become more able to recognize when it's been activated, more able to acknowledge and to hold the energy it carries without either collapsing into it or rejecting it, and more able to remain aware of the present day signals that are also available.

So the historical response may still arise, but it no longer has to determine what happens next. More and more, we have the freedom to make choices that fit today's conditions, the possibilities of our lives today. So the measure of healing is not that the historical signal never returns.

It is that its return no longer removes our freedom to respond to today. In my case, I was preparing to speak publicly about the work of my lifetime in a format that did not support my preferred way of being. I'm answering questions within a limited amount of time, without interaction for an audience I can't see.

Of course, those conditions might activate historical learning about visibility, performance, recognition, and worth, but that did not mean I was back at the beginning. It did not mean that the work I have done to support myself has been unsuccessful. A very intelligent part of my system that cares very deeply about my safety and survival recognized something in the present conditions today that resembled an earlier threat, and it wisely offered the strategy it had learned to help me remain safe.

That's the wisdom of an intelligent living system. It's saying, *Dear Nancy, I love you, and you need to make sure you are exceptional, and you need to make sure everybody thinks that, and then perhaps you will be safe here.*

So today, when I can understand and appreciate that and hold that, my relationship with that patterned response changes.

I'm no longer required to obey it, and I'm no longer required to reject it. I can recognize what it's trying to do for me, while also becoming more aware of present day reality. And so that's part of what changes as we engage in Conscious EFT.

We grow our capacity to have more awareness of more reality. So the historical signal is not as dominant as it once was. There's more space to be aware of, to acknowledge, to accept present day signals too.

So as I took some time away from preparing for Jean's interview and turned toward myself, I could recognize that I was not on trial in the present day. I was not being asked to prove the legitimacy of Conscious EFT or the value of my life's work. He was asking me some interesting questions that I really care about.

Every answer didn't need to carry everything I have ever understood. I could be more present in myself in this moment today, and not only simply answer the question, but also

enjoy myself as I was answering the question. Every single one of us carries a historical survival blueprint that may express under particular conditions today, and that is not a failure of healing.

That is part of being a living, biological human being. And as we continue to turn toward ourselves, compassion and curious allyship, we can recognize the old instruction without condemning it, without following it, without allowing it to determine what happens next today. So yes, a familiar response returned while I was preparing for an interview.

And no, it didn't mean I had failed in my efforts to deal with it. I was simply meeting another moment in which it made complete sense for my biology to remember. So, I invite you and encourage you when an old response, a familiar pattern returns, what might change if you stop responding, why am I still doing this, and ask instead, what is it about the environment and the conditions of this moment that makes this response so awesomely intelligent? And if this way of understanding yourself speaks to you, and you'd like to explore it further, then a lovely place to begin is with our free map of being human.

And you can download it at neftti.com/map.

Much love.

Nancy

