



Welcome to BSFF* Be Set Free Fast!

A Manual on the Exciting Work of
Dr Larry Phillip Nims

Be Set Free Fast is an acronym for "Behavioural & Emotional Symptom Elimination Training for Resolving Excess Emotion: Fear, Anger, Sadness, & Trauma."

BSFF - The Fast Track to Personal Freedom

By Christine Sutherland

Thank you Don Heggie

This manual is dedicated to a very special human being, distinguished Australian War Veteran Mr Don Heggie OAM. It was Don who, in his own search for healing from the trauma of his war experience, and at 78 years of age, sought out and was cured by Dr LarryNims, and then so generously brought Dr Larry Nims to Australia so that many more people could also benefit from Larry's incredible Be Set Free Fast techniques. I and all Australians owe Don a debt of gratitude we could never repay.

Don would say he is not a therapist, but I have seen him in action with better therapy skills than almost anyone I know, and he has done more to contribute to the healing of others than anyone else I can think of in this country.

Don is also one of the most joyful, energetic, and passionately caring human beings I have ever met. He works tirelessly to help bring BSFF to more and more Australians.

God bless you Don.

**Thank You
To
Dr Larry Phillip Nims
Creator of BSFF - BE SET FREE FAST**

This manual would have been 100% impossible without the loving and committed work of Dr Larry Nims. Like many of us, Larry has been on a lifelong search for a better way, a way to end his own emotional pain and limitations as well as the pain and limitations of others. He has found the way, and at 65 years of age is leading the rest of us to it.

I am incalculably grateful to Larry, not only for taking up the challenge of the world stage in 1998, not only for the wonderful example of poise, grace, humility and generosity he has displayed upon that stage, not only for connecting with me and 70 other therapists so personally and so effectively in Sydney in 1999, but also for the love and kindness he has shown me in helping me to get this manual to you.

It's sounds so trite to say that someone has been an inspiration to you. Larry continues to be an inspiration to me and a reminder of all that I can be. His work is tested and true; his methods are grace personified, backed by an extraordinary intellect. If you ever have the opportunity to study personally with Larry, please grasp the opportunity with both hands.

Thank you Larry, from the bottom of my heart
Christine Sutherland

About Christine Sutherland

Christine Sutherland is a consulting clinical psychotherapist who has a counselling/training background of over 26 years.

Although Christine has formal qualifications in basic counselling and group facilitation, and is a Reiki Master and a Certified Master Practitioner of Neuro-Linguistic Programming, she is very much a self-educated therapist, with a passion for keeping up-to-date in the latest innovations in training and therapy. She completed the Advanced Training in Emotional Freedom Techniques, as well as training in BSFF with the developer of the technique, Dr Larry Nims.

Christine is the founding director of the Lifeworks Group and operates its training division: as well as the Lifeworks clinic division, which specialises in the rapid resolution of phobias, trauma, stress and depression. She recently developed a comprehensive non-drug family treatment program for ADD/ADHD which is currently being trialled.

The Lifeworks Group provides training in the New Psychotherapies to professionals and the lay public, and also provides innovative training in Neuro-Linguistic Programming which exceeds current world certification standards.

Christine is mother of two and step-mother of two and happily married to John Sutherland. All but one of the children have now left home, leaving Christine and John with daughter Rhiannon (featured in this book), as well as their dog, Tarzan, in relative peace in beautiful Carine, a pretty, sprawling suburb just 10 minutes' North of the city of Perth and their favourite tennis club.

Welcome to BSFF - Fast Track to Personal Freedom

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Also by Christine Sutherland:

Welcome to EFT - The New Approach to Personal Power that Works!

Warning

This book is not intended as a substitute for the attention of medical or health practitioners. If you have symptoms which you would normally seek assistance for, then you are urged to continue to do so.

The techniques described within this book may well alleviate or eliminate your symptoms together with the deep causes of those symptoms. However greater personal responsibility for health and wellbeing is shown in the use of the techniques under the supervision of a qualified/experienced person.

