

Be Set Free Fast: The Basic Treatment Steps of BSFF
Developed by Psychologist Larry Phillip Nims, Ph.D.
(report by CJ Puotinen for the April 2018 Spring Energy Event)

Be Set Free Fast, which is usually abbreviated BSFF, is itself an acronym. It stands for Behavioral and Emotional Symptom Elimination Training for Resolving Excess Emotion, Fear, Anger, Sadness, and Trauma.

Like EFT founder Gary Craig, Larry Nims practiced an early version of Dr. Roger Callahan's Thought Field Therapy. It inspired him to explore energy methods, and he considers both BSFF and EFT to be offshoots of Dr. Callahan's Thought Field Therapy. In 1998, Gary Craig invited Dr. Nims to present BSFF at a workshop and he was soon teaching BSFF seminars around the world.

Gary Craig teaches that the true cause of every negative emotion is a disruption of the body's energy system. Larry Nims disagrees. He considers disruptions of the energy system to be a symptom, not a cause, of our problems. He teaches that the cause of energy disruptions and every other type of problem is a lack of agreement or a lack of congruence between what the conscious mind wants and what the subconscious mind has been programmed to allow.

A first-time BSFF session can be lengthy, as it involves reading a set of instructions to the subconscious, but after a few days of practicing BSFF, you will need only a few minutes to complete the process. Experienced BSFF users, who have no special training but who are willing to practice, can deal with problems from start to finish in less than five minutes.

In addition to helping us change the way we think and act – without much conscious effort, by letting the subconscious mind do all the work – BSFF can help change our physical pain and discomfort. It does this by releasing or removing underlying energetic contributors to pain, or, in Dr. Nims' words, by changing the subconscious mind's programming.

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USING BSFF

Here's how to make BSFF part of your day.

- 1) Notice a problem.
- 2) Say your cue word. Your cue word can be any word or phrase that means something to you. It should be easy to remember, easy to pronounce, and comfortable. Some examples of widely used cue words are Yes, Release, Love, Easy, and Shazam. The only caution to keep in mind is that your cue word should not be one that stirs up unhappy memories or emotions. You can use any word that you like, and you can change cue words or add cue words in the future.
- 3) State the problem and every aspect of the problem you can think of, saying your cue word at the end of each sentence. Use muscle testing to be sure the cue word has cleared underlying emotional links to past events, and repeat the cue word until that happens.
- 4) Say, "Treating the stoppers."
- 5) Forgive yourself and others.
- 6) If necessary, complete the treatment with its optional Failsafe Procedure and you're done.

Now, that is incredibly fast and elegant. But it takes a while to get there. Like any other skill, BSFF requires practice, and the more often we practice, the faster we learn it, and the sooner the technique becomes second nature.

A final thought: According to Larry Nims, your subconscious mind is your faithful servant. It isn't your friend, it isn't your enemy, it isn't good, it isn't bad, it is only carrying out the instructions with which it was programmed. I like to think of our subconscious minds as robots or computers that have been programmed with many faulty instructions. They are full of bugs. Using BSFF, we can clear out the bugs, delete the errors, and reprogram our subconscious minds so that they efficiently carry out all of the instructions we give them from now on.

BSFF Basic Instructions **(from the BSFF Manual by Larry Nims and Joan Sotkin)**

BASIC INSTRUCTIONS FOR THE SUBCONSCIOUS MIND **(The Contract)**

In the instructions that follow, there is a reference to stoppers. These are the beliefs that impede progress. As you become familiar with BSFF, you can condense the treatment just by saying, "I am now treating the stoppers," and your subconscious mind will know what to do.

INSTRUCTIONS

These instructions are for you, my subconscious mind. Whenever I consciously notice any problem that I intend for you to eliminate, I will simply think or speak my chosen cue word and you will do the entire BSFF treatment for me for that problem. The cue that I choose to use is _____.

You will simultaneously treat all of the emotional roots and beliefs that have any connection to these experiences. In every treatment, you will treat or clear all these things completely, permanently, and safely.

You will do all this whether or not I consciously know what the problem is, and even when I cannot identify, describe, or label the problem with words. I need only consciously notice the problem, use the cue word or phrase that I have chosen, and you will treat and eliminate, at every level of my mind and being, the specific problem and all related contributing parts of that problem completely, safely, and permanently.

You will simultaneously also eliminate each and every other problem that makes me vulnerable to any treated problem returning in any way or at any time in the future.

