

For most of my professional life, and really for much of my personal life too, I have been interested in a question. What are we missing? And I think for many years I would have asked that a little differently. I probably would have asked, what is the missing piece? Particularly in healing, what is the missing piece in healing? Because for almost 40 years now, I have been looking for it.

I've explored body work, and psychotherapy, and coaching. I've studied neuroscience, energy psychology, and then of course I found EFT, which became an enormously important part of both my personal and my professional life. And so many times along the way, I've had that wonderful eureka experience.

Oh, this is it! This is the thing I've been looking for. And then I would learn more, and I would work with more people, and I would live a little more life myself. And inevitably, I'd discover that this particular understanding, as valuable as it was, wasn't everything.

There was more. And over time, I think the question itself has changed for me. Instead of asking, what is the missing piece? I'm much more interested now in asking, what else is here to see? What aren't we seeing yet? Because every way we have of understanding ourselves as humans is a lens.

And a lens allows us to perceive certain things, but it can also make other things less visible. You know, I learned something about lenses quite literally a few years ago. I had been developing cataracts.

And if you've ever had cataracts or know someone, you'll know that they don't necessarily arrive one Tuesday morning and announce themselves. My vision gradually changed. And because it happened gradually, I adapted.

I started having trouble driving at night, so I drove less at night. I couldn't read road signs as easily. I remember actually tripping over a curb once because I hadn't perceived the difference in elevation.

And eventually, I found myself making decisions about what I could and couldn't do, based upon the reality I was perceiving. I didn't particularly think, my perception of reality is becoming limited. I thought, this is reality.

And then I had cataract surgery. And suddenly, like, oh my goodness, detail, definition, light, things that had become unavailable to me became available again. I could drive at night, I could read signs, travel became easier.

But the surgery hadn't changed the world outside of me. Reality hadn't changed. My capacity to perceive more of reality had changed.

That's really important, so I'll say it again. Reality had not changed. My capacity to perceive more of reality had changed.

And because I could perceive more, possibilities that had effectively disappeared from my life became available again. That experience has become a wonderful metaphor for me, because I think this is what happens with the lenses through which we understand ourselves and one another, and what healing actually means for human beings. A psychological lens can help us see something.

A neurological lens can help us see something else. A physiological lens, a relational lens, an energetic lens, a developmental lens, a social or an environmental lens. None of these lenses has to be wrong for none of them to be complete.

And increasingly, then, that's how I think about the evolution of conscious EFT. Conscious EFT has never really been a fixed body of information for me. It has continued to change as I've learned, as the people I've worked with have taught me, and as different ways of understanding beings have come into view.

And something I was reading recently gave me language for an aspect of this that I find particularly important. A wider lens can allow us to see the intersection of things that previously appeared to be separate. I love that, because that's increasingly what I'm interested in.

Not choosing. Not choosing between psychology or neuroscience. Not choosing between the body or the mind.

Not choosing energy or biology. Not the individual or the relationship. Not what happened historically or what's happening now.

Not choosing, but asking. What becomes visible when the lens becomes wide enough to hold all of these at the same time? What if some of the things we've been treating as separate pieces of being human aren't actually separate at all? And I think the widest lens I currently have, and I want to emphasize currently, because I'm quite sure, and I hope profoundly, that there will be more. But currently, the lens is extraordinarily simple.

We are living systems. Before we're clients or practitioners, parents, partners, successful or unsuccessful, anxious or calm, confident or frightened, before all of that, we are living systems. We are biological organisms.

We are part of nature. And like every other living system, we are continuously responding to the conditions in which we find ourselves. Now, I know that may sound almost too obvious to be important, but I've found, and am finding, that when I really allow that understanding to inform the way I look at a human being, something profound begins to change.

Because so much of our culture, and certainly much of our healing culture, encourages us to look at ourselves and ask, what's wrong with me? Why am I anxious? Why do I keep binge eating? Why can't I stop procrastinating? Why do I keep choosing the wrong relationships? Why can't I make myself do what I know I should do? And then, of course, very quickly, it becomes, and how do I fix it? How do I change it? How do I get rid of it? But when I widen the lens and remember that I'm looking at a living system, I find myself becoming interested



in a different set of questions. What's happening here? What might this living system be responding to? How might what I'm seeing actually make sense? Oh, that's a very different place from which to begin. It doesn't mean that we never want anything to change, and it doesn't mean that suffering doesn't matter, and it certainly doesn't mean that every pattern we've developed remains useful forever.

It simply means that perhaps pathology doesn't have to be our starting point. Curiosity can be. Relationship can be.

Context can be. And maybe we can hold more than one truth at the same time. An experience can be painful and make sense.

A protective strategy can be costly today and have belonged beautifully in the conditions in which it developed. Something can be genuinely part of me and not be the whole of me. So when the lens widens, we don't necessarily get a different human being.

We get access to more of the human being who was already there. And for me, this is one of the most important evolutions in conscious EFT. I am less interested than I once was.

I'm less interested than I once was in finding the perfect explanation of being human. I don't think there is a perfect cataract lens. Every lens will reveal something and obscure something else.

So perhaps the work isn't to finally discover the missing piece. Perhaps it's to keep our hands open enough to ask, what else is here? What else becomes visible when I widen the lens? And perhaps most importantly, what becomes possible when more of reality is allowed into the picture? Because once we begin to see ourselves as living systems, another question follows almost immediately. If we are living systems, what are we responding to? And that's where I want to go next.