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The Fast Track to Personal Freedom
By Christine Sutherland

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CHAPTER 1

Welcome to BSFF The Fast Track to Personal Freedom

I first came across Dr Larry Nims in early 1998 as I undertook advanced training in EFT (Emotional Freedom Techniques). Dr Nims was a guest speaker at that training and I and everyone there were amazed at his assertions regarding the technique he had developed over the previous 7 years, BSFF.

While I got great results with it, it wasn't until I took Dr Nims' full training when he came to Australia in July 1999 that I subsequently began to fully utilise it in my clinic and thereby gained the experience that "put it all together" for me, and inspired me to get the techniques out to as many others as humanly possible.

You'll find that some "treatments" with BSFF take just minutes in order to effect a 100% "cure". In fact that happens an awful lot. Be prepared, however, for some sessions/issues which require persistence. Some problems are hugely complex, and may take many sessions in order to get a really satisfactory result, particularly for beginners in the process. Take heart, however, from the knowledge that these more difficult cases are the very ones which previously would have taken many months or years to get a satisfactory result, if at all, prior to the development of the energy therapies.

I urge you to let nothing stand in the way of your acquiring and fully utilising this wonderful work. If you are a therapist, don't just use it with your clients -- brag about your successes to your colleagues and share this wonderful tool with them. The more of us who are doing this work, the more that people will discover there is real hope, the more that they are encouraged to finally take action and seek help. Be confident that even in a world where everyone is healed, we will still find fun ways to earn a living!

Also, don't just stop at enabling healing to take place! BSFF is also a tool for fulfilling potential and continuing to make life better and better. Encourage yourself, and your clients, to reach out for their birthright and enter a life which is full of love, abundance, success, excitement, peace, joy, serenity and bliss!

If, having read this book, you realise that this is a technique which has the potential to change your life and the lives of those you love, please commit to attending a live training or purchasing a video record of a live training. I've tried to explain BSFF as clearly as I possibly can in this book, and given many examples, but I know nothing replaces real, live training.

Wishing you blessings upon blessings
Christine Sutherland

[..Clinic Web SiteTraining.htm](http://ClinicWebSiteTraining.htm)

What's In this Book

Make no mistake. There is nothing like a live training to give you skills and knowledge of the greatest usefulness. For effectiveness of training, books probably come a poor third, trailing along after "videos". With this in mind, rather than writing a reference text, I've written this book to as closely as possible follow the structure of a live training, complete with photographs of tapping points, muscle-testing methods, and so on.

By following each chapter step-by-step, you should gain enough knowledge and skill to be able to successfully apply BSFF to *any problem or limit in your life, and eliminate it completely and in most cases extremely rapidly*. Using Instant BSFF, for instance, a single negative belief can often be eliminated permanently in just seconds.

This book will show you how to:

Set up BSFF for yourself and use it to quickly:
Gain healthy self confidence and self-assurance
Eliminate emotional distress of all kinds
Eliminate unhealthy relationship patterns
Eliminate every block to your success in any area of life
Heighten sports performance
Treat pain
Eliminate emotional causes of physical pain/illness (almost always at cause!)

Some examples of physical illness which have been alleviated or eliminated by BSFF are:

Arthritic pain
Back pain
Migraines
Allergies
Asthma
Psoriasis
Tinnitus (even though doctors say there is no cure!)
Diagnosed "nerve damage"

Chapter 2 gives an appreciation for the historical context of BSFF, from Traditional Chinese Medicine, through to Applied Kinesiology, the courageous and ground-breaking work of Dr Roger Callahan and his Thought Field Therapy, and the major refinements and evolution of that work by Dr Larry Phillip Nims. Others have also led on from Callahan's important initial work: Gary Craig, who developed EFT (Emotional Freedom Techniques) is certainly the best known. Indeed, without Gary Craig's huge generosity the world would still not know of Dr Nims' BSFF!

Chapter 3 sets out a basic theory on BSFF. Probably this should not be called a "theory" because we are not in a position to assert any theory at all about BSFF or any of the other energy therapies, other than the fact that the energy system itself has been proven to exist. However the explanation given provides a workable model and certainly has not yet been "disproved". In chapter 3 you will see how the energy system and the unconscious mind work together to permanently eliminate the deepest emotional roots and causes of physical and/or emotional distress.

Chapter 4 delineates Dr Nims' original BSFF protocol, where he used tapping on just 4 points, in combination with certain statements, to completely eliminate problems. For some people this may be purely of historical interest. From time to time I still use the original protocol and I recommend that it is learned as a backup.

Chapter 5 explains the amazing "Instant BSFF" which Dr Nims developed just two years ago. It explains the important set-up work to get permanent agreement from the unconscious mind to undertake very specific work, the process itself, testing for completion, and dealing with leftover issues like, for instance, shock to the person's system from having had the problem in the first place. Chapter 5 also deals with the elimination of unconscious "stoppers" to the successful integration of the BSFF techniques: those sabotaging beliefs which may interfere not just with the learning of the methods, but with their consistent application to problems as they arise.

Chapter 5 also explains that problems with treatment generally occur when the unconscious mind holds beliefs which it initially refuses to eliminate due to their incorrect coding as "necessary for survival". You will see that it is very simple indeed to get back on track

Chapter 6 shows how to work with BSFF to gain much greater self-esteem and self-confidence so that people feel much more valuable, powerful and assured, and more "at cause" in their world.

Chapter 7 provides a protocol for eliminating public speaking anxiety.

Chapter 8 provides a protocol for elimination of limits to success, particularly financial success!

Chapter 9 shows a sure method for gaining healthy relationships and freeing ourselves completely from the emotional hooks of others so that we discover a full range of choices and can relate to others with clarity and lightness.

Chapter 10 shows some special uses of BSFF (Multi-Instant and Retrospective), as well as describing the famous Temporal Tap for effortless realisation of affirmations!

Chapter 11 sets out a vision for the future, using BSFF not just to eliminate problems, but also to fulfil our human potential. We see with very small eyes indeed if we think just in terms of problems!

Appendix A sets out the structure of a typical BSFF session and can be used as a base by practitioners and self-treaters alike.

Appendix B gives 5 different semi-verbatim sessions for clients with a variety of presenting problems: water phobia, generalised anxiety, early trauma, pain and frozen arm, pervading sadness.

At the end of this book is a list of recommended reading/viewing for those who'd like to continue to study this important field of energy therapy, together with two seminal papers by Dr Larry Nims himself: "**Why We Need Better Counselling Methods**", and "**The Terrible Cost of Unforgiveness**".

CHAPTER 2

Historical Context

BSFF has its genesis in Traditional Chinese Medicine. The ancient Chinese, and many other ancient cultures, believed that we all have an "energy body" and that energy flows through this body along lines called "meridians". They believed that "blockage" in the meridians caused illness. They identified many different points on the physical body, which, when stimulated, seemed to impact on the energy body and thus influence health. Modern acupuncture and acupressure, as well as reflexology and other energy therapies, have their genesis in TCM.

You may be surprised to hear that Western science has finally caught up with this several thousand-year-old knowledge. Not only can we easily measure changes in electrical resistance at acupuncture points, but in the mid-eighties French researchers proved the existence of the meridian system. Vernejoul set about testing for the existence of a previously "unknown" circulatory system by injecting a radioactive tracer dye into acupuncture points. (Vernejoul, P, et al (1985). *Etude des meridiens d'acupuncture par les traceurs radioactifs. Bulletin of the Academy of National Medicine (Paris), 169, 1071-1075.*) The resulting pattern of dye clearly showed the traditional meridian lines. When the dye was injected into non-acupuncture points, no lines appeared. The lines did not correspond with any circulatory system previously known to science, but nevertheless were physical channels through tissue and organs.

The most important contribution of Western science has been the discovery that when we combine emotional/mental work with stimulation of meridian points, the body and mind appear to work together to gently but quickly heal many psychological and physical problems. When we consider the truly holographic nature of the universe, why should this not be so? After all, if we cut a finger, all our physical healing resources are automatically brought to bear and work towards life and health. We now know that mental, emotional, psychological and even spiritual healing happens in the same way. The whole of our body-mind trends towards health and wholeness given appropriate conditions.

The first dramatic breakthrough was made by Dr Roger Callahan, who developed Thought Field Therapy (originally called the Callahan Techniques), a system of diagnosis and treatment of emotional problems according to a range of particular algorithms, or sequences of tapping on precise meridian points.

The story goes that Dr Callahan was working with a chronically phobic patient, Mary, who had had such a fear of water that she had to be accompanied by someone wherever she went, just in case she saw so much as a photograph of water. Mary couldn't even face an inch of water in her bath tub, nor could she look at a puddle of water on the road! Dr Callahan deduced that Mary had a blockage in a meridian point just below the eye. Upon tapping this point, Mary's phobia was completely and permanently eliminated and to this day (nearly 20 years later) Mary has no problem with water.

Needless to say, Dr Callahan was extremely excited by his discovery and at first thought he had discovered the cure to all phobias (a sort of therapeutic "Eureka!" experience). Indeed, some of his clients got results in just that way, others required different or more complex treatment. Eventually Dr Callahan went on to develop the very complex and

sophisticated system known as Thought Field Therapy. This system was structured around the basic principle that there was one and only one sequence of tapping points (called an "algorithm") which would relieve a particular problem. It took a great deal of time and cost a very large amount of money (\$US100 000) to learn the full techniques.

Dr Callahan suffered disdain and ridicule from his own profession as a result of his work and his efforts to bring it to a wider audience. His licence and livelihood were threatened by the governing Psychological Board in California and he was unable to have his excellent research published because no editor would touch this *formerly* highly-esteemed researcher.

Be Set Free Fast was developed in 1991 by Dr Larry Phillip Nims as a major refinement of the "Callahan Techniques" (now known as Thought Field Therapy). Thus BSFF was developed as an "energy therapy", combining tapping on acupoints with certain instructions to the subconscious mind.

Dr Nims, an internationally loved and respected clinical psychologist, academic, author and researcher developed BSFF because he believed existing therapies were inadequate. They either did not work, or took too long (leaving people in distress). Sometimes they appeared to work, but success was short-lived, with the subsequent "failure" causing people to lose hope altogether. His paper "Why We Need Better Counselling Methods" is at the back of this manual.

Around the beginning of 1998, Dr Nims further developed BSFF and hence brought Instant BSFF to the world. He has refined the strategies and protocols of Instant BSFF so that any therapist can become proficient in its use.

If you ever get a chance to study personally with Dr Nims in one of his trainings around the world, please do so. I guarantee you will not regret the opportunity to learn first hand from someone who exhibits a rare intellect combined with deepest compassion.

Thank you Larry. You continue to do God's work and we all continue to be blessed!

CHAPTER 3

Theoretical Underpinnings

No-one grows up unscarred from the experiences of life, so that all of us are affected to some extent by our experiences of our early environment. We do not have conscious knowledge of our many and varied "hurts", but we can appreciate, thanks to studies in hypnosis and neuro-science, that we subconsciously remember every single moment.

However we don't have to consciously remember events in order to be affected by them and repeat the same response patterns endlessly. Our subconscious mind does this for us, primarily through the amygdala and hippocampus (two important brain structures relating to learning, memory and emotion), and this is how we can get an automatic emotional response to various stimuli such as smells, sights and sounds. This is the same reason we engage in unhelpful activity such as self-sabotage, and why we find ourselves unable to control things like panic attacks, for instance.

