

Many years ago one of my role models, Dr Wayne Dyer said that he prepped before going on stage by using a prayer in which he repeated over and over 'How may I serve?'

This was back in the 1990's and it was a few years before I learned about, and subsequently trained in EFT. However, as a therapist and personal development coach I adopted this technique; and like many techniques we adopt, I dropped it along the way. Why? Perhaps mind busy-ness, perhaps change in routine, perhaps non of the above. The point is I stop using this prayer. I still obtained good results, both from the energy therapy I practised at the time, the coaching and later with EFT. I also still mindfully stepped back from my own judgment and need of particular outcomes and allowed the process to work through me rather than by me.

And yet, very recently I picked Dr Dyer's old habit back up. It was almost like welcoming an old friend back home. Using this prayer just felt so right. Furthermore, I noticed a shift that occurs when I begin the repetitive prayer for a few minutes prior to the session; not only am I centered and stepping back from my own judgments and desires, it places the focus exactly where it should be: on the client. I've also found that it brings a new clarity when working with clients and opens the doorway to creative solutions. Additionally, the prayer, being one of service can only result in being a channel for that higher aspect of me, of the Universe, of God.

Someone asked me a short time ago when I was describing my prayer to them, if it wasn't a prayer of servitude. If I wasn't placing myself 'below' the client. Far from it, I had answered them. The prayer, for me anyway, declares that I am a child of the Universe, that I am part of that Higher energy, that abundance, intelligence, ability. And that means that the answers to any problem, dilemma or difficulty are immediately available, and often in ways I could not and would not have otherwise been capable of reaching. Servitude is being less than, this prayer of service declares that I AM, and recognizes that the client is also that. It declares that the answer is available as a potential that is beyond limited thought. It declares that our natural state of peace, light and limitlessness is a real possibility and that the fun of achievement is available as we wish it.

Whatever that is for us. The prayer also reminds me of the privilege I have doing the job I do as a self development coach. It not only keeps me grateful, it allows a presencing with the client, and 'protects' me from any negative effect professionals who work with others' issues are likely to experience.

At the end of a session I now usually take a moment to say 'Thankyou' and allow blessings of the session to wave over me so that I feel renewed and cleansed; ready to begin a minute or two of 'How may I serve' for the next client. This technique is so simple, and like many techniques that are simple, can often be very powerful, and yet easily overlooked. So I want to say try it, see if it fits you, if not, with a breath of grace, blow the technique away. But if it does resonate, try it out, see what such a simple technique does for you, and therefore for your clients. And of course, thank you to Dr Dyer for mentioning this technique those 15+ years ago.

Blessings always,
Helen P. Bressler

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