Even as I go on to treat other issues, you will automatically keep treating all aspects of each problem or issue until all relevant insights about the origin or causes of each treated problem are resolved.

Whenever I treat for the stoppers or for any anger, judgment, criticism, or unforgiveness, or for any other limiting thoughts, feelings, attitudes, or beliefs that I may have about or toward myself, you will eliminate all of these that I may not have treated in previous treatment sessions. You will do this update treatment work no matter how long ago I did the previous treatments.

Subconscious mind, you will always do all of these things that I have instructed you to do for me on cue from now on, no matter what condition, circumstance, situation, or mental and emotional state I am in or what problem I may be noticing, imagining, or remembering. And I thank you and deeply appreciate and respect you for always being my faithful servant in all of these ways.

* * *

This completes the instructions for your subconscious mind. According to Dr. Nims, the instructions need to be installed only once and they remain active forever. However, to help your conscious mind remember the technique and appreciate it as a powerful tool for constructive change, it doesn't hurt to reread or review the instructions from time to time.

An important tool that can help you gain the maximum benefit from BSFF is kinesiology muscle testing. It's important to repeat your cue word at the end of each treatment statement, and it's often hard to know whether the cue word has successfully removed all resistance to treatment. One effective way to tell whether you're ready to move from one treatment statement to the next is to test yourself or to have someone else test you. Sometimes saying your cue word just once or twice is enough while at other times it may require 10 or 20 or more repetitions. Kinesiology muscle testing may seem like a time-consuming extra step, but in the long run it saves considerable time.

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Treatment Steps

Step 1. With your conscious mind, notice the problem or issue.

Step 2. Silently or out loud, state each problem and/or underlying belief that is related to the issue. After each statement, think, speak, visualize, or write your cue word.

For example, if someone is trying to launch a new business but doesn't feel comfortable dealing with money, charging fees, sending invoices, and collecting payments, some of the problem statements could include:

I feel uncomfortable charging a fee for my work. {Cue Word}

I'm not comfortable promoting myself. {Cue Word}

Promoting myself feels like bragging, and that's not good. {Cue Word}

I've never been good at math. {Cue Word}

Business plans intimidate me. {Cue Word}

I don't like telling people that they owe me money. {Cue Word}

What if they don't think I'm worth it? {Cue Word}

I don't deserve to be wealthy. {Cue Word}

And so on. Try to approach the problem from as many points of view as possible. Keep thinking of new statements that relate to the problem, and use your cue word after each one. And don't just say it once – repeat your cue word until the problem statement has been completely released.

Step 3. Treat as many issues or problems as you have time for in the session. When you're finished use the Closing Sequence.

Step 4 (Closing Sequence): Treat the Stoppers. To do so, say each statement listed here, then your cue word. It doesn't matter if you think any particular statement does not apply to you. Do them anyway because there is a good chance that most of them are in your subconscious programming. Be sure to include all of the following:

I am afraid that these treatments won't work for me. {Cue Word}
I am afraid that these treatments won't last. {Cue Word}
I doubt that they will work. {Cue Word}
I doubt that they will last. {Cue Word}
I don't trust myself to do things effectively in these new ways. {Cue Word}
I doubt that I will do things effectively in these new ways. {Cue Word}
I doubt my ability to live out these changes in my life. {Cue Word}
*I am vulnerable to taking back one or more of these problems I have just treated.
{Cue Word}*

After you become familiar with the entire sequence of these closing Stoppers, you can give the following instruction to your subconscious: From now on, I need only say, "Now I am treating the Stoppers," and you will eliminate all of them in one treatment.

Step 5 (Closing Sequence): Clear up any remaining anger, judgment, criticism, and unforgiveness toward anyone involved in any of the problems you have treated. Do this by saying:

I am now treating all my remaining anger, judgment, criticism, and unforgiveness toward anyone involved in any of the problems I have treated during this session. {Cue Word} I forgive all of you. I know that you were doing the best you could. {Cue Word}

Step 6 (Closing Sequence): Clear up all the anger, judgment, criticism, and unforgiveness you have toward yourself for any problem you have treated during the session.