These "hurtful" events from the past don't even have to be truly traumatic. All that matters is that our perception at the time was that the event was a threat.

An excellent example of this is that of a new baby who has just been fed by mother a mere 1 1/2 hours ago but who has metabolised his/her last meal quickly and is now "starving" again. Mother does everything she can think of to soothe her much-loved child. She suspects colic and tries to "burp" and calm the baby; she suspects an uncomfortable nappy/diaper and changes the baby; she rocks and sings to her baby. Still the baby starves and screams. Finally mother feeds the baby again and it settles and sleeps.

The baby wasn't in any real danger. The mother was at all times loving and caring. But still a threat to survival was registered and has had an effect. We all have been traumatised by such innocuous events which are in reality impossible to avoid.

It appears to be quite unusual to be significantly affected by any negative event occurring after the age of 7, and rare to be significantly affected by any negative event occurring after adolescence. Obvious exceptions to this are traumatic episodes, but even with these, we suspect it is early experience which determines whether or not someone recovers quickly from such an episode experienced, say, in adulthood.

The negative emotional experiences that lead to unhelpful behaviour and psycho-somatic disease/illness are known as emotional "roots", and it is believed there may be up to around 2000 of these for each problem of which we are aware. (Muscle testing appears to support this premise.) Locked into each set of emotional roots is a basic unhelpful belief, which we call "deepest cause". It is thought that together the emotional roots and deepest cause exist as an electromagnetic pattern in the whole body, which results in set patterns of brain activity and mental/physical activity.

Thus, many of the thoughts which we think and emotions which we experience are nothing more than knee-jerk "stimulus-response" activity -- that is, they are irrational, and not based on the needs of the moment, but on the needs of the distant past.

Initially, Dr Nims used a combination of tapping on acupoints together with instructions to the subconscious mind to "break" the electromagnetic bonds and eliminate the emotional roots and deepest cause of any problem. As you will see, we now get the same results with clear and comprehensive instructions to the subconscious mind -- without tapping.

The Role of the Subconscious

The subconscious mind is certainly our "obedient servant". It appears to exist in order to fulfil two purposes only: firstly to ensure our physical survival, and secondly to carry out explicit orders. The subconscious mind effortlessly and faultlessly carries out many thousands of activities simultaneously at any given time. It has the capacity to control *every single individual muscle fibre in the body*. It runs unimaginably complex chemical and mechanical processes 24 hours a day. It is *always* seeking instruction and it always does what it is told, providing some simple rules are followed. Knowing how to communicate with your subconscious mind is both a science and an art. BSFF provides you with both!

The Role of Muscle Testing

Muscle testing involves the use of ideomotor (subconscious movement) responses to determine the yes/no agreement of the subconscious mind with statements we make. To illustrate how the subconscious mind controls muscle strength, try this simple lifting exercise, being careful to protect your back:

Stand at the back of a chair, bracing well with feet shoulder width apart and grasp the chair ready to lift. The first time you do this, say "Yes, yes, yes, yes, yes!" and then quickly lift the chair a very short distance and put it down. Next, say "No, no, no, no, no!" and again lift the chair a very short distance and put it down. An overwhelming majority of people report the chair feeling "heavier" the second time, and this is because muscle strength is reduced with a negative statement. Our muscles generally cannot lock with the same strength when we make a statement that the subconscious mind believes to be incorrect. You can also try these:

My name is (saying your real name).

My name is (saying a false name).

2 + 2 is 4.

2 + 2 is 5.

Have someone smile at you just prior to lifting.

Have someone frown at you just prior to lifting.

Each of us is a walking lie detector!

A small percentage of people will get inconsistent or unhelpful results and in those cases some minor correction to the energy system is required. Most meridian therapists or kinesiologists could correct this very quickly and simply, but usually you can do this for yourself using one or all of the following remedies:

- ☞☞ Take a drink of water (not tea, coffee, alcohol or soft drink)
- ☞☞ Face another direction to do the test
- ☞☞ Rub the two K27s (the collarbone points) while saying, "Even with this problem, I accept myself." Then use the original version of BSFF to "treat" the problem of unhelpful testing.
- ☞☞ Direct your subconscious mind to lock your muscles *extremely* tightly when you say a statement which it knows to be correct, and to let your muscles go *extremely* weak when you say a statement which it knows to be incorrect, and to do that no matter how much effort you actually apply.
- ☞☞ Do cross crawl (stepping on the spot, and as each knee rises, touching the knee with the opposite hand)
- ☞☞ Cook's Hookup (There are several versions and just one of them is to sit or stand with left ankle crossed over right ankle and left wrist over right wrist, hands clasped and brought back to chest for approximately 2 minutes, then feet flat on floor and fingers "steeped" for approximately 30 seconds. - see photos, page 9).
- ☞☞ If a client tests all weak, use the "zip up". With the palm of your hand facing the client and a significant distance away from the client (ie, not threatening or imposing on boundaries) bring your hand upward from perineum to bottom lip three times, taking care to move the hand well away from the front of the client between "zips".

Be especially gentle if a client's responses are all "weak". This signifies an energy system that is "blown out", often due to the overwhelming nature of the issue under consideration.

So muscle testing is an important (though not fool-proof) window into the subconscious. We cannot otherwise know with any certainty what the subconscious contains, otherwise it would not be subconscious! People are often surprised to find that subconscious beliefs directly contradict what they consciously believe. By using muscle testing we can determine what lies at the root of a problem, and also what progress we are making.

Muscle testing takes practice to reach a degree of proficiency, and one must always be alert to the possibility of influencing the result. Please see the section on "Trouble-Shooting Muscle Testing" for a discussion on procedures.

Of course, you don't want to be lifting a chair continuously in order to determine the beliefs of your own subconscious. There are some simple self-testing procedures which can be used, but keep in mind that most people are "reversed" on self testing initially and you may need to be persistent for a day or two in order to start getting results you are happy with.



Step 1 of Cook's Hookup
Left ankle crossed over right ankle
and left wrist crossed over right
wrist in preparation for step 2.



Step 2 of Cook's Hookup
Bring clasped hands back to chest and
hold position for approximately
2 minutes



Step 3 of Cook's Hookup
Feet flat on the floor and fingers
"steeped" for approximately 30 seconds.

Note: whole process can be done
sitting or standing.

Muscle Testing Someone Else



This is just one method of muscle testing. Your partner places one arm parallel to the floor, and makes a statement of "fact". You immediately say "hold" and press down on the wrist. If the arm stays firmly in place the statement is probably correct (according to the subconscious - *not necessarily the conscious mind!*). If the deltoid muscle is unable to "lock" the arm, then the statement is probably incorrect, according to the subconscious. Remember to avoid eye contact and both you and your partner speak in a fairly flat voice.

People muscle test very differently from one another, so it's always useful to get a "benchmark" for any individual before ploughing into testing. Check some simple statements for true/false before being satisfied that testing can proceed.

Here are some simple methods to self muscle test. I've included a range because most people like to experiment before settling on one which especially suits them. For instance, I started out with the "finger pushing" technique, but recently converted to "sticky-smooth" using the bed of the thumb nail and I like that much more because it seems reliable for me and requires very little effort.



The "scissors". Try to "scissor" apart the thumb and forefinger of the opposite hand.



The "o-ring". Try to pull the joined thumb and forefinger of one hand through the joined thumb and forefinger of the other hand.



The "finger push". Hold the index finger as straight and strong as you can and push down on it with the middle finger.



"Sticky-smooth" on the thumb pad. Gently rub the pad of the index finger against the pad of the thumb. Sticky is "no" and smooth is "yes".



"Sticky-smooth" on the nail bed of the thumb.