I am now treating all of my anger, judgment, criticism, and unforgiveness toward myself for any problem I have treated during this session. {Cue Word} I forgive myself. I know that I'm doing the best I can. {Cue Word}

Step 7 (Closing Sequence, Optional): Spiritual Cleanup. Depending on your spiritual beliefs or God concept, you may feel the need to clear up any anger you feel toward God/Higher Power by using a statement such as

*I am angry with God. {Cue Word} I forgive you God (Spirit, Mother, Father, Lord) and I know that you are/were always there and doing the best and right thing for me.
{Cue Word}*

Summary of the Closing Sequence. At the end of every session:

1. Treat the Stoppers. You can use one statement to treat all Stoppers.

2. Do the Anger/Forgiveness Routine for anyone involved in any of the problems you have treated during the session. Once you're familiar with the technique you can save time by saying, "Anger and forgiveness," followed by your cue word.

3. Do the Anger/Forgiveness Routine for yourself for any problems treated during the session. Once you're familiar with the technique you can save time by saying, "Anger and forgiveness toward myself," followed by your cue word.

4. (Optional) Do the spiritual cleanup.

If you think of and treat any more problems after doing the Closing Sequence, you will need to do the Closing Sequence again.

The Fail-Safe Procedure

The Fail-Safe Procedure is used when you encounter resistance during a treatment.

First, state the persistent problem for which you are not getting relief. Then say each of the following statements, followed by your cue word. The Fail-Safe Procedure is optional, and it can be done at any time during a session, such as whenever you feel stuck. Be sure to keep repeating your cue word until you're sure that part of the procedure is complete.

I want to be free of this problem. {Cue Word}

I am willing to be free of this problem. {Cue Word}

I am willing to be free from this problem now and continually from now on, permanently, and forever. {Cue Word}

I give myself permission to be free from this problem continually from now on. {Cue Word}

It's OK for me to be completely free from this problem continually from now on. {Cue Word}

I deserve to be permanently free from this problem continually from now on. {Cue Word}

I will do everything necessary to see to it that I am free, and remain continually free, from this problem from now on. {Cue Word}

There are still one or more problems that will make me keep or take back this problem. {Cue Word}

I am still vulnerable to taking this problem back sometime. {Cue Word}

Using the Fail-Safe Procedure for Physical Problems

My body wants to be free from this problem. {Cue Word}

My body is willing to be free from this problem. {Cue Word}

My body is willing to be free from this problem now and continually from now on, permanently, and forever. {Cue Word}

My body gives permission to be free from this problem continually from now on. {Cue Word}

It's OK with my body to be completely free from this problem continually from now on. {Cue Word}

My body agrees that it and I deserve to be permanently free from this problem continually from now on. {Cue Word}

My body will do everything necessary to see to it that I am free, and remain continually free, from this problem from now on. {Cue Word}

There are still one or more problems that will make my body keep or take back this problem. {Cue Word}

My body is still vulnerable to taking this problem back sometime. {Cue Word}

Summing Up

The following summing-up statement is optional, but it's a nice way to complete the session.

You, my subconscious mind, will now treat every thought, feeling, attitude, belief, imagination, and every other problem that I have about or toward myself and toward the issues I have just treated. One treatment for every thought, feeling, attitude, belief, imagination, and every other problem that has ever caused any kind of negative experience, or any imbalance, mentally, emotionally, physically, or spiritually, in my whole entire lifetime regarding any and all of the issues happening with me or happening in my life.

**** The End ****

For best results, stay with each individual aspect or detail of the situation you are treating until it is completely cleared. This is most easily shown by kinesiology muscle testing. The treatment alternates between statements that if true do not serve you well and are thus better for you if they are not true, as well as statements that if false serve you better than if they are true. Pay close attention to the treatment statements and test each one until you obtain the desired results.

For example, "I want to be free from this problem" is a statement that serves you best if it's true – that is, if your body and mind believe it. If this statement is not true, it's probably because your subconscious mind has not been programmed to allow it to be true, and as long as that's the case, it creates problems.

The statement, "I am vulnerable to taking this problem back sometime" serves you best if it is not true – that is, if your body and mind do not believe it. If this statement is true, it's probably because your subconscious mind has been programmed to allow it to be true, and as long as that's the case, it creates problems.

The cue word is versatile. It can release a problem and it can install a solution. Remember, when you use your cue word you're reminding your subconscious mind to follow the instructions you gave it earlier.

For more information about Be Set Free Fast, visit www.besetfreefast.com or search online for BSFF or Be Set Free Fast. Larry Nims is featured on several YouTube videos. The official BSFF manual by Larry Nims and Joan Sotkin plus Larry Nims' Be Set Free Fast training DVDs are available at the official Be Set Free Fast website.

I am happy to share Larry Nims' handouts from the conference I attended in Albuquerque last November. To request them, add your name to the sign-up sheet that's circulating or send an email request. Send any questions or comments to me